

The Spoke'n Word

Volume 45, Number 4

Narragansett Bay Wheelmen, PO Box 41177, Providence, RI 02940-1177

August/September 2015

nbwclub.org



President's Message ... 1
New Members ... 2
TFCE Volunteers needed ... 3
Advocacy ... 5

Beginners Rides ... 5
Athlete's Kitchen ... 6
Cycling Sessions ... 8

Vermont Fall Weekend ... 9
Touring ... 10
Ride Schedule ... 11

SUPER CYCLE SHOPS

Support your local bike shop. They not only support the NBW but also promote safe bicycling for all. Some of these shops give a discount on parts and accessories to NBW members. Show your valid NBW membership card (your mailing label).

BIKEWORKS

79 Swansea Mall Dr
Swansea, MA 02777
508-677-0710
www.bikeworksma.com

BLACKSTONE BICYCLES

391 Mendon Rd
Cumberland, RI 02864
401-335-3163
blackstonebicycles.com

BRUMBLE BIKES

49 Beach St
Westerly, RI 02891
401-315-0230
www.brumblebikes.com

EAST PROVIDENCE CYCLE

414 Warren Ave
East Providence, RI 02914
401-438-2453
www.EastProvidenceCycle.com

LEGEND BICYCLE

181 Brook St
Providence, RI 02906
401-383-3070
www.legendbicycle.com

NARRAGANSETT BIKES INC.

1153 Boston Neck Rd
Narragansett, RI 02882
401-782-4444

NBX NARRAGANSETT BIKES

3480 Post Rd
Warwick, RI 02889
401-739-0393
www.nxbikes.com

NEWPORT BICYCLE

89 Dr Marcus Wheatland Blvd
Newport, RI 02840
401-846-0773
www.newportbicycleri.com

PEDAL POWER BICYCLE SHOP

879 West Main Rd
Middletown, RI 02842
401-846-7525
www.pedalpowerri.com

PROVIDENCE BICYCLE INC.

725 Branch Ave
Providence, RI 02903
401-331-6610
www.providencebicycle.com
and
150 Lambert Lind Highway,
Warwick, RI 02886
401-773-7733

SCOTTEE'S WESTPORT BICYCLE

1125 State Rd
Westport, MA 02790
508-636-RIDE (7433)
www.westportbicyclema.com

Dan Ibbitson SHELDONVILLE BICYCLE REPAIR

277 Hancock Street
Wrentham, MA 02093
508-384-0665 (shop)
508-954-2364 (cell)

SIROIS BICYCLE SHOP

893 Landry Ave
No Attleboro, MA 02760
508-695-6303
www.siroisbicycle.com

W. E. STEDMAN CO.

196 Main St
Wakefield, RI 02880
401-789-8664
westedman.com

TEN SPEED SPOKES

18 Elm St
Newport, RI 02840
401-847-5609
tenspeedspokes.com

TRAVIS CYCLE INC.

1 Oak St
Taunton, MA 02780
508-822-0396
www.traviscycle.com

UNION CYCLE

77 Pleasant St
Attleboro, MA 02703
508-226-4726
unioncycle.com

VICTORY CYCLES

155 Black Plain Rd
Exeter, RI 02822
401-539-7540

WeeBIKE.com

Balance Bike & Merino Wool Specialist
Warwick, RI
401-654-0029
NBW member discount promo code:
NBWSAVE20

YESTER'YEAR CYCLERY

330 Hathaway Rd
New Bedford, MA 02746
508-993-2525
yesteryearcyclery.com

YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491
and
51 Cole St
Warren, RI 02885
401-245-9755
yourbikeshopri.com



MOVING?

If you're planning to move, please let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Ted Shwartz at:

membership@nbwclub.org

or mail: **NBW Membership, PO Box 41177, Providence, RI 02940-1177**

The Spoke'n Word is the official publication of the Narragansett Bay Wheelmen and is published in January, April, June, August, and October each year. Contributions must be received by the 5th of the month before the month of issue and will become the property of the newsletter. Submissions may be edited as deemed appropriate by the editor, Monica Foulkes
email: editor@nbwclub.org

MEMBERS' PASSWORD

NBW website: nbwclub.org
Members' page access (case-sensitive):
User name: mem6
Password: fixIE6

NBW email discussion list:
<http://groups.yahoo.com/group/nbwclub/>

Cover: Kate Imbrie and Ray Naughton approach the top of Hill Farm Rd on Tom & Pat's Half-Century, May 10 2015.

Photo: Graciella Sosa.
See our website photo gallery for more.

Want your photo in the Spoke'n Word?

The Editor <editor@nbwclub.org> welcomes your photos of our club's activities for the newsletter and our website. Photos selected for print by your editor, who does the conversion to black/white. Some hints for what she looks for:

- Action! Try for riders moving (easiest if they're coming towards you or going away), or shots that tell a story. Tell me who your subjects are, if you know.
- Shoot in high resolution.
- Sharp focus—there's only so much I can do in Photoshop to sharpen your shot.

Do you have any photos of early NBW rides? I will scan and return your prints.

President's Message



We have all been told, the grass is greener on the other side of the fence, Come summer time we go exploring that other side of the fence. The question is what do we learn from it? Is the grass really greener?

Our explorations take us to different places, sometimes they return us to old favorite places. We may check off items on our bucket list, or

even add new items to the bucket list. Eventually we come home.

Recently I have been traveling with my new travel bicycle and here are a few things I have seen from the other side of the fence.

Good bicycle clubs have

- * dedicated volunteers,
- * a diverse membership,
- * a well-traveled membership,
- * passion for cycling of all sorts,
- * a wealth of good bicycle routes,

- * concern for rider safety,
- * concern about image in the communities they ride through,
- * problems with safety in pace lines,
- * a problem generating more money than they know what do with,
- * overnight events run on a break-even basis,
- * occasional email flare ups

That sounds like us, but I think we do a couple of things better than most

- * we always recognize new cyclists can be riding with us,
- * we spend more time (but probably need even more) on safety before each ride,
- * our social tents

When I reflect on this I have to say the grass is just as green, and perhaps greener on the NBW side of the fence. It feels good to come home to our club. The scenery and people may be different when you travel, but the grass is always greener at home, especially by the sod farms of Kingston, the potato farms of Little Compton and the corn fields of Ekonk Ridge. My question to you is how do you see the grass?

Safe riding,
Ted

NBW Officers and other functions

NBW OFFICERS (Terms begin February 1)

President: Ted Shwartz, president@nbwclub.org
Vice President: Elizabeth Masterson, vicepres@nbwclub.org
Treasurer: Rick Schwartz, treasurer@nbwclub.org
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Kate Imbrie, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Todd Wise, Janice Velozo, Ray Foulkes
Membership Secretary: Ted Shwartz, membership@nbwclub.org,
PO Box 41177, Providence, RI 02940-1177 (incoming, Alfredo Sosa)
Rides Coordinator: Don Chiavaroli, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, advocacy@nbwclub.org
Volunteer of the Year 2012: Jack Williamson
Volunteer of the Year 2013: Rod Breault
Volunteer of the Year 2014: Bladimir Rodriguez

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Ted Shwartz, Kate Imbrie
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Raposo, Ted Shwartz
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Ride liaison w/police depts: Leah Moynihan
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map creators: Bob Paiva, Ted Shwartz, Gil Peel, Garrett LeBonte
NBW merchandise sales: Mike Emma, sales@nbwclub.org
Social events organizer: Margaret Vigorito
Interstate liaison: vacant
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

WELCOME New Members

Scott J. Alemany, Saunderstown, RI
David R. Bender, Newport, RI
Ann & Robert Birckley, Wethersfield, CT
Betty Broome, Marion, MA
Raymond J. Cabral, West Greenwich, RI
Emmanuel R. Carvalho, Barrington, RI
Ross E. Cheit, North Kingston, RI
Maureen Chlebek, Foxboro, MA
Frederic V. Christian, Rehoboth, MA
Gary L. Ciminero, West Greenwich, RI
Michael G. Croke, North Attleboro, MA
Lee Ann Dangelo, Southington, CT
Keisha J. Dunlevy, Holden, MA
Ross C. Gardner, Kingston, RI
Sandra A. Gibbons, Stratford, CT
Edward Jablonski, Sutton, MA

John & Robin Kennedy, Providence, RI
Eric A. Libner, North Scituate, RI
Andrew O. McKee, Arlington, MA
Ivan McTaggart, Lincoln, RI
Jason Maloney, Wakefield, RI
Frank Menezes, Fall River, MA
Margaret A. Nelson, Little Compton, RI
Pam O'Day, North Kingston, RI
Jonathan & Cheryl Pearl, East Providence, RI
Sara & Aaron Pearson, West Warwick, RI
Renee L. Pineo, East Providence, RI
Andrew D. Plante, Coventry, RI
Charles Rardin & Jane Sharp, Providence, RI
Michael Rosendale, North Kingston, RI
Kate & Jim Shaffer, North Smithfield, RI
Cynthia A. Sokobin, Warwick, RI
Peter W. Stevens, Wakefield, RI
Judith G. Tacelli, Quincy, MA
Robert Thompson, Wakefield, RI
Maria Medeiros Wall, Cranston, RI

Rod Breault takes over Rides Database

I am happy to report to you that Rod Breault has taken over the NBW rides database (which produces the Ride Schedules) and maps library from me. I have done the job for 14 years and it's time for new ideas and expertise. I achieved my goal of linking the database to the maps (and numbering the maps), and later of scanning the maps and posting them on our website so they are always available to all riders. There are over 160 NBW maps, although some old rides are no longer ridden.

Our maps are now increasingly drawn by computer, by expert volunteers, and we also have on our website a large and growing library of links to GPS files to accompany our maps. As more members ride with GPS I foresee changes ahead, and I am confident that Rod will guide the club well.

Exciting as GPS developments are, I have learned to value the treasure trove of NBW maps, created over 40 years by riders who contributed their knowledge of the back roads of New England we enjoy riding so much.

Email addressed to maps@nbwclub.org will now go to Rod, who will receive your questions, advice and concerns.

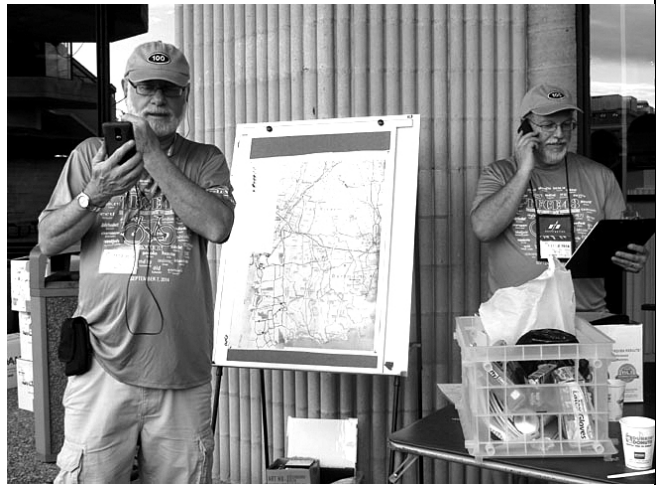
Monica Foulkes



HELP WANTED

For the
44th annual NBW-TFCE
The Flattest Century
in the East

September 13, 2015



Volunteers are needed for:

- Registration
- T-shirt distribution (start late morning)
- Check points
- Parking detail
- SAG drivers
- Sales table

*Volunteers are required to work a minimum 4 hour shift.
You can volunteer for part of a day or for the whole day.*

Please contact:
Kate Imbrie,
secretary@nbwclub.org



*We look forward to seeing our crew of
familiar volunteers and new volunteers as well.*

*There's a special VOLUNTEER-TFCE ride
and a TFCE volunteer t-shirt. Also, all volun-
teers attend our annual banquet free.*



NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM

NOTE: This is a release form with legal consequences. Read it carefully and mail the entire page with appropriate signatures and your check, made payable to Narragansett Bay Wheelmen (NBW), to the address below.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Narragansett Bay Wheelmen Inc. sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Narragansett Bay Wheelmen, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered to be one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant's Signature (only if age 18 or over): I HAVE READ THIS RELEASE Date:
Family Member's Signature (only if age 18 or over): I HAVE READ THIS RELEASE Date:

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/guardian signature (only if participant is under the age of 18): I HAVE READ THIS RELEASE Date:

TYPE OF MEMBERSHIP (check one box in each column)

- 1) Individual or Family
2) New or Renewal
3) One year (\$15 individual or \$25 family) or Two year (\$25 individual or \$30 family)

I would like to receive my newsletter (The Spoke'n Word) as:
Electronic, via e-mail or Paper, via US Postal Service

Membership No. Amount enclosed:

Print Name(s):

Address: City: State: Zip:

Tel: E-mail:

Mail entire page and check to: NBW Membership, PO Box 41177, Providence, RI 02940-1177 Allow 6-8 weeks for processing

Advocacy

Matt Moritz, advocacy@nbwclub.org

George Redman Linear Park Update

Matt Moritz reports that there is no official news from RI-DOT at press time about the official opening. He hopes that a formal ribbon-cutting ceremony will be announced with enough warning for us to get the word out to members. Watch for an alert in Ted's weekly broadcast to members and on the NBW website home page ... nbwclub.org

East Bay Bike Path Update

Mat also thinks that the EBBP repaving has been cancelled for this summer (probably for this year).

New England Cycling Events

Complete listing, with photos, posted at nbwclub.org

Sep 12—10th Annual Kelly Brush Century Ride. Middlebury, VT. 25, 50, 100 mile rides through the Champlain Valley to those living with paralysis through access to sport, and to improve safety in ski racing. See www.kellybrushfoundation.org

Sep 19—Cystic Fibrosis Cycle for Life Ride. Westport Rivers Vineyard & Winery, Westport, MA. Ride through back roads of Tiverton, Little Compton & Westport. See mass-ri.cff.org/ricycle

Sep 27—Ride to Defeat ALS. Longfellow Club, Wayland, MA. 10, 25, 50 & 70 mile rides. Lunch after. See www.als-ma.org

Sep 27—Bike Walk CT series. This ride will showcase the city of New Britain. See www.bikewalkct.org



Summer brings out a bright variety of riding shirts on NBW rides. We even had a saltire a long way from home at the start of the Ray Young's Ride, June 7.

Beginners/New Rider Rides, 2015 Leaders: Sue and Larry Rollins

Sue and Larry will lead a group of beginner/new riders on the short loops of selected NBW rides this year. They will answer any questions beginners or new members may have about the NBW, our bike routes, equipment, riding techniques, maintenance, etc. There will be occasional stops to regroup, if necessary.

You don't need to register for these rides, but you do need to wear a helmet, carry water (and bring a spare tube). Plan to arrive about 30 minutes before the 10:00 am ride start to assemble your bike and locate Sue and Larry.

See the ride schedule for directions to the start locations of these rides—schedules are also on our website at nbwclub.org/ rides. Maps will be handed out at the ride start, but you can also print them from our website. Rides will be arrowed.

As long term NBW members, Sue and Larry are experienced ride leaders for the AMC and now are transferring those skills in an effort to welcome beginners and new members to NBW. They have completed recreational touring trips in the US and Canada and have a combined total of 40 years' bicycling experience between them.

May 31	Joe Medeiros Ride — 17 miles
June 21	Westerly-Watch Hill — 20 miles
July 26	Rhody Roundup — 13 miles
August 23	Mattapoisett Ride— 15 miles
September 20	Taunton-Sharon Ride — 15 miles
October 25	Newport Ride — 18 miles

Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD July 2015

Energy Bars, Gels & Electrolyte Replacers: Are they essential sports foods?

"I don't like gels, so I only drink water on my long runs — but how can I keep myself from bonking at mile 18?"
"I'm training for an Ironman triathlon. Which products are best to replace the electrolytes I lose in sweat?"
"Do PowerBars have special performance-enhancing ingredients?"

If you are among the many endurance athletes who have no idea which engineered sports foods are the best choices to fuel your sport, welcome to the club! Advertisements have led many active people—not just marathoners and triathletes, but anyone who breaks a sweat—to believe that energy bars, gels, and electrolyte replacers (among other commercial sports foods) are a necessary part of a sports diet. While there is a time and a place for pre-packaged sports foods, many active people needlessly spend a lot of money misusing them. The purpose of this article is to help you become an informed consumer.

Pre-exercise energy bars

While fueling with a pre-workout "high performance" energy bar is one way to energize your workout, you could less expensively consume 250 calories of Fig Newtons or a granola bar. All will offer the "magical" energy source that muscles need for a high-energy workout: carbohydrate!

The best pre-exercise snacks are foods that digest easily and do not talk back to you. Standard supermarket foods can do that as well as engineered products. Experiment to determine which foods settle best in your body during exercise.

<i>Pre-exercise Snack</i>	<i>Calories</i>	<i>Cost</i>	<i>Cost/100 cal</i>
PowerBar Performance Energy Bar	240	\$1.49	\$0.62
Clif Bar	240	\$1.25	\$0.52
NatureValley Granola Bar (1 packet)	190	\$0.32	\$0.17
Fig Newtons (1 pkt)	200	\$0.54	\$0.27

Gels

While some runners and cyclists love the convenience of gels (such as Gu, Clif Shots) during training sessions that last longer than 90 minutes, others dislike their consistency or the way they might create digestive issues. Gels generally offer 100 calories from some form of sugar. If your body is not accustomed to digesting that particular type of sugar, you might end up with undesired pit stops. *Always experiment with new products such as gels during long training sessions!!!*

Some popular alternatives to the 100 calories of carbohydrate (sugar) in the gel include gummy candies (Swedish fish, gummy bears), twizzlers, gumdrops, peppermint patties, marshmallows, whoppers, M&Ms, maple sugar candy, and/or swigs of honey or maple syrup. The trick is to figure out how to carry the fuel (and how to keep it from melting in the heat). During exercise, you want to target 200 to 300 calories per hour (depending on your body type and sport), so read the label's Nutrition Facts to determine the right amount to have available.

Electrolytes

You can find an abundant amount of electrolytes (electrically charged particles, most commonly known as sodium, calcium, magnesium, and potassium) in "real foods" – including fruits, vegetables, grains, meats, and dairy foods. These real foods are generally far less expensive electrolyte replacers.

Sodium enhances fluid retention and helps keep you hydrated better than plain water that goes in one end, out the other. Yet, sports drinks are actually low in sodium compared to what you consume in your meals. Many sodium replacers have far less sodium than you may think.

People who sweat heavily might lose about 1,000 to 3,000 mg sodium in an hour of hard exercise. Here are options for replacing these sodium losses:

Commercial Sports Food	Sodium	Salty food	Sodium
Endurolytes, 1 capsule	40 mg	Dill pickle spear	350 mg
PowerBar Electrolytes	250	Beef Jerky, 1 oz	600
Gatorade, 8 oz	110	Salt, ¼ tsp	600
Gatorade Endurance, 8 oz	200	Bouillon cube, Herb-ox	1,100

Replacing electrolytes is most important for athletes who sweat heavily for extended periods in the heat. This includes double sessions of pre-season football, as well as long-distance racing cyclists. Yet, these athletes often are able to ingest lots of sodium in the pre-, during and post-exercise food they consume in order to sustain that level of endurance. For example, the football player who has a high-sodium ham and cheese sandwich with mustard and dill pickles can bypass the Gatorade at lunch.

When you know you will be exercising in hot weather, choose some salted foods (i.e., sprinkle salt on a omelet, pasta, or sweet potato) before you exercise in the heat. Getting a hefty dose of sodium into your body before you even start to exercise has been shown to retain fluid, delay the rate at which you might become dehydrated, and enhance endurance.

The bottom line

While sports foods have their time and place, make sure you actually need them before you spend your money on them! Not every athlete needs to pay the price for pre-wrapped convenience.

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create winning food plans. Her best-selling **Nancy Clark's Sports Nutrition Guidebook**, and food guides for mara-

NBW CYCLING JERSEY

RED, BLUE
Short sleeve

Specify men's or women's cut

Men's Blue sizes: M, L, XL
Men's Red sizes: M, L, XL, XXL

Women's Blue sizes: L, XL, XXL
Women's Red sizes: S, M, L, XL, XXL

\$55, incl tax. Add \$3 postage
(for 1 or 2 shirts)



NBW CYCLING SOCKS

Specify white or black

Sizes: S, M, L, XL, XXL
\$6 per pair.

Add \$1.50 postage



NBW CAP

Lightweight summer cap,
baseball style with visor.

One size.

Red, Pink, Green (specify color)
\$12 Add \$1.50 postage



NEW! JUST A FEW IN ...

NBW CYCLING JERSEY, LONG SLEEVE, Red.

Just a few in all the men's and women's sizes.

Specify men's or women's cut

\$60, incl. tax. Add \$3 postage (for 1 or 2 shirts)

If possible, email your request to sales@nbwclub.org before mailing a check because currently several popular sizes are out of stock until our new order arrives. Make check payable to "NBW" and mail with order to: NBW/Mike Emma, 33 Clifton Rd, Bristol, RI 02809

Questions? Email to: sales@nbwclub.org

All club clothing is sold at cost and made in the US. Jerseys and vests are made by Canari, CA. Socks made by DeFeet, NC

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

Now that we are deep into the warm days of summer, let's talk about one of the biggest mistakes most competitive and enthusiastic cyclists end up doing. They go hard on Sunday, maybe not hard but fast on Monday, race on Wednesday, and feel like crap on Thursday. Then they try to ride on Friday. Yes, my friends, cycling success can breed a frenzy of the need for more and more. It has an addictive effect for many. Of course there are worse additions for sure.

So what do you do, just ride a couple of days? "I need to justify my new bike", you say. There is a simple way to allow both riding more with adequate rest. It requires the discipline to ride super easy on recovery days. No speed drills or Strava KOM's on those days.

But speed is not the way you measure these recovery days. You measure them in the simplest way using a heart rate monitor. Yes, you need a heart rate monitor as a tool to be objective. Once you have a good idea of your max heart rate from those hammer rides, you want to stay around 60% of that number while you are riding.

A nice adding aspect that I would suggest is to maintain a fast cadence, ideally around 90 to 100 rpms done nice and smooth. This is only if you can keep the gears easy and HR at that 60% to 70% top average. Focus on a quiet upper body as well. Recovery rides should be a part of your routine within a couple of days of a very hard ride.

Along with this protocol comes the foam roller. Foam rollers allow you to break up stiff, sore legs and glutes, allowing you to bring in blood flow which allows the legs to heal faster. Slow stretches should accompany this, allowed the muscle to open through gravity. Never force a muscle, especially a cold muscle, as this will create a strain and can also reduce resistance in the muscle which can reduce power later on. Here are examples of foam rolling the calves and the thighs and IT band. Make sure you breathe and drink water when you are doing these exercises. Water helps to flush out toxins in the body.



By providing the flushing out of toxins with the foam roller and massage, you will bounce back quicker. Consider massage as well for recovery once a month when you are riding a lot.

As I mentioned before, looking at the choices of ride intensities, there are basically three types:

EZ Recovery rides:

Ranges: Zone 1, Zone 2

Sweet Spot Tempo rides:

Ranges: Zone 3, low Zone 4

Race level high intensity:

Ranges: Zone 3, 4,5

Some overlap of Zones is expected with hills, wind, and variation.

Between these of course there could be a mix and targeted time limits in intervals. The general rule of thumb is when intensity comes up volume needs to go down, at least at the early phase. When you are doing recovery rides, free wheel by providing small power pulses. So you almost are turning the cranks with little to no load.

With careful development, goals are reachable every season and cycling stays fun.

Gary coaches select enthusiastic cyclists who have a passion to improve themselves and are equipped with heart rate monitors and power meters.

For info email him @ cyclingsessions909@gmail.com

A graphic for "Cycling Sessions Performance" featuring a silhouette of a cyclist on a bicycle. The text includes the name "Gary Stafford", his title "Endurance Coach and Spin Instructor", his email "cyclingsessions909@gmail.com", his phone number "4015957078", and "Rhode Island". The background shows a close-up of a bicycle wheel on a road.

NBW Special Events Committee announces
The Vermont Fall Foliage Getaway Weekend



Thursday October 1 – Monday October 5, 2015

Accommodations:

- Located in the village of Ludlow at Newport Ski Club
- Accommodates up to 46 people
- 10 women and men bunk style bedrooms
- Women and men shower room
- Fully equipped kitchen facilities
- Informal dining and living areas
- Fireplace

Meals: Family style – with participants sharing in meal preps and clean up

Location: 120 Upper Cross Rd., Ludlow, Vermont – approximately 4-hour drive from Providence

Cost: \$100 per person (includes 4 nights stay, 4 breakfasts & 3 dinners)
\$80 per person (3 nights stay, 3 breakfasts & 2 dinners)
\$60 per person (2 nights stay, 2 breakfasts & 2 dinners)

\$50.00 deposit required

Make check payable to: Narragansett Bay Wheelmen (NBW)
Mail check to: John Nery, 3 Springer Ave, Tiverton, RI 02878-2027
For more information contact John Nery at waleso@juno.com, or 401-624-4576

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Summer has finally arrived, but who can tell it? We had 90 degree days in May, 60 degree days in June, and where I live it looks like winter time as the trees are devoid of leaves due to pesky caterpillars that strip the trees bare. The good news is that from a bicycle you can enjoy it all if you wish.

The Touring Committee has been challenged these past few months with ride logistics. It is getting harder and harder to secure parking areas for the Sunday rides. The Foxboro 55 had to do a last-minute start change when the Attleboro Parks Department refused to let us park at the Poncin-Hewitt Fields because youth baseball was in full swing. Just last month, we had to find a new start location for the Border Crossers ride because the Cumberland Parks Department would not let us use Diamond Hill Park—even after we agreed to pay to park there!

Some of our older rides are threatened with extinction due to increased traffic. The Wachusett Mountain ride is challenging, with spectacular views, but the return to the start is on a busy road and several riders were unhappy with the traffic even though it was just about all downhill after Wachusett. This and other rides will have to be reworked if we intend to keep them. The alternative is either to develop new rides or recycle rides until they become stale. I don't like stale, I like variety.

The Royal Mills ride is new this year and will have its inaugural run on October 11. The ride developers report that this ride is “a scenic ride with challenging hills. The ride takes you through rural landscapes out to western Coventry to the border of CT, into Foster, and Scituate ...” If you like hills, this one may be a good ride for you to try.

Looking ahead....It is pretty depressing to be thinking about winter at this time of year, but truth be told, the winter schedule has been set through the month of February. Who knows, maybe this winter we will actually be able to RIDE in February!

However, don't wait until February and be grumpy. While the weather is warm and sunny now, get out and ride; Sunday, Saturday, maybe a mid-week evening ride. Ride with a group and take time to smell the roses. The pressures of work and family will still be there when you get back and you will feel invigorated from the ride.

Regards,
Don Chiavaroli

Want to arrow a ride?

Chip Kent is our Arrowers/Paint Coordinator. You will see him frequently at rides and can reach him to volunteer to arrow a ride by emailing him at: arrows@nbwclub.org Chip provides the paint, map and instructions.

Arrowing guidelines are posted on our website at: nbwclub.org/resources/nbw_arrowing_guide.pdf



Thanks to our most recent ARROWERS:

Jun 7 *Ray Young's Ride*—Luke Brissette
Jun 14 *Wachusett Mountain*—Chip Kent
Jun 21 *Westerly Watch Hill*—Tony Rizzotti
Jun 28 *Providence Bicycle*—Bladimir Rodriguez
Jul 5 *Tiverton 50*—Mike Emma, Don Paiva
Jul 12 *TriState Century*—Tony Rizzotti, Bladimir Rodriguez, Chip Kent
Jul 19 *Border Crossers*—Alfredo Sosa, Rod Breault
Jul 26 *Rhody Roundup*—Ray & Monica Foulkes

REMEMBER ...

- * Use hand/voice signals when passing other riders, turning or stopping.
- * Pass other riders on their *left*, alerting them as you pass.
- * Check for arrows 150 ft. *before* an intersection.
- * Watch for sand on the road – especially on corners.
- * When you get off your bike—get off the road.
- * Eat before you are hungry and drink before you are thirsty.
- * Check your helmet for fit or damage. Take it to a “Super Cycle Shop” if you have any doubts.
- * Inspect your bike before and after each ride to check for worn, broken or loose parts. Take it to a “Super Cycle Shop” if you have doubts.
- * Volunteer to arrow a ride. See Chip Kent <arrows@nbwclub.org>
- * Before a ride, become familiar with the map.
- * Share the road with motorists and pedestrians.
- * Enjoy the scenery, smell the roses.



NBW RIDE SCHEDULE

Last minute changes are announced via our website - nbwclub.org - and our email list - <http://groups.yahoo.com/group/nbwclub/>. Informal mid-week rides are also organized via the email list.

August 2, 2015 Miles Standish State Forest 22/46 miles

Sunday 9:00 AM Map No. 57 Arrower: Bob Edgren

Route Wareham-Marion-Carver-Plymouth

Directions START: Town Hall/High School complex, Wareham, MA. Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.

Drive Time 45 minutes from Providence

Description This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 22 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest, which we eliminated, but left it on the map in case you really want to go off road.

August 9, 2015 Sturbridge Century 18/38/50/58/100

Sunday 7:00 AM Map No. 118 Arrower: TShwartz, TRizzotti

Route Thompson, Woodstock, Sturbridge, Brimfield, Brookfield

Directions Start at W. Gloucester Elementary School, Rt. 94, W. Gloucester, RI. Take Route 44 west. About 5 miles past Chepachet, turn left on Rt. 94 (there's a lake on the right). The school is a mile up the road on your right.

Drive Time 40 minutes from Providence

Description This challenging but scenic century ride takes back roads to Sturbridge from Gloucester. Then it's a hilly loop through Holland, Brimfield, Warren and Brookfield on quiet rural roads. (Note: This old map can be very confusing. Only the 58 milers may possibly have time to visit Old Sturbridge Village: they should follow the 100 mile route to Sturbridge Village then either retrace the route to pick up arrows in Southbridge, or turn right on Rt 20, then right on Rt 131 to pick up arrows. If you don't want to visit Old Sturbridge Village, follow the 50 mile arrows, turning right onto Rt 131 in Southbridge.)

Mileages may vary, depending on any detours that the arrowers had to make.

Century riders start at 7 am; others at 9 am.

August 16, 2015 ♥ Scramble Metric 17/27/53/66 miles

Sunday 9:00 AM Map No. 88 Arrower: Mike Emma, Don Paiva

Route Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro

Directions Start at the Seekonk Towne Centre (Ann & Hope plaza) across from Tasca Lincoln/Mercury at the intersection of Rts. 114A and 44 in Seekonk, MA. Coming from Providence on I-195E, take the first exit after the Washington Bridge and follow Route 44 to Route 114A. (It's the first light after you cross into Seekonk.) The shopping center is on the left. PLEASE PARK away from stores (i.e., around the edges of the parking lot away from the stores).

Drive Time 10 minutes from Providence

Description The Scramble Metric is an old NBW favorite; it's scenic and fairly flat. The route travels north through the woods and farms of Norton, Wrentham and Norfolk, returning through Franklin and Sheldonville. The short loops of this ride are good rides for beginners.
July/August rides start at 9 am.

August 23, 2015

♥ Mattapoissett Ride

15/30/50 miles

Sunday 9:00 AM *Map No.* 52 *Arrower:* M Miller, DRobillard

Route Mattapoissett, Rochester

Directions Start at the Commuters' Parking Lot, North St, Mattapoissett, MA - off I-195 at the Mattapoissett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, use Industrial Rd just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right). Do NOT park on street or sidewalks and do NOT NOT park in the coffee shop across the street from the commuter lot (you know this is a NO NO to park in the little coffee shop lot, so don't do it, please).

Drive Time 40 minutes

Description This easy ride travels past Mattapoissett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars. Larry & Sue Rollins will lead a beginners/new riders group on the 15 mile loop.

July/August rides start at 9:00 AM

August 30, 2015

North Country Fifty

18/22/33/49 miles

Sunday 9:00 AM *Map No.* 98 *Arrower:*

Route Smithfield, Woonsocket, Scituate

Directions START: The ride will start from in back of the Anna McCabe Elementary School in Smithfield, on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. The school is located at 100 Pleasant View Av, Smithfield RI. This is by the intersection of Route 116 (Pleasant View) and Route 5 (Cedar Swamp Rd). From PVD take Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto RT 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.

Drive Time 20 minutes from Providence

Description The ride goes past the Woonasquatucket Reservoir into the woods and farmlands of North Smithfield, and then heads south to the Scituate Reservoir, finishing through apple orchards.
July/August rides start at 9 am.

September 6, 2015

Connecticut Coastal & Ridges Ride

20/28/43 miles

Sunday 10:00 AM *Map No.* 60 *Arrower:* Tony Rizzotti

Route Ashaway, Stonington, Mystic

Directions START: Start from the car pool commuter lot in Ashaway, RI. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

Drive Time 45 minutes from Providence

Description A scenic, though hilly, ride traveling to Mystic Seaport and Stonington Point. On the long ride the climb up Lantern Hill past Long Pond leads to an optional foot trail with a great view at the top of Lantern hill. Wintechog Hill offers a tough climb, but rewards with a smooth run to Clarks Falls. 28 and 43 milers detour to the ocean in Stonington. 20 milers cut back before the coast, heading back through Westerly. Thanks to Paul Martens and John Satterlee for revising this old ride.
10 AM START ... WE HAVE REVERTED TO OUR NORMAL START TIME ... 10 AM.

September 13, 2015

****TFCE**

Sunday *Map No.* *Arrower:* TFCE crew

Route

Directions

Drive Time

Description This annual ride is for PRE-REGISTERED riders only.

September 20, 2015 **Taunton-Sharon Tour** 15/30/50 miles

Sunday 10:00 AM *Map No.* 92 *Arrower:* Tony Rizzotti

Route Taunton, Norton, Mansfield, Foxboro, Sharon, Easton

Directions Start at BJ's Shopping Center, 2085 Bay Rd, Taunton MA. Just off Rt. 495, Exit 9. At 2nd light, turn left into lot. Please park away from the shops.

Drive Time 40 minutes from Providence

Description This is a flat, easy ride along Massapoag and Winneconnet Ponds with some nice stretches of the remaining farmland in Easton and Norton. Formerly called the Sharon Tour. Larry & Sue Rollins will lead a beginners/new riders group on the 15 mile loop.

September 27, 2015 ♥ **Cape Caper Ride** 22/48/62 miles

Sunday 10:00 AM *Map No.* 130 *Arrower:* Bob Edgren

Route Bourne, Falmouth, Woods Hole

Directions Start from Bourne High School, 75 Waterhouse Rd, Bourne, MA. Take I-195 E to I-25E. Cross the Bourne Bridge to the rotary on the Cape side. Go right at the rotary onto Towbridge Rd. After 3/4 mile, make a sharp left onto Waterhouse Rd (you passed the back of the school on Towbridge). The school's main entrance is on the left.

Drive Time 50 minutes from Providence

Description Explore the Cape on quiet back roads. We'll follow the Buzzard's Bay shore to Woods Hole, then on to Falmouth, heading back past ponds and pine woods, finishing with a run along the Cape Cod Canal. We schedule this ride to avoid heavy summer Cape traffic but still get some great fall riding weather. The long ride crosses railroad tracks several times - take care on the acute-angled crossings. Routes have been updated by Ed Foster, our Cape Cod representative.

October 4, 2015 **Cranberry Metric** 17/35/64 miles

Sunday 10:00 AM *Map No.* 81 *Arrower:* M Miller D Robillard

Route Lakeville, Assawompsett, Middleboro, Bridgewater

Directions NOTE: WE HAVE RETURNED TO OUR OLD START
Start at the Staples plaza on Route 44 in Raynham, MA, near the junction of Routes 44 and 24. Park away from the stores.

Drive Time 25 minutes from Providence

Description Enjoy this spectacular and relatively flat ride originated by Judy Northrup, updated by Don Chiavaroli and Raul Silvia. Scenic country roads, ponds, and cranberry bogs abound throughout the ride. Long ride goes by Mattapoisett and Marion harbors.

October 11, 2015 **Royal Mills Ride** 22/35/50 miles

Sunday 10:00 AM *Map No.* 169 *Arrower:* Bob Gallo and crew

Route West Warwick, western Coventry, Foster, Scituate

Directions Bike Path (the Washington Secondary Trail) - pick up at Junior Street, West Warwick, RI (Rt. 115 - Jr. St takes off Right just past the rotary at Royal Mills -- better directions to come in the October newsletter and on the NBW website).

to come on this ride in the October issue of the newsletter and on the NBW website

Drive Time 20 minutes from Providence

Description This new ride was designed by Bob Gallo and Don Rajotte. A scenic ride with challenging hills takes you through rural landscapes out to western Coventry, to the border of CT, into Foster and Scituate. Ride through historic Rice City in Greene and Foster center. Exhilarating descent through Claysville to the Scituate Reservoir, Tunk Hill Rd to the Scituate Ave Hill .. Short but challenging! Ride along the Pawtucket River to historic Phenix. 35 mile loop takes you out to Western Coventry to the Summit General Store, where you pick up the bike path for your return. 22 mile loop rides the bike path (the Washington Secondary Trail) to the Summit General Store, where you will take a U-turn to return.

After the ride you are invited to the Turbine Hall at the historic Royal Mills for pizza and refreshments. Directions will be provided at the start of the ride.

Narragansett Bay Wheelmen
 PO Box 41177
 Providence, RI 02940-1177

Presorted Standard
 US Postage
 PAID
 Providence, RI
 Permit No. 527

Mailing label is valid membership card - includes membership number and expiration date - is your membership about to lapse?
 Deadline for the next issue of The Spoke'n Word is Sep 5 2015

Tentative Future Ride Schedule - subject to change - comments to Don Chiavaroli, touring@nwclub.org

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
Oct	Sun	4 81	Cranberry Metric	Raynham, MA	17/35/64 miles	M Miller D Robillard
	Sun	11 169	Royal Mills Ride	West Warwick	22/35/50	Bob Gallo and crew
	Mon	12 81	*Columbus Day Show'n Go	Raynham, MA		
	Sun	18 117	Purgatory Chasm	Uxbridge, MA	20/30/54	C Kent, Dave Baldwin
	Sun	25 64	Newport Island Circuit Tour	Newport	18/30	
Nov	Sun	1 16	NBX Fall Ride	Warwick	15/25/32	Don Rajotte
	Sun	8 159	Fall River Fifty (aka Chourico)	Fall River, MA	19/27/47	
	Sun	15 30	Killingly Tour	Glocester	17/35/47	
	Sun	22 77	NE Connecticut Tour	W Glocester	20/40	
	Sun	29 51	Marion Rochester	Marion, MA	19/30/40	
Dec	Sun	6 22	Cranston Holiday Ride Winter	Cranston	9/18/28	TENTATIVE
	Sun	13 80	Raynham Middleboro	Raynham, MA	15/31	
	Sun	20 2	Barrington Ride	Barrington	11/27/26	Don Paiva
	Sun	27 25	Dartmouth Ride #1	N Dartmouth, MA	18/27	
Jan	Fri	1	*New Year's Ride	Little Compton	~20/30 miles	TENTATIVE
	Sun	3 104	Taunton Two Rocks Ride	Taunton, MA	13/24	
	Sun	10 42	Jonnycake	URI Kingston	15/25	
	Sun	17 12	Simple Arrow Ride	Burrillville	12/27	Chip Kent
	Sun	24 66	Triboro Tour	Plainville, MA	17/28	M and R Foulkes
Feb	Sun	31 115	Wickford Kingston	North Kingstown	13/28	
	Sun	7 104	Taunton Two Rocks Ride-REPEAT	Taunton, MA	13/24	
	Sun	14 42	Jonnycake-REPEAT	URI Kingston	15/25	
	Sun	21 12	Simple Arrow Ride-REPEAT	Burrillville	12/27	Chip Kent
	Sun	28 66	Triboro Tour-REPEAT	Plainville, MA	17/28	M & R Foulkes