

The Spoke'n Word

Volume 45, Number 5

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

October/November/December 2015

nbwclub.org



A busy summer ... see inside for more

(left) July—Rhody Roundup

(right) September—TFCE



(below) September—Dedication of the George Redman Linear Park on the Washington Bridge (Interstate 195)



Coming up ...

Annual Meeting/Banquet, Nov 14
Holiday Party, Dec 6

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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: NBW summer activities

Photos: Kate Imbrie & Monica Foulkes
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



The Summer of 2015 - Season of the Glitch

This summer the riding was exceptional, despite it being the "Season of the Glitch". When you see a NBW volunteer, thank them. The volunteers put out an above and beyond effort this year. Our Sunday rides, and TFCE went off without a hitch. Otherwise the whole club might be calling this summer the

"Season of the Glitch", instead of just me. Here are some of the glitches we overcame:

- * We lost a start to a century because a car dealer was paving their car lot.
- * Numerous rides had roads repaved, chip sealed, or torn up days before Sunday rides.
- * The town of Cumberland kept changing their mind on whether or not we could start rides in their town.
- * Routes being rerouted at the last moment because the Mass Turnpike was working on bridges.
- * Losing our TFCE date in one town, and then getting it back.
- * Not being allowed to arrow for TFCE, and trying paper arrows, then having the rain wash them away.
- * Construction causing major changes at the TFCE start/finish and registration process.
- * Changing the start time of TFCE to accommodate safety issues because of a running race.
- * A rain forecast for TFCE.

Special thanks are due to the **Touring Board, Chip Kent** and the **arrowing team**, the **entire TFCE crew**, and most especially **Gil Peel**. Ask Gil about paper arrows.

Club member, **Fred DeFinis**, says it best about the efforts of the volunteers. His comments about TFCE, apply just as well to the Sunday Weekly Ride Series ...

"Katherine,

Congratulations on a great first TFCE. Everything went well from parking and sign in to the final check in and presentation of shirts. Arrowing was perfect and the signs with directions were a good addition because they provided good, clear information without messing up the roads and I found them easier to read than the road markings.

The rest stops were well organized and the food great. Lastly, this year's shirt was the best I've seen and lots of folks were wearing them home.

In an event such as this, perfection is the minimum standard that people expect—you delivered."

This summer the riding was exceptional, and so was TFCE. Yet we have one last glitch. We have failed at finding a new home to host the Amos House Benefit. We are all fortunate as riders. We have our health, our family, our friends and our club. Not all are so fortunate. Through the years the NBW has supported the Amos House, an organization that has nothing to do with bicycling.

Can we fix our last glitch? Is there a club member in the greater Rhode Island area that would like to continue the NBW Holiday Party, a Benefit for Amos House? Think of our NBW Holiday Party as our last social tent, where our social tent is a big bigger, and a bit better. Please contact me if you have questions or would like to volunteer.

A glitch on a bicycle is an inconvenience. The people Amos House serves have bigger problems. Amos House provides direct support for people in need by offering meals, shelter and other resources...

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

Ray Anderson, North Dartmouth, MA
Robert A. Doar III, Swansea, MA
Eugene J. Fina, Barrington, RI
James Hazelwood, Wakefield, RI
Steven R. Heath, Woonsocket, RI
Debra Huntington, Middletown, RI
Ted Janicki, Jamestown, RI
Richard D. Langfield, Saunderstown, RI
Richard Mable, Walpole, MA
Fernando Proenca, Riverside, RI
Jeffrey P. Schenck, Warwick, RI
Donna Sotomayor, Rehoboth, MA
John Spinney, Norfolk, MA
Larry Taub & Gloria Sammur, Cold Spring, NY
Lealand Welsh, Wrentham, MA
James D. Wilkinson, Jr., Portsmouth, RI



*Narragansett Bay Wheelmen
Annual Meeting & Volunteers' Dinner
Election of Officers*



...TO OUR VOLUNTEERS!

**Saturday, November 14, 2015
Pawtucket Country Club
900 Armistice Boulevard
Pawtucket, RI**

All volunteers will receive an email invitation and must RSVP by October 31 to NBWbanquet@aol.com

*If you volunteered this year but did not receive an invitation by October 20,
please email Margaret Vigorito at the above email address.*

2015 TFCE Volunteers

Chairman
Ted Shwartz

Adamsville Rest Stop
Carleen McOsker, Captain
Heide Hallemeier
Billy Gajda
Janice Velozo
Stephen Rodkey
Mary McCauley
Lydia MacManus
John Swyers
Larry Rollins
Sue Rollins
Beverly Gordon
Mark St Amour
Al Jeffries

Arrows
Gil Peel, Captain
Mike Miller
Dianne Robillard

College PM
Tom Shwartz
Wolfgang Peti
Rebecca Page
Linda Pietras
Noel Field



Photo: Hixville team, Louise Paiva

Hixville Rest Stop
Louise Paiva, Captain
Sue Chiavaroli
John Darcy
Wendy Davis
Lenore Henderson
Scot Henderson
Bob Paiva
Pat Stark
Kathryn Mahoney

Mark Mahoney
William Peterson

Logistics
Rick Schwartz

Massage
Deborah Luhrs

Parking
Raul Silvia, Captain
Raf Cardenas
John Ho
Mike Vigorito
Gary Archer
Mike Klek
Lee Sproul
Keith Enos
Patricia Lang
Bob Brown
Kris Brown
Jeff Medeiros
Bladi Rodriguez
George Jarvis
Gib Conover
Rene Fleurent Jr

Peanut Butter & Jelly
Ray Foulkes, Captain
Monica Foulkes

Phil Paige
Jim Mumma
Karyn Mumma
Larry Shwartz
Louise Shwartz
Jon Foster
Jorge Schuhmacher
Colby Jenkins
Steven Kahan
Robert Sandy
Lee Eckart
Tom Clemow
Daiva Neidhardt

Registration
Kate Imbrie, Captain

Matt Moritz
Leslie Baker
Don Chiavaroli
Margaret Vigorito
Margaret Hahn
Jean Hibbert
Jan Jankowski
Susan Jarvis
Gayle Raposa
Dave Reynolds
Susan Roberts



Photo: PB&J, Kate Imbrie

Terry Skinkle
Ellen Lafazia
Susan McMillan
Paula Bissell
Pete Bissell
SAG
Robert Price, Captain
Don Macmanus, Captain
David Fraley
Jan Harbutiak
Luke Brissette
Sondra Spencer
John Rohland

Sales
Mike Emma, Captain
Don Paiva
David Carroll
David Vitello
Frank Fain

Tiverton Rest Stop
John Nery, Captain
Pauline Nery
Ron Doane
Bob Ladino
Rod Breault
Sue Breault
Ray Naughton
Bill Luther
Jack Amaral
Norm Clavet

Trucks
Ed Holden

Mechanical Support
Rob Foulkes and his crew
from East Providence Cycle

TFCE *September 13, 2015*

*Photos: Kate Imbrie, Louise Paiva, Monica Foulkes
(more photos to come on the NBW website when Monica can get her
new computer to cooperate, in the meantime try Kate's photos at:
<http://www.flickr.com/gp/128244861@N07/v2su6H>*



The threat of rain never materialized and it turned out to be great riding weather. A very few late returnees encountered localized rain but the majority returned dry. Rain the night before had washed away the plastic/paper arrows that the town of Westport had required, but luckily the old painted arrows below were still there to follow. Paper arrows=expensive=dissolve in rain=waste of time and a lot of effort. Still, we tried (all praise to Gil Peel who spent HOURS trying to make them work)!

Rhody Roundup, July 26, 2015

Back to Yawgoo Bakes again for their chicken barbecue (plentiful chicken), lots of corn, beans, salad and fruit after our ride in South County. A hot day brought a large crowd, who rode along the beaches in Narragansett, some returning via the lovely South County bike path to the Kingston railroad station, longer riders heading up to Wickford and then on to the feast, organized by NBW Vice-President Elizabeth Masterson.

Photos: Monica Foulkes



George Redman Linear Park dedicated September 20, 2015

Finally! After a summer of being open unofficially, but eagerly ridden by lots of riders, the beautiful, scenic bike path (linear park) on Rt 195 over the Bay was officially dedicated. At least 20 NBW members attended to cheer as RI Governor, Mayors of Providence and East Providence, and the Redman family honored the memory of George Redman, tireless advocate for the East Bay Bike Path (precursor of all of Rhode Island's well-loved bike paths). After admiring the architecture, lovely landscaping and spacious and well-thought-out pedestrian and bike paths, and gorgeous views of the bay, sparkling in the sun, we all rode off down the bike path for coffee.

Photos: Sally Shwartz, Monica Foulkes



Advocacy

Matt Moritz, advocacy@nbwclub.org

Good advocacy for any purpose requires large investments of time by both volunteers, like our club members, and professionals to be effective. Each year for the past four years, the NBW board has donated \$30,000 to various advocacy organizations around the region and country. If it were all directed to one organization, it would barely cover the efforts of one professional in one region or state, never mind across the three states in which the club conducts rides and the average of 12 organizations to which donations are directed.

The funds for these donations comes from member's dues and TFCE registrations. With approximately 1000 members, members' direct financial contribution to the club corresponds with 33% of the total funds donated. Continuing the math, on average, each club member is directly responsible for approximately \$10 per year in donations to advocacy organizations. Less than \$4, about \$4000 in total, supports the three statewide advocacy groups for our riding territory.

Your membership in the club is a no brainer. You get great weekly rides 51 times a year. You get great camaraderie after many rides at the Social Tent. You get additional smaller group rides during the week throughout the year. You get the opportunity to spend long weekends in Maine, New Hampshire and Vermont at unheard of prices for an all inclusive weekend. And most importantly for some, you are guaranteed a spot and a discount to ride in the TFCE.

Membership in your regional and state level bicycle advocacy organization should equally be a no-brainer. Those staff and volunteer hours are making sure that the hobby and recreation you enjoy continues to be possible and develop. Advocates make sure we don't lose access to the road in the pursuit of moving more motor vehicles. Professional advocates work for meaningful laws to help guide drivers around us, and give us standing when drivers fail to do so. Just as importantly, advocates are constantly on watch, maintaining relationships with road builders so that our favorite routes don't get destroyed thoughtlessly to the benefit of those who aren't riding a bicycle.

When having conversations with road-builders and elected officials, advocacy organizations are only as strong as they can show themselves to be. Most of the time, that strength is represented by the number of members who support that organization's mission by paying dues. Becoming a member, therefore has 2 direct benefits, you give strength in numbers to the organization to work on your behalf, and your financial contribution allows that

organization to pay professional staff salaries, to develop programs and to keep continuous engagement with our government.

There are other opportunities for supporting bicycle advocacy, of course. There are national organizations, whose work is invaluable at that level. But those national organizations just as much need strong local advocacy groups, so that when there's a vote in Congress, or a need to create a 2,600 mile long connected greenway, they can count on strong local groups to represent their members. National groups like Rails to Trails conservancy, IMBA and NEMBA can't work on supporting trail development without strong local advocacy with which to partner on trail development.

You might think that surely these organizations can survive with donations from wealthy individuals, charitable trusts, grants and service contracts. While those sources can be extremely valuable in allowing an organization to expand its reach and do even more work, they don't usually pay for the time of the professional staff. Those funders want to pay for programs that have direct impacts in the community, lately in education, health and economics. Bicycles have ties to all of those, but making that argument to those funders is hard, and requires huge amounts of time.

And as you already know, especially if you've volunteered for the club, it takes a lot of work and a lot of people, sometimes with up front investment, to successfully execute something as seemingly simple as a free weekly bike ride, let alone anything more complicated.

As the current Board President of the RI Bike Coalition, I know that very few NBW members are also members of RI Bike, the statewide advocacy organization. I suspect that if I had the membership lists for Bike Newport, Bike Walk Connecticut and Mass BIKE, a similar finding would emerge: NBW members, while enthusiastic bicycle riders, have a very low membership rate in bicycle advocacy organizations.

If you are not currently a member of your local and state advocacy organization, what's stopping you? Is \$4 per year all that good bicycling conditions are worth to you? Join your state advocacy group and support continued access and improvements to bicycling as a recreation, sport and transportation.

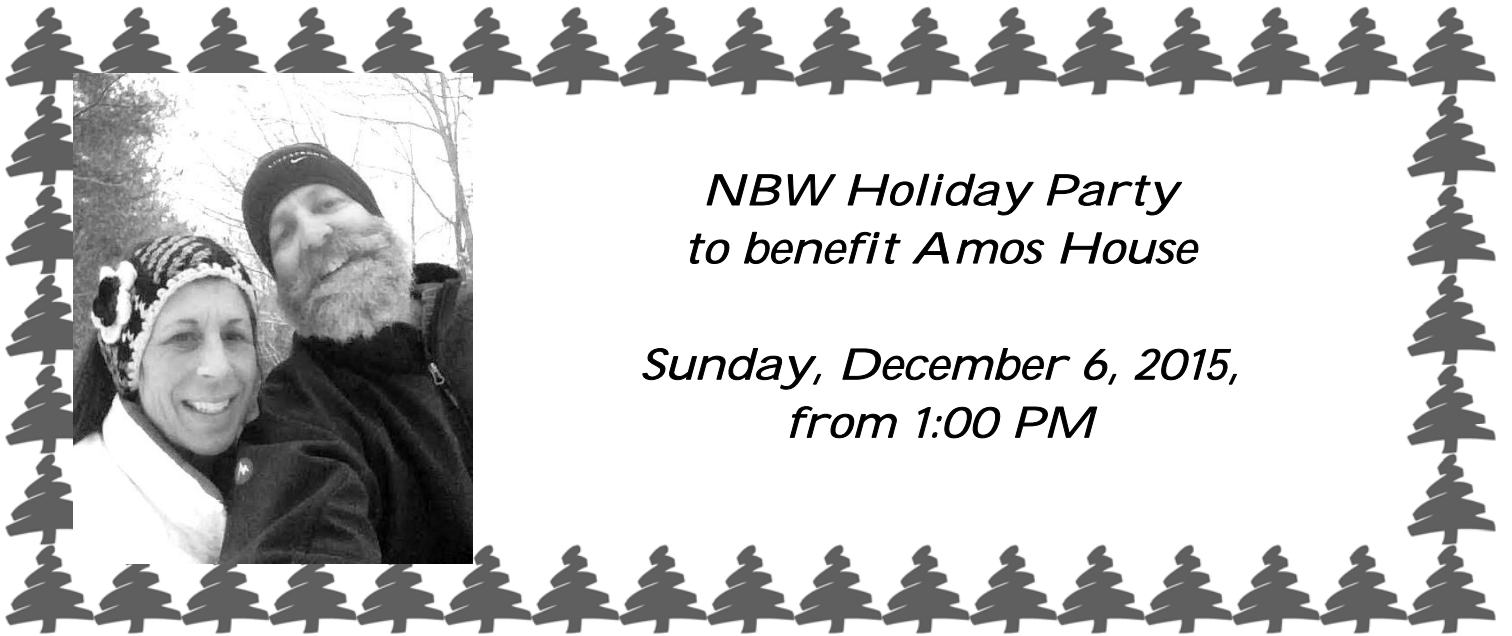
State-wide Advocacy

Bike Walk CT, bikewalkct.org, \$35/year

Mass BIKE, massbike.org, \$40/year

Rhode Island Bicycle Coalition, ribike.org, \$40/year





*NBW Holiday Party
to benefit Amos House*

*Sunday, December 6, 2015,
from 1:00 PM*



Cyndi and John Stenning have generously volunteered to host this year's party, continuing this long-standing NBW tradition and taking over from Patricia Lang and Keith Enos (whom we thank for 8 years' very gracious volunteering) and from Jeanne Petrarca (who started this benefit for Amos House 19 years ago).

Help us keep up this NBW tradition ... enjoy a holiday gathering after the Dec 6 Cranston ride while making a gift to someone who will appreciate your support. Amos House, in Providence, has food, shelter and social service programs that have helped thousands of people in need.

Suggested donation \$10 (or more).

Stop by Cyndi and John's house at
6 Hunters Crossing Drive, Coventry RI 02816

From the ride start at the Western Hills Middle School, Cranston, it's about 9.3 miles:

*Right out of parking lot at Western Hills (Ride Start)
In .2 mile turn Left onto route 12 (Scituate Ave)
In 5.4 miles take Left onto Rt 116 (North Rd)
In 3.7 miles turn Right onto Hunters Crossing Drive
We are #6. The third house on the left.
tel: Cyndi 401 374 7649
John 401 316 0493*

✂

I cannot attend the party but would like to make a donation to Amos House.

Name:

Address:

Amount: \$

Please make check out to **Amos House**, and mail to Cyndi Stenning, 6 Hunters Crossing Drive, Coventry, RI

✂

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

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

As we come into the Fall season, it is important to consider your season of riding. Unless you are cross racing, late Fall into Winter is the time to transition, to loosen things up, and allow your body to heal up and decide your goals for next season. It can be a great time for less intense riding and allows you to focus on strength exercises that may have taken a back seat with many hours riding and/or racing.

More than likely, your strength has dropped to some degree as your aerobic capacity is at its best right about now. So focusing on some body weight strength exercises is a good idea. Along with that, the quads are probably very strong and some muscle imbalance has crept in during the heavy riding and/or racing.

So let's focus on the posterior chain. Glutes and hamstrings are used during the pedal stroke as long as you have good form. But no matter how much you try, the activity of cycling will leave you with weaker posterior chain. Rather than jumping on a leg curl machine, I prefer body weight exercises and natural movements when straightening the muscles.

One of the exercises I recommend is the Swiss Ball Leg Curl. Lying on the floor, bring your feet up and place on the ball. This works your posterior chain muscles.



Support your torso by placing your arms along the side of your body.

Raise up your hips activating the glutes. Now pull the ball towards you, firing up the hamstring muscle group.

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



With any exercise using the Swiss ball, stability is compromised a bit, which is good as your body needs to make adjustments which provide natural firing of stabilizing muscles that are used in cycling.

As you feel better, try to raise your glutes more to challenge them more. Go for 10 times and rest and 2 more sets of 10 reps. To follow lie down and bring your legs to one side to stretch the lower back and hip flexors and repeat on the other side.

Cycling isolates muscles in a locked position and causes muscle imbalances. Working the posterior chain of hamstrings and glutes, which this exercise focuses on, will help to mediate those muscle imbalances. Stronger hamstrings and glutes will aid in seated climbing as well.



Cycling Sessions Performance

Gary Stafford
Endurance Coach and Spin Instructor
cyclingsessions909@gmail.com
4015957078

Rhode Island

Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD August 2015

A Low Carb Diet for Athletes???

Have you been hearing stories that fats are better than carbs for fuel for endurance athletes? Maybe you have wondered if scientific research supports those stories? To find the latest science, I attended the annual meeting of the American College of Sports Medicine (ACSM). ACSM is an organization with more than 26,000 exercise physiologists, sports nutrition researchers, and sports medicine professionals—all of whom are eager to share both their research and extensive knowledge. At this year's meeting in San Diego (May 2015), I was able to verify that carbohydrates are indeed, the preferred fuel for all athletes. The following information highlights some of the research on carbohydrates for athletes.

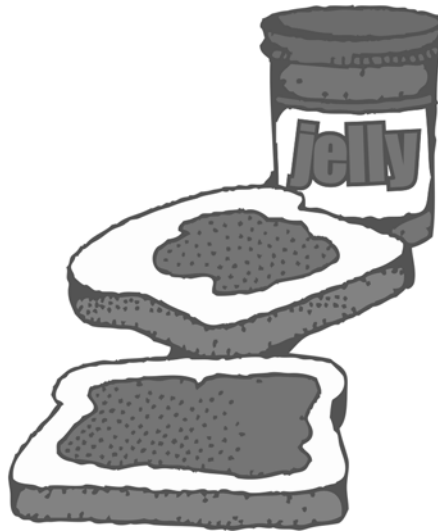
- Louise Burke PhD RD, Head of Sports Nutrition at the Australian Institute of Sport, verified that carbs are indeed an essential fuel for athletes *who train hard and at high intensity*. That is, if you want to go faster, harder, and longer, you'll do better to periodise your eating around these hard training sessions with carb-based meals (pasta, rice) rather than with meat and a salad doused in dressing—a high protein and fat meal. Carbohydrates (grains, vegetables, fruits, sugars, starches) get stored as glycogen in muscles and are essential fuel for high-intensity exercise. Athletes with depleted muscle glycogen experience needless fatigue, sluggishness, poor workouts, and reduced athletic performance. (These complaints are common among my clients who mistakenly limit carbs, believing they are fattening. Not the case. *Excess calories of any type* are fattening!)

Clearly, the amount of carbohydrate needed by an athlete varies according to length and intensity of exercise. Fitness exercisers who train at low or moderate intensity need fewer carbs to replace muscle glycogen stores than do elite athletes who do killer-workouts. Ultra-marathoners who do long, slow, "fat-burning" runs can get away with a lower carb intake — unless they want to be able to surge up a hill or sprint to the finish.

- A study with Cross-Fit athletes (think Paleo Diet) who reduced their carb intake simultaneously reduced their ability to perform as well during their high-intensity workouts. Those who ate less than 40% of their calories from carbs (≤ 3 g carbs/pound body

weight/day or <6 g carb/kg) were out-performed by the higher carb group. Eat more sweet potatoes and bananas!

- Some avid carb-avoiders endure a very low (<20 -50 g/day) carb ketogenic diet. They "fat-adapt," burn more fat, and hope to perform better. Yet, most studies with athletes in ketosis do not show performance benefits. Plus, is the diet sustainable? Who really wants to live in ketosis? No pasta, no potato, no birthday cake, no fun....



British exercise physiologist Ron Maughan PhD asked, "Why would you even want to burn more fat than carbs during exercise?" He explained that fat, as compared to carbohydrate, requires more oxygen to produce energy. Burning more fat means that you have to work at a higher fraction of your maximum oxygen uptake. "Isn't that the opposite of what you want to happen?"

Some athletes claim a key benefit of being fat-adapted is to reduce the need to consume food during endurance exercise—and thereby reduce the threat of intestinal distress. Hence, fat-adapting seems like a logical plan for numerous endurance athletes who fear sour stomachs and "fecal urgency." The problem is, if they want to make a surge, sprint to the finish, or dig deeper to go harder or longer, they will lack the glycogen required for that higher intensity burst. Hence, their better bet would be to train their body to accept food during exercise. By experimenting during training and seeking help from a sports dietitian, an athlete can figure out which fluids and foods will settle well. Perhaps a different brand of sports drink or gel, or a swig of maple syrup, could offer the needed fuel without creating distress.

- Concerns about carbs causing inflammation have prompted some athletes to avoid wheat and other grains. Yes, if you have celiac disease (an inflammatory condition with telltale signs of constipation, diarrhea, bloating, stomach discomfort, and/or persistent anemia), you certainly should avoid gluten. But only 1% of the population has celiac disease and up to 10% may have other wheat-related issues. Research by Canadian sports nutritionist Dana Lis RD suggests that gluten does NOT cause inflammation in athletes who do *not* have celiac disease or a medical reason to avoid gluten. Those who claim to feel better when eating a

Continued

Paleo-type or gluten-free diet may have become more nutrition-conscious. They feel better because they are eating better on their whole-foods diet (as opposed to their previous "junk food" diet.

• Carbohydrates from colorful vegetables and fruits are particularly important for athletes. They help keep your body healthy. Case in point, Montmorency cherries. The deep red color of these tart cherries comes from a plant compound (anthocyanin) that reduces inflammation and muscle soreness. Athletes who consume concentrated tart cherry juice "shots" (or drink 8 ounces of tart cherry juice twice a day) recover better after hard exercise than their peers without tart cherry juice. For master's athletes, tart cherry juice can help calm the inflammation/pain associated with osteoarthritis.

The bottom line:

1) Enjoy a foundation of quality carbs at each meal to fuel muscles.

2) Include a portion of protein-rich foods in each meal to build and repair muscles (for example, scrambled eggs + bagel; turkey in a sandwich; grilled chicken with brown rice and veggies).

3) Observe if you perform better.

Each person is an experiment of one, and we are just beginning to understand genetic differences that impact fuel use, weight, and performance. Your job is to learn what works best for *your* body and not to blindly accept the latest trendy nutrition advice. Be smart, fuel wisely, and have fun!

*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 marathoners, cyclists and soccer players, as well as teaching materials, are available at nancyclarkrd.com. For workshops, visit www.NutritionSportsExerciseCEUs.com.*

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Questions? Email to: sales@nbwclub.org

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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 is now but a distant memory. Gone are the hot temperatures, high humidity, and the 9 am ride starts. I hope you enjoyed our summer ride schedule. I know I did. Border Crossers and the Sturbridge Century were difficult rides, while the Mattapoissett and Taunton-Sharon rides were fast and flat. In between these two extremes, there was a little bit of something for every

riding ability.

The TFCE has come and gone, but not without many challenges for the volunteer team. Restrictions at U-Mass on parking and registration and local community restrictions on start time and road marking kept the team busy. Despite all of these, the ride went on as planned. If you rode this year I trust you had a good ride. If you volunteered, thank you.

Fall is now with us and that means crisp mornings, low humidity, and a more civilized 10 am ride start through early December. There is one new ride this Fall on October 11; the Royal Mills Ride. For beginners, casual riders, or those who just do not like being out on the road, the short loop of the Royal Mills Ride is entirely on the Washington Secondary Bike Trail. It is an out-and-back ride and is the only NBW ride that I know that is like this. The intermediate loop also travels the bike path for about 10 miles on the return. This ride was developed by Bob Gallo and Don Rajotte, so if you like it, be sure to tell them.

We are running the shortened Newport ride again this year on October 25. This ride was revised last year and was well received. If we continue to get good reviews, maybe it will find its way into next year's schedule.

Speaking of schedule, rides have been scheduled through the winter months. Who knows, maybe we will actually be able to ride this winter! Last year I had a few rides in January and three in February, although I had to go to Florida to get the February rides, and none in March. It made for a very difficult spring. Oh well, I suppose there is always the dreaded trainer. And, if it happens to come to pass that we are snowed in again, use that time dreaming of a ride that you would like to develop and send it to me.

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:

Aug 2 *Miles Standish*—Bob Edgren
Aug 9 *Sturbridge 100*—Ted Shwartz, Tony Rizzotti
Aug 16 *Scramble Metric*—Mike Emma, Don Paiva
Aug 23 *Mattapoissett*—Mike Miller, Dianne Robillard
Aug 30 *North Country 50*—Luke Brissette
Sep 6 *CT Coastal & Ridges*—Tony Rizzotti
Sep 13 *TFCE*—Gil Peel, Mike Miller, Dianne Robillard
Sep 20 *Taunton-Sharon*—Tony Rizzotti, Ed Holden, John Swyers
Sep 27 *Cape Caper*—Bob Edgren

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.
- * Before a ride, become familiar with the map.
- * Share the road with motorists and pedestrians.
- * Volunteer to arrow a ride—see Chip Kent <arrows@nbwclub.org>



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.

October 4, 2015	Cranberry Metric	17/35/64 miles	
Sunday	10:00 AM	Map No. 81	Arrower: Miller, Robillard
<i>Route</i>	Lakeville, Assawompsett, Middleboro, Bridgewater		
<i>Directions</i>	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.		
<i>Drive Time</i>	25 minutes from Providence		
<i>Description</i>	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 Mattapoissett and Marion harbors.		

October 11, 2015	Royal Mills Ride	~22/30/50 miles	
Sunday	10:00 AM	Map No. 169	Arrower: Bob Gallo
<i>Route</i>	West Warwick, Coventry, Foster, Scituate		
<i>Directions</i>	Start: Bike Path (Washington secondary Trail) Junior Street W. Warwick R.I.		
<i>Drive Time</i>	20 minutes from Providence		
<i>Description</i>	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 road to the Scituate Ave Hill...short but challenging! Ride along the Pawtuxet River to Historic Phenix.		

October 12, 2015	*Columbus Day Show'n Go		
Monday	10:00 AM	Map No. 81	Arrower: Miller, Robillard
<i>Route</i>			
<i>Directions</i>			
<i>Drive Time</i>			
<i>Description</i>	Follow arrows from the Cranberry Metric Ride, map #81		

October 18, 2015	Purgatory Chasm	20/30/54 miles	
Sunday	9:00 AM	Map No. 117	Arrower: C Kent, Dave Baldwin
<i>Route</i>	Uxbridge, Whitinsville, Sutton, Douglas		
<i>Directions</i>	Start at the School Superintendent's Office, 62 Capron St, Uxbridge, MA 01569 (the former high school). Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North, for 1.5 miles. Turn left onto Rt. 122 North for 1 mile to Rt. 16 traffic light. Turn right onto Rt. 16, for 0.2 miles. Bear left onto Capron St; the school building is at the end of the street.		
<i>Drive Time</i>	40 minutes from Providence		
<i>Description</i>	The ride rolls through the northern part of RI and into Massachusetts. Expect some hills. Bring a lock with you so you can take a break to walk in the Chasm. Spring water can be found at the picnic grounds. Pete Petrocelli extended the ride to 54 miles.		

October 25, 2015 **Newport Island Circuit Tour** 18/30 miles

Sunday 10:00 AM *Map No.* 64 *Arrower:* Tony Rizzotti

Route Newport, Middletown

Directions Start from Fort Adams State Park, off Harrison Ave in Newport, RI. Get there by going through downtown Newport along the harbor, staying on Thames St. Turn right onto Wellington Ave and follow the signs to Fort Adams. You will go past the Ida Lewis Yacht Club. Turn Right on Harrison Ave. then Right again at the next stop to remain on Harrison Ave. Fort Adams entrance is on the right. Use the first parking lot on the left.

Drive Time 45 minutes from Providence

Description This is a new route of an old favorite, updated by Pete Rice, which is designed to keep us off busy roads and is especially suited to late fall and early spring rides. The short ride travels the famous Ocean Drive with its majestic bay and ocean views, and then continues up Bellevue Avenue past the mansions. The longer ride heads further up the island past Middletown's farmlands and beaches. Larry & Sue Rollins will lead a beginners/new riders group on the 18 mile loop.

Only the 18 and 30 mile loops will be arrowed for this ride.

November 1, 2015 **NBX Fall Ride** 15/25/32 miles

Sunday 10:00 AM *Map No.* 16 *Arrower:* D. Rajotte

Route Warwick, East Greenwich

Directions Start at NBX Bike Shop (formerly Caster's), 3480 Post Road (Rt.1), Warwick, RI. Take I-95 S to Rt 117E (exit 10A). Go straight down Rt 117 to Apponaug Center and take a right at the lights onto Post Road south (Rt.1). NBX is 3/4 mile down on the left. Park either at NBX or at the medical center next door.

Drive Time 20 minutes from Providence

Description This is an annual ride from Warwick through East Greenwich, with a loop through Goddard Park. NBX invite everyone to an open-house after the ride.

November 8, 2015 **Fall River Fifty (aka Chourico)** 19/27/47 miles

Sunday 10:00 AM *Map No.* 159 *Arrower:* Courchaine, St Amour

Route Fall River, Assonet, Lakeville, Berkley

Directions Start at Bristol Community College (BCC), Elsbree Street, Fall River. From Rt. 24 in Fall River take the President Ave Exit (exit 5) to the rotary, take first right off the rotary. Take a Right on Elsbree St at the 1st light. Enter the LAST PARKING LOT ON THE RIGHT, at the end of the college buildings.

Drive Time 30 minutes from Providence

Description This scenic ride starts from the highlands of Fall River and meanders through forests, mill towns, lakes and cranberry bogs. Its rolling hills will keep your heart at an elevated state, and after a cool coast down near the waterfront in Fall River one can take a left up President Ave and return to the start. A little short cut will lead one up the infamous Weetamoe St for a little more pain.

November 15, 2015 **Killingly Tour** 17/35/47 miles

Sunday 10:00 AM *Map No.* 30 *Arrower:* Paul Ryder

Route Scituate, Foster, Gloucester, East Killingly

Directions Start at Ponagansett High School, 137 Anan Wade Rd, North Scituate, RI. Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). Stay to the right on 101 at the fork where Rt. 6 splits from Rt. 101. Go 3 miles then straight on 101 through the junction with Rt 102. Go 2 miles then turn right on Anan Wade Rd. School is one mile on the left.

Drive Time 35 minutes from Providence

Description Some climbing on this ride, which explores the woods and farmlands at the western end of the state. Visit RI's highest point, Jerimoth Hill at 812 ft, and check out the oldest town hall in the US located in Foster.

November 22, 2015 **NE Connecticut Tour** 20/40 miles

Sunday 10:00 AM *Map No. 77* *Arrower:* Paula & Pete Bissell

Route Gloucester, RI; Putnam, Woodstock, Thompson, CT

Directions Start at the West Gloucester Elementary School in West Gloucester, RI. Take Rt. 44 west to Rte. 94, just before the Connecticut line. Turn left (south) on Rte. 94 - the school is about .5 mile on your right.

Drive Time 40 minutes from Providence

Description Tour rural New England at its best. Enjoy the rural views of farmhouses, red barns, and stone walls bordering fields of grazing horses and cattle. This ride affords several scenic vistas of the hills of eastern Connecticut, as well as two reservoirs.

November 29, 2015 **Marion Rochester** 19/30/40 miles

Sunday 10:00 AM *Map No. 51* *Arrower:* D Robillard M Miller

Route Marion, Rochester

Directions Start at the Town Beach Parking Lot in Marion, MA. Take Rt. 195 E to Marion exit 20. Turn right at top of ramp. Bear left at fork. Cross Rt. 6 at traffic light to Front St. Proceed 1-3/4 miles to Town Beach Parking lot at end of Front Street.

Drive Time 45 minutes from Providence

Description The ride circles Sippican Harbor, past mansions and estates, then roams around the cranberry bogs and past Blackmore and Mary's Ponds, returning through farm country in Rochester. Ride updated and extended by Ted Schwartz.

December 6, 2015 **Cranston Holiday Ride Winter** 9/18/28 miles

Sunday 10:00 AM *Map No. 22* *Arrower:* Tony Rizzotti

Route Western Cranston, Scituate

Directions Start at Western Hills Middle School, 400 Phenix Ave, Cranston RI. From Providence take I-95 S to Rt 37 W (exit 14-B) Go to end of Rt 37. Turn Right at T-junction onto Natick Ave (which runs into Phenix Ave). School is 1.7 miles on the right.

Drive Time 15 minutes from Providence

Description Enjoy a rural ride with scenic views of farms and the Scituate Reservoir that's still conveniently close to Providence. Rolling-to-hilly terrain, especially along Rt.12 south of the reservoir.

NOTE: We are changing to our winter start time of 11:00 AM starting next Sunday

Patricia Lang and Keith Enos have passed the torch for the post ride Holiday get-together-fund raiser for Amos House to Cyndi and John Stenning, who have graciously offered to host the party this year at their home, #6 Hunters Crossing Drive, Coventry, RI 02816. Directions: Right out of parking lot at Western Hills, in 0.2 miles turn left onto route 12 (Scituate Ave), in 5.4 miles take left onto Rt 116 (North Rd), in 3.7 miles turn right onto Hunters Crossing Drive, third house on the left, #6

Cyndi 401 374 7649

John 401 316 0493

December 13, 2015 **Raynham Middleboro** 15/31 miles

Sunday 11:00 AM *Map No. 80* *Arrower:* Tony Rizzotti

Route Raynham, Bridgewater, Middleboro

Directions Start at the Staples plaza, 600 South St West, Raynham, MA - off Route 44 near the junction of Routes 44 and 24. Park away from stores.

Drive Time 25 minutes from Providence

Description Rural ride past cranberry bogs, scrub pine. Flat terrain through Bridgewater with its central town green and Bridgewater State College. Ride past the great cedar swamp on narrow lanes in Middleboro.

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Deadline for the next issue of The Spoke'n Word is December 1, 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
Jan	Sun	3 104	Taunton Two Rocks Ride	Taunton, MA	13/24	
	Sun	10 42	Jonnycake	URI Kingston	15/25	M. Hahn
	Sun	17 12	Simple Arrow Ride	Burrillville	12/27	C. Kent
	Sun	24 66	Triboro Tour	Plainville, MA	17/28	M&R Foulkes
	Sun	31 115	Wickford Kingston	North Kingstown	13/28	
Feb	Sun	7 104	Taunton Two Rocks Ride-REPEAT	Taunton, MA	13/24	
	Sun	14 42	Jonnycake-REPEAT	URI Kingston	15/25	M. Hahn
	Sun	21 12	Simple Arrow Ride-REPEAT	Burrillville	12/27	C. Kent
	Sun	28 66	Triboro Tour-REPEAT	Plainville, MA	17/28	M&R Foulkes