

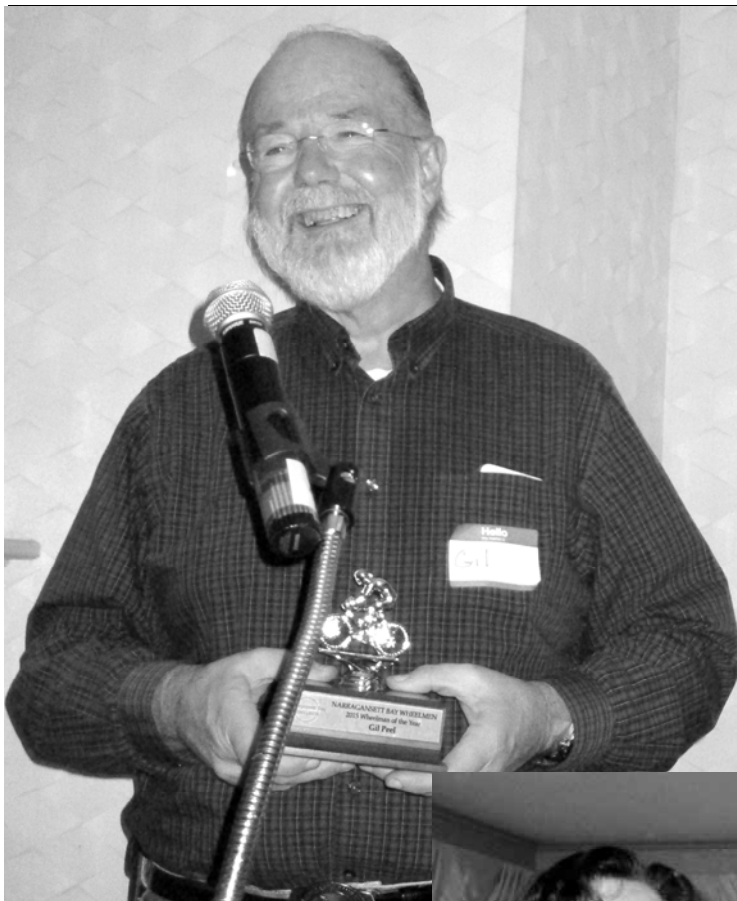
The Spoke'n Word

Volume 46, Number 1

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

January/February/March 2016

nbwclub.org



NBW Annual Meeting and Volunteers' Banquet

*Left: Gil Peel
2015 Volunteer of the Year*

*Below: Rob & Helen Foulkes,
East Providence Cycle, were honored
for 45 years of support
for cycling*



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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 IS NOW

NBX BIKES OF EAST PROVIDENCE
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

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 HAS CHANGED

**** MAKE A NOTE ****

NBW website: nbwclub.org
Members' page access (case-sensitive):
User name: mem66
Password: 2flatS

The old password will work until the end of January 2016

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

Cover: NBW annual banquet, Nov 2015
Photos: Monica Foulkes

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



Leonard Zinn - "Be at one with the universe. If you can't do that, at least be one with your bike". What better words could we use to finish off a good year of bicycling, and to start another.

2015 & 2016 - The big picture

The NBW has a long trajectory of steady growth in ridership, participation, volunteers and doing well by its communities. The big battles that bicyclists have fought for years for the right to ride safely are pretty

much over. The bigger fight that we face now is the right to be the NBW. In order to be the NBW, we have to accede, rightly or wrongly, to community demands on parking, permitting and road safety.

A core part of the NBW culture is arrowed rides. No one arrows better than the NBW. Arrowing's positives are numerous: it encourages exploration, peace of mind with easy navigation, group cycling at your own pace, and awareness of road hazards. BUT, there is a price we pay for arrowing; communities don't like it, and it can promote unsafe cycling. There are too many riders on our rides who take advantage of arrows to ride through intersections with speed in mind over safety.

Some say our days of arrowing are numbered. I hope they are wrong. We have lost the ability to arrow in Westport this year. Previously two other communities in Massachusetts have outlawed it. Imagine if Seekonk, Smithfield and South Kingston said "no more arrowing" to the NBW. Our culture would change immediately, and for the worse.

To some extent we have become victims of our own success. We have more riders at each ride, and that is a good problem. More riders mean more issues, more

planning and more communications with communities. More riders mean more issues with road parking, traffic and ride safety. Most importantly, more riders mean more work getting them to understand the NBW essence and culture.

What I ask of all club members, is to spread our culture to the next generation of riders and volunteers. This is the best way to ensure the NBW's future success by passing our culture to our newest members. This is our biggest challenge in 2016.

To me the NBW essence and culture is best defined by our volunteers. At the 2015 Annual Banquet we recognized some of our most exceptional volunteers: **Tony Rizzotti** is our first three-peat winner of Arrower of the Year. **Gil Peel** is our 2015 Volunteer of the Year, an award that was long overdue. **Alfredo Sosa** is our newest board member (Membership). This year three long-standing volunteers are stepping down: **Margaret Vigorito** (Annual Banquet), **Patricia Lang** (Amos House Benefit) and Louise Paiva (TFCE Hixville Captain). We have three members stepping up to fill these roles: **Susan Roberts** (Annual Banquet) and **Cyndi and John Stenning** (Amos House Benefit).

I could not mention the banquet without mentioning two very special friends of the NBW who are retiring from their bicycle business after 45 years: **Rob and Helen Foulkes of East Providence Cycle**. The bicycle folks for 45 years...

Our charter for the NBW directs us "to promote and encourage safe recreational cycling through education of the cycling community and the general public...". At the last NBW board meeting of 2015 the full board unanimously voted to give \$30,000 in charitable donations to our local, regional and national cycling organizations in accordance with our charter, from surpluses generated from NBW events. The donations are listed below.

Tailwinds everyone, and safe riding
Ted

2015 NBW Donations

Adventure Cycling \$650
Bike Walk CT \$1300
Bikes Not Bombs \$1050
East Bay Met School Bike Program \$700
East Coast Greenway \$1400
Friends of the Mattapoisset Bike Path Association \$1450
Friends of West Warwick Greenway \$340
League of American Bicyclists \$1150
MassBike \$2000

NEMBA \$1150
One Providence Cycling \$1510
Providence Met School \$1750
Rails for Trails \$660
Recycle-a-Bike \$2400
RI Bike Coalition \$2090
South Coast Bike Alliance \$3050
Trips for Kids (NB) \$1500
Woonasquatucket River Watershed Council \$5850

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: Alfredo Sosa, membership@nbwclub.org,
PO Box 41177, Providence, RI 02940-1177
Rides Coordinator: Don Chiavaroli, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, advocacy@nbwclub.org
Volunteer of the Year 2013: Rod Breault
Volunteer of the Year 2014: Bladimir Rodriguez
Volunteer of the Year 2015: Gil Peel

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

Mark L. Amorello, Newport, RI
Andrew S. Blazar, Providence, RI
Justin Boyan & Amy Greenwald, Providence, RI
Bill Chartier, Pawtucket, RI
Jeff Clarke, East Greenwich, RI
Kevin M. Dushay, Bristol, RI
Myles J. Ferrick, Eastham, MA
Edward & Robin Fitzpatrick, Ashaway, RI
Beverly Gordon, Fall River, MA
Sunggak Kim, Providence, RI
Trish Lang & Jeff O'Regan, Middletown, RI
William & Joanne Marrocco, Cranston, RI
Neal Messier, South Attleboro, MA
Dave & Theresa Middleton, Wappinger Falls, NY
Steven Pohnert, Bellingham, MA
Gene Richmond, Cranston, RI
Danny Saccoccio, Walpole, MA
Sue Scheible, Watertown, MA
Jordan Tripodi, North Providence, RI
Manou Vandewiel, East Greenwich, RI



We communicate with our members in many ways ...

WEEKLY—email from the President with details of Sunday's ride and any late-breaking news goes to all members who provide an email address. Important—if you change your email address you should inform membership@nbwclub.org

JANUARY, APRIL, JUNE, AUGUST, OCTOBER—The Spoke'n Word newsletter is mailed or emailed.

ALL THE TIME—our website nbwclub.org offers current ride schedules, events, maps, GPS links, the newsletter and much more.

ALL THE TIME—informal email discussion group via Yahoo; sign up at groups.yahoo.com/group/nbwclub/



**From your webmaster
nbwclub.org**

**Members' password has
changed ... MAKE A NOTE**

To access the members' section of our website you need:

Username: mem66

Password: 2flaTs

Passwords are case-sensitive.

You will need the new password information to register for TFCE during members' early-bird registration in April.

Remember: the current password information is always printed on the inside front cover of this newsletter.

NBW Annual Meeting and Volunteers' Banquet, November 14, 2015

The Annual Meeting of the Narragansett Bay Wheelmen was held November 14, 2015, at the Pawtucket Country Club, Pawtucket, RI, in conjunction with the Volunteers' Banquet. Over 100 members attended.

Officers of the Club re-elected for one-year terms: President—Ted Shwartz, Vice-President—Elizabeth Master-son, Treasurer—Rick Schwartz, Secretary—Kate Embrie

2015 Volunteer of the Year was awarded to Gil Peel, who will now serve a 3-year term on the Board of Directors. *Arrower of the Year*—Tony Rizzotti. *Blue Shirt Awards for volunteers who went "above and beyond"*—Teresa Harbutiak, Flavio Salas, Don Rajotte, Wolfgang Peti, Rebecca Page, Rob & Helen Foulkes. Rob and Helen received a standing ovation to honor their 45 years in business as East Providence Cycle, providing stellar service to the local cycling community.

New this year—Margaret Hahn and Paula Bissell organized a group of skilled members who crafted the superb creations raffled off as door prizes. Patchwork quilts made from TFCE t-shirts, hand-knitted NBW winter hats, tote bags, pillows and placemats were carried off proudly. Keith Enos and Patricia Lang donated bottles their vintage wines. Bright blue and yellow NBW water bottles were at every table for next year's riding season (although as the night went on they maybe contained something a little stronger!)

Margaret Vigorito organized this grand event.



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

Ride Mileage Record Chart 2016

2016	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
						1	2		
January	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
February	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	1	2	3	4	5		
March	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31	1	2		
April	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
May	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
June	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	1	2		

Ride Mileage Record Chart 2016

2016	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
July	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
August	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
September	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
October	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
November	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	1	2	3		
December	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		

Our Annual
**BEST DEALS
ON 2 WHEELS
CLEARANCE
SALE!**

January 21- 24

- Bicycles
- Clothing
- Accessories
- Trainers

10%-50% OFF

Clearance Sale Prices at all four NBX LOCATIONS

Trek
financing
available!



401-438-BIKE

Sale going on at all 4 NBX Bikes locations!

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

Warwick
3480 Post Road
Warwick, RI 02886
401-739-0393

Providence
212 4th Street
Providence, RI 02906
401-274-5300

East Providence
414 Warren Ave.
East Providence, RI 02914
401-434-3838

Preferred Customer Coupon

EXTRA 20% OFF

Single sale or Clearance Item

Coupon valid:

January 21 - January 24, 2016

*excludes bicycles

Sign up for emails, events, and news at: www.nbxbikes.com

Like us!



NBX Bikes of East Providence presents:

41st ANNUAL R.I. BIKE SHOW



and **3-DAY BIKE SALE**

FRIDAY, March 18th · 9-8
SATURDAY March 19th · 9-5
SUNDAY, March 20th · 11-5

Come Celebrate Spring!

Events Schedule

NBX of East Prov.

-Bike Show

Sun. March 20, 11-5

-Bike Sale

Fri. March 18, 9-8

Sat. March 19, 9-5

Sun. March 20, 11-5

-NBW Bike Rides

Sun. March 20 · 10 am

-Trek and Sram Factory Demo

Sat. March 19 · 9-5

Sun. March 20 · 11-5

-Electric Bike Demo

Sat. March 19

Sun. March 20

BIKE SHOW EXHIBITORS



TREK

SANTACRUZ

cervélo

+STROMER-

FELT
BICYCLES



GIANT

KINKBMX

also check out:

RI's E-BIKE EVENT OF THE YEAR!

Join us for our **electric bike** Demo and Expo,
Saturday and Sunday (March 19-20)
at NBX Bikes of East Providence

You're Invited!

From beginner to expert, this show is for everyone who enjoys bicycling

All NBW riders are invited for post-ride refreshments and food after the ride

plus

To show our appreciation, get a complimentary NBX water bottle and free gift when you show us your NBW membership

All NBX Locations

-Bike Sale

Fri. March 18, 9-8

Sat. March 19, 9-5

Sun. March 20, 11-5



401-438-BIKE

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

Warwick
3480 Post Road
Warwick, RI 02886
401-739-0393

Providence
212 4th Street
Providence, RI 02906
401-274-5300

East Providence
414 Warren Ave.
East Providence, RI 02914
401-434-3838

Sign up for emails,
events, and news
at: www.nbxbikes.com





Annual Memorial Day Weekend In Southern Vermont

Friday, May 27 to Monday, May 30, 2016

at the Blue Gentian Lodge, Magic Mountain Rd,
Londonderry

Enjoy Green Mountain scenery, quaint Vermont villages and stores.
Mapped loops vary from 23 to 78 miles; most rides are hilly.

Single, double or triple occupancy, with private baths.
A common gathering room, game room, hot tub, heated swimming pool.
Weekend includes 3 nights lodging, 3 breakfasts, 2 dinners (Sat & Sun).

Total cost \$229 per person with double occupancy (\$375 for single room, by request)
Reservations: contact Ken or Lisa at the Blue Gentian, 802-824-5908 and tell them you are with
the NBW bicycling group.

Questions: contact NBW member Ray Naughton, email raynaughton@cox.net or tel: 401-781-6963



NBW Annual Holiday Party for Amos House, December 6, 2015

Cyndi and John Stenning hosted this year's party, opening their house in Coventry after the Cranston Ride to celebrate another good year of riding. A mild, sunny day brought a large crowd to the ride and the party (so warm we sat out on the deck). Besides having a great party, NBW members (including those who couldn't come but who sent in donations) made contributions to Amos House, which provides food, shelter and social service programs to help people in need in Rhode Island. Thank you to all who attended, and all who contributed to this local and worthy cause and most of all, many, many thanks to our wonderful hosts, Cyndi and John.



NBW Special Events Committee announces
the 9th annual
Maine House Getaway Long Weekend



Thursday May 19 - Monday May 23, 2016

Accommodations:

- Located on the shores of Lake Christopher – mountain & lake views
- Accommodates 24-31 people
- 9 bedrooms & 7.5 baths
- Updated fully equipped kitchen facilities
- 10 x 10 steam room
- Beautifully landscaped yard w/200 feet of lake frontage
- 2 boat docks, use of canoes, kayaks & windsurfer
- Gas grills & picnic tables
- “Endless” biking opportunities for both road and mountain bikes

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

Location: Bryant Pond, Maine (Southwest Maine) –
approximately 4-hour drive from Providence

Cost: **Queen size bedroom: \$175 per person.**
Men or Women Dorm style bedroom: \$155 per person.
(includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

Make check payable to: **Narragansett Bay Wheelmen (NBW)**
Mail check to: **Donald Paiva, 81 Harris Street, Riverside, RI 02915**
For more information contact Don Paiva at donpaiva53@cox.net, or 401-433-3463

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

The following report was received from the South Coast Alliance, an organization that received a 2014 donation from NBW:

The South Coast Bikeway Challenge concluded September 8 and the winners will be celebrated September 19 at the Dartmouth YMCA Fall Family Festival. Mattapoisett, whose ambitious pedalers rode more than 22,000 miles, is this year's winner of the "Community with the Most Miles per capita. Fairhaven came in second and Marion third. The Summer Bike Challenge is an awareness event for the regional South Coast Bikeway Alliance (SCBA), a nonprofit volunteer organization working to build the South Coast Bikeway and South Coast "bike culture."

In the final tally, 112 riders from 14 communities together rode an astonishing 87,000 miles during the Challenge which ran from May 01 to Labor Day. Marc Anderson of Mattapoisett led the men with 4,355 miles pedaled. Marc will ride in the Buzzards Bay Watershed fundraiser in October; 75 miles is nothing to him now! Lisa Winsor, also of Mattapoisett, led the women with 2,358 miles. She was training for the Pan Mass Challenge. If both these riders had headed West, then South, Marc would be in Costa Rica and Lisa would be in Santa Fe! Congratulations! Other leaders are Men's 2nd place: Craig Moreira, Fairhaven 3,368 miles ; Women's 2nd place: Robin Thorpe, Fall River 1,542 miles; Women's 3rd place: Becky Lockwood, Mattapoisett 1,477 miles; Men's 3rd place: John Silva, Fairhaven 2,779 miles; For more information about the Challenge and the September 19th awards ceremony go to www.southcoastbikeway.com . Here is a listing of each community's male and female leaders. SCBA thanks everyone who participated!

Top Male and Female by Town:

Acushnet	Steven Reed - 2,372.6
Dartmouth	Nicholas Forcier - 1,111.5 Sandra Medeiros - 777
Fairhaven	Craig Moreira - 3,368.2 Susan Sullivan - 981
Fall River	Rick Schwartz - 1,871.5 Robin Thorpe - 1,541.9
Freetown	Jodie Madeira - 1059.2
Marion	Aaron Oakes - 2,000.8 Paula Meere - 269.1
Mattapoisett	Marc Anderson - 4,335 Lisa Winsor - 2,358
New Bedford	Mark Ferreira - 1,799.4 Deborah Roher - 1,222
Somerset	Jonathan Delcolle - 2,412.1
Swansea	Rob Polakowski - 1,828.9
Wareham	Arch Williams - 914.3 Nancy Bonell - 322.8
Westport	Deborah Weaver - 1451.5
Taunton	Deb Levesque - 1,387
Tiverton, RI	Peter Dowling - 240
Plymouth	Amy Tull - 56.8

Participating in the 2015 National Bike Challenge

Marc Anderson
Mattapoisett, MA

I'm not an elite cyclist by any means, but I'll gladly hop on my bike to do errands. Cycling to get around is something I learned to do, because I had to--rain or shine--in Denmark. With nothing to show for my New Year's weight-loss resolution and the area's roads finally warming up after a long winter, I was primed and ready to go when the National Bike Challenge opened on May 1st.

I participated in the Challenge last year and figured it would motivate me to exercise more, particularly because the scoring formula is weighted to encourage short, frequent rides. It gives you 1 point per mile plus 20 points for every day that you ride. By that math, four 30 mile rides in a week earns you 200 points (120 points for the miles and 80 points for the days). You get 210 points, though, for riding 10 miles a day, 7 days a week (70 for miles and 140 for days).

I committed to riding every day and knew I'd rack up some challenge points that way. Sure enough, by the end of the challenge's first month, my short daily rides were paying off. Though I rode only 670 miles in May, I wasn't far behind challenge leaders who had ridden more miles, but on fewer days.

The challenge of catching and passing other riders is motivating if you're the competitive type, and I've certainly got a streak of that. Cranking up the mileage in June, I caught up with the top riders in Massachusetts. I had the bug. If someone close in the rankings had logged a few more more than I had, I'd go out and ride a few more.

Wonderful things start to happen when you make a point of riding every day. Your legs get stronger. Your butt gets used to hours in the saddle. You can ride farther and farther, faster and faster, exploring new roads as your range expands. The bathroom scale stops climbing and slowly, if tentatively at first, starts back down towards where it's supposed to be. Like interest in a bank account, the benefits of riding compound daily.

All in all I logged 5100 miles over the Challenge's 153 days, averaging 33 miles per day from May 1 to September 30. I finished the Challenge in the top 300 nationally, no. 3 in the state, no. 2 in the local challenge, and no. 1 on the Southcoast Bikeway Alliance team. And even though I spent the summer gorging on frappes and lobster rolls to fuel all those miles, I reached my target weight and even took in my belt a couple of notches. It took 1000 miles on the bike to get 1 inch on the belt. The miles-to-waist ratio is not linear, however, it took another 4000 miles on the road to get another inch on the belt.

As you might suspect, riding 5000 miles I also learned a ton about bike maintenance. Over the summer I replaced tires, chains, spokes, a cassette, a bottom bracket, a crank set, and cables on my goto Giant hybrid and the vintage yard-sale Raleigh I picked up along the way. For me, that part is satisfying too. A tuned-up bike, a quiet road, and a creamery stop or two is an excellent recipe for enjoying a summer day.

Calendar

First Thursday of Every Month, 6:30 PM, City Hall, Providence. **"Bike the Night" with Mayor Elorza.** Around one-hour casual ride around Providence; ride route varies every month.

RIBike Winter Movies at the Cable Car.

See ribike.org/bikes-camera-action

Jan 12—*Inspired to Ride*, a documentary about the Trans Am Bicycle Race. Ticket \$12, available online.

Feb 9 —*Wadjda*, A Saudi Arabian girl wants a bicycle but it is not an accepted part of the culture. \$12, \$10 for RIBike members.

Mar 8 — TBD

RIBike Bike Talk at AS220:

Jan 6—MassDOT design manual for complete streets. 6 PM, free.

SAVE THE DATE:

May 20—Bike to Work Day!

May 22—Tour de Crème, 12, 25, and 50 miles routes offer riding for all skill levels and feature the creameries of Mattapoissett, Rochester, Acushnet and beyond. The ride begins and ends in Mattapoissett, with harborside party at the Munroe Preserve on Mattapoissett harbor. There will be a registration fee. All proceeds will benefit trails in Mattapoissett. The event is a joint effort of the Friends of the Mattapoissett Bike Path and The Mattapoissett Land Trust.

There's always someone around to help fix a flat on NBW rides.
Photo: Raul Silvia (your editor may have misremembered—please correct if wrong)



Thank you

Ray and Monica Foulkes wish to thank all their NBW friends for the welcome box of local produce, which was waiting for them on their return home from England, after Ray's mother's funeral. Your kind thoughts are most comforting.

NBW Merchandise

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



NEW!

NBW CYCLING JERSEY, LONG SLEEVE, Red.

Email first to sales@nbwclub.org as some sizes are sold out. Specify men's or women's cut
\$60, incl. tax. Add \$3 postage (for 1 or 2 shirts)

BEFORE MAILING A CHECK: email your request to sales@nbwclub.org (or contact Mike) 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

So another year is gone. Let's look back... Remember that day that it all came together? When the crank was so easy to spin, and the hills felt diminished, as though gravity was on a bit of a vacation that day.

It was one of those days to remember. You showed up for the club ride. You looked around to see who was there. You planned to stay up front with the fast guys, so a ride around the parking lot was prudent.

Yes, there is some horsepower in the parking lot. "Stay with the plan", you said to yourself. Your bike was ready. New tires, cleaned up, lubed and light. Check! How about the rider? "Excited, ready to start. Let's get this going!"

Off you went with everyone, starting reasonable for a bit. The group sets a tempo as it began to increase with each minute, the group getting into the groove. You could feel the riders looking forward. In no time the first riser, a gravity wall, a hill appeared ahead. The hill breaks things up; riders in front of you fall back, making a gap. You surged around three riders and pushed hard up to the front group. You locked behind the wheel of the last speedy guy and held on.

Following that surge the big group split up. Looking around only a dozen or so were left up front and the speed went up. You felt so alive, a healthy sting in the legs, breathing fast. You are in the paceline. Time to take turns. You start to get closer to becoming the next guy pulling up front. Take it easy, tuck in, save some energy. Here it comes, crap another hill!

When you go up front, your job is not to show off and blow up but rather provide a steady tempo. You point out potholes and guide the group safely. You are the driver up there. They are counting on you. Moving vehicles are carefully observed and respected. You alert cars as the paceline speeds down the road.

You are at the tip of the spear pulling the group now. It's time to see if all the hard training paid off. As you go up the hill, your legs feel good. All metrics are good. You actually feel lighter! "Keep it steady. Stay within yourself" you think. Lactic acid builds up. You crest the hills up front and stay up front for a little bit more. Finally it's time to pull off. You notice that there are only 6 people left following your effort!! The boys look at you a little longer as you roll back to the tail of the group.

Keeping out the wind will save you some wattage, and allow you to recover. As the miles add up, the synergy of each rider begins to form its own identity. Like a beast of fables, it breathes and is alive; its pieces working together, its strength greater than one rider. Tuned-in riders can feel that energy and can derive strength within its beating heart.

The tempo is high, so no voices are heard, only the shifting of

the gears, brakes singing, rhythmic breathing, cars flying by. A surge from a confident rider pulls the beast apart for a time. A piece of the beast falls off, another rider falls away from the front group.

The speed goes up and the group fills in. The shadows fall back a bit, as though they are finding the intensity a bit too hard. The beast that is the riders work together again, like choreographed birds, in formation. The mind is present. All worries disappear. You are the moment, the bike, and the wind.



As the miles continued, the front group that day felt admiration and respect for one another. Acknowledging the strength of each, the beast grew stronger. The shadows seemed to merge in the bright sun. People on the side of the road stopped to watch as we flew by them; perhaps inspiring one to get back in shape.

This story is not about anyone in particular. It is a moment of time when the bicycle and you become friends; when you are present, mindful and alive. Your success story may be different. It is the essence that is important. Cherish those moments not for their glory or for ego, but for the oneness and peace and happiness they bring.

**Cycling Sessions
Performance**

Gary Stafford
Endurance Coach and Spin Instructor
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Rhode Island

For Athletes in Weight-Sensitive Sports: Food for Thought

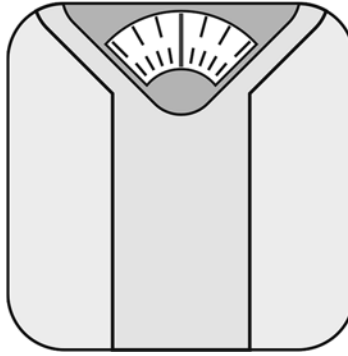
While many athletes *yearn* to be leaner and lighter, some athletes *have* to be leaner and lighter. If you compete in a sport with weight classes (i.e., wrestling, light-weight rowing) or in a sport that is sensitive to weight (bike racing, running), you likely put pressure on yourself to achieve a weight that might defy your genetic physique. Some athletes can achieve the demanded lightness healthfully; others struggle with poor energy, lethargy, and depressed mood.

It's no secret that disordered eating practices are common among weight-conscious athletes. An estimated 30% to 60% of active women and up to 19% of active men struggle with finding the right balance of food and body-fatness (1). Their quest to be light easily leads to restrictive food intake, over-exercising, and too little fuel to support normal body functions. In women, strict diets trigger amenorrhea—loss of regular menstrual periods. While some women seem content to get rid of that monthly hassle, they lack knowledge that amenorrhea leads to weaker bones, higher risk of stress fractures (today) and early osteoporosis (in the future). It's hard to be a life-long athlete when your skeleton won't support your goals.

While the combination of amenorrhea, disordered eating, and stress fractures has been dubbed *The Female Athlete Triad*, today's sports medicine professionals acknowledge that weight-conscious men also experience medical issues. For example, a study of competitive male cyclists suggests as many as 25% had osteopenia (the early stages of osteoporosis) and 9% had full-blown osteoporosis (low bone density). The exact cause of the poor bone health is yet to be determined (2).

Up to 94% of elite athletes who participate in weight-sensitive sports report dieting and using extreme weight control measures to achieve their desired weight (1). They commonly experience dizzy spells, needless fatigue, headaches, constipation, and poor sleep. Symptoms of long-term under-eating include hair loss, dangerously low heart rate (<40 beats per minute), electrolyte imbalance, constipation, anemia, stress fractures, mood swings, social withdrawal, insomnia, and inability to concentrate well—to say nothing of poor performance. After all, you can only perform at your best if you can train at your best. You can only train at your best if you are doing a good job of fueling up before training and refueling well afterwards.

Long-term food restriction easily leads to medical complications that involve not just bones but also the whole body: intestines, heart, hormones, reproductive system, kidneys and brain. It creates psychological stress and depression. Hence, athletes who need to make weight should take the job seriously—not simply resort to starving and dehydrating their bodies prevent.



So what's a weight-conscious athlete to do? The best time to lose weight is during the off-season. But athletes, being human, often procrastinate until the last minute to complete this task. Here are tips to help you make weight healthfully:

- Avoid losing more than 2% of your body weight via pre-event dehydration. That's a loss of three pounds of sweat for a 150-pound athlete.
- Find a health professional who can monitor your body fat. If you are a man, do not drop below 5% body fat. Women shouldn't drop below 12% fat.
- Do not eat less than your resting metabolic rate (RMR), the energy needed for your heart, organs and brain to function. You can roughly estimate your RMR by multiplying your body weight times 10 calories per pound. For example, if you weigh 150 pounds, you need about 1,500 calories to simply breathe and be alive. That's the equivalent of three 500-calorie meals.
- Add at least 50% more calories than that for daily activities and sports. To take the guess-work out of calculating your personal calorie budget and creating an effective food plan, you want to partner with a sports nutritionist who is a registered dietitian (RD). To find your local sports RD, use the referral network at SCANdpq.org
- More simply (but less personalized), knock off 300 to 600 calories from your typical (non-dieting) day's intake. Deleting two beers (300 calories) and four Oreos (200 calories) could be an easy start to weight loss.
- To minimize loss of muscle, try to consume 20 to 30 grams of protein every 3 to 4 hours during the active part of your day. That means, 3 eggs for breakfast, 2 (6-oz) tubs of Greek yogurt mid-morning, a can of tuna for lunch, 1 cup cottage cheese mid-afternoon, and a chicken breast for dinner. The portion actually depends on your body size. The target is about 0.7 to 1 g protein per pound of body weight (1.5 to 2.0 g Pro/kg) when you are cutting calories and are in energy deficit.
- Include carbohydrate to fuel your muscles. Target at least 1.5 g carb per pound of body weight (3 g

Continued

carb/kg). For a 150-pound athlete, that means 225 grams of carbs (900 calories), preferably more. Divided into meals and snacks, that 60 g carb/meal and 30 g each for a morning and mid-afternoon snack. Translated into food, this means enjoy oatmeal with the eggs, rice with the chicken, etc.

- Include a little fat in each meal to add satiety and keep you feeling fed. You also need fat to absorb vitamins A, D, E and K. Choose nutrient-dense fats, such as avocado, peanut butter, almonds, and salmon.
- Surround your workout with fuel. That is, eat part or all of your breakfast before you train, so that you have the energy to exercise meaningfully. Include both carbs (to fuel the workout) and protein (to minimize muscle breakdown). This could be yogurt and a banana before you workout, and eggs with toast afterwards.
- Plan to eat recovery foods soon after you train. To avoid extra calories, simply back your training into a meal. That is, if you train from 3:00 to 5:00 in the afternoon, eat dinner right way at 5:30 (as opposed to having recovery food and then dinner at 7:00).

Dieting gone awry...

Despite the demands of your sport, try to keep your life in balance. Your whole identity should not be based on being an athlete, but rather on being a person who is athletic and has other interests. After all, if you identify yourself as a marathoner, who will you be if you get badly injured and cannot run?

If you wonder if you have crossed the line and have an eating disorder, take this SCOFF quiz:

- Do you make yourself **S**ick because you feel uncomfortably full?
- Do you worry you have lost **C**ontrol over how much you eat?
- Have you recently lost **O**ver 14 pounds in a 3-month period?
- Do you believe yourself to be **F**at when others say you are too thin?
- Would you say that **F**ood dominates your life?

If you answer yes to two of the five questions, seek help from a sports dietitian.

The bottom line: You will not be able to be a great athlete unless you take care of your body and fuel it appropriately. Here's to healthful weight management!

*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 win with good nutrition. Her best-selling **Sports Nutrition Guidebook**, and food guides for runners, cyclists and soccer players, as well as her teaching materials, are available at www.nancyclarkrd.com. For information about online workshops: NutritionSportsExerciseCEUs.com*

References:

1. Sundgot-Borgen J, Meyer N, Lohman T, Ackland T, Maughan R, Stewart A, Muller W. How to minimize the health risks to athletes who compete in weight-sensitive sports. Review and position statement on behalf of the Ad hoc Research Working Group on Body Composition Health and Performance, under the auspices of the IOC Medical Commission. *Br. J Sports Med* 2013; 47:1012-1032
2. Smathers A, Bemben M, Bemben D. Bone density comparisons in male competitive road cyclists and untrained controls. *Med Sci Sports Exerc* 2009; 41:290-6



Tackling Rhode Island's mountain.
Photo: David Baldwin

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>

NEW NBW ARROWING GUIDELINES—PLEASE READ

(Rev. Oct 2015)

The success of our club depends on the work of our arrowers. Even though we supply riders with maps and GPS files, good arrowing beats a good map any day of the week (and especially on Sundays!). As a club, we are trying to reduce our “paint footprint” to help reduce the amount of markings on public roads. In order to do our share, we have updated our arrowing guidelines as follows:

NBW ARROWS have a straight shaft with a circle at the end. Arrows should be about 10 inches long by 4 inches wide (no longer than the length of your foot). Well placed arrows do not need to be longer than that; over-large arrows may annoy local residents and waste paint and time. See the example.



ARROWS should not be painted more than 3 weeks before the ride date.

PLEASE do not use “bendy” arrows, which are very confusing and hard to make out until riders are on top of them. Use only straight shafts, pointing straight/left/right or (occasionally) angled

PAINT: Use the assigned color. We supply the paint, but if you need to buy your own, purchase upside-down marking paint and send the receipt to the NBW Treasurer for reimbursement.

SPRAY close to the ground to avoid “shadowing” (and painting your shoes). If you can find the old NBW arrows, paint over them, using the old paint as a base (not only does it save paint, it ensures fewer arrows on the road). Don’t arrow in the rain—your arrows will fade out within days—paint on dry roads.

URNS: Each turn should have two arrows before it. The first arrow should be about 150 ft before the turn, and another about 50 ft before. **Do not use double arrows.** Obviously, if the street is short you may have to make a few common sense adjustments. Avoid placing arrows in parking lanes (especially near a church because parked cars on Sunday morning can cover them). Do not place arrows in front of someone’s mail box or driveway. If the turn is on a downhill, put the first arrow sooner for safety, because riders will approach at speed. Do not place arrows on/at a turn—riders need them well BEFORE the turn so they can

prepare and alert those behind. New arrowers tend to place arrows too close to the turn, especially when arrowing by car, where it’s easier to misjudge distances. Give riders plenty of warning.

WHEREVER POSSIBLE, use existing arrows and spray over them. Leave only the three arrows needed to mark a turn. **Black out all NBW arrows that are not needed for your ride.**

LEFT TURNS NEED MUCH EARLIER ARROWS: Begin 300 ft before, which is about 3 telephone poles apart, with the second at 100 ft. Some bad lefts on busy roads/downhills need earlier arrows to give riders time to move left across traffic.

INTERSECTIONS/LIGHTS: Most intersections do not need an arrow where the ride goes straight. If the straight through direction is not obvious, place a single arrow BEFORE the intersection to indicate the correct route. A confirming arrow after a straight through intersection is not needed.

CONFIRMATION after the turn. After a turn, place a confirming arrow within sight of the intersection.

COMFORT ARROWS: On long stretches of road, place a “comfort arrow” every two miles or so to reassure riders that they are still on the route.

SPLITS: Where the rides split, the first arrow should only show the split directions, not mileage. The second split arrow, before the turn, shows the split mileage and the longest mileage for the ride. (see the example below). The confirming arrows will only have the split OR longest mileage.



ROAD HAZARDS should be indicated about 100 ft before, e.g., “Caution” or “R/R”. and if you can, paint a wiggly line before **LARGE** potholes, hazardous grates that are parallel to the road, and badly-placed expansion joints. Otherwise, do not write words on the road (riders can’t read them at speed and they annoy residents).

HAVE FUN and be safe while arrowing.

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Ch-Ch-Ch-Changes. Do you remember that David Bowie song? It was released way back in 1971, about the same time that the NBW as we know it today was “reborn”. It seems appropriate that this Touring Committee Report is all about the changes in our upcoming riding season.

Change is all around us. Change is often called progress. People do not like change because it means we have to move outside of our comfort zones. Like it or not, change is here to stay so we might as well embrace it. The winds of change are blowing and the NBW has to respond.

So what am I talking about? Well, if you attended the Volunteer Dinner and Annual Meeting, you heard NBW President Ted Shwartz discuss that the Town of Westport has banned the use of painted arrows on town roads. The ban affects not only the NBW but any organization that wants to have events on the roads in Westport. In taking this action, Westport joins Concord and Boxborough as the only towns in MA which have banned painted arrows on the roads. So far, no towns in Rhode Island have taken this action.

Arrowed roads are a key component of our rides and allow members and guests to follow the route. There are alternatives to painted arrows, but none is a satisfactory solution. As a result of the Westport action, the club has responded with two changes.

Change number 1: Reduce our “Paint Footprint”

If other communities in our riding area follow the Westport example, our ability to enjoy a Sunday ride will become more difficult. One action we can take is to reduce our “paint footprint” in the communities in which we ride. We have revised the arrowing guidelines to do just that. The new guidelines will take effect with all rides beginning March 6, 2016. All arrowers, including seasoned arrowers, need to read the updated guidelines and follow them. Chip Kent, our Paint and Arrowing Coordinator provides a copy of the guidelines with the paint. The new guidelines are also available in this newsletter (see previous page) and on the NBW website (under Resources tab). Let’s not give the local communities any reason to ban painted arrows so PLEASE READ AND FOLLOW THE REVISED GUIDELINES.

Change number 2: Use of alternate navigation methods

Routes into Westport will not be arrowed once they cross the town line. Larry and Ted’s Dartmouth Ride is scheduled for March 6, 2016 and part of the ride is in Westport. To successfully navigate the Westport route ... *queue sheets, maps, and RidewithGPS navigation will be provided.* This is

a big change to the way we have operated, but we either embrace it or abandon riding in Westport.

How all this affects the TFCE is not yet clear and we are working with the Westport town fathers to reach a resolution.

Later in March there is another change that fortunately has minimal impact on the club. **Narragansett Bikes (NBX)** will be moving into the location of **EP Cycle** on Warren Avenue in East Providence. This is the start location of our traditional Spring Opener ride. The owners of NBX and Dean at EP Cycle have confirmed that the Spring Opener will go on as planned.

And finally, for those of you who think that a century ride is just not enough miles, we are bringing back the Drummond Double. More details will be forthcoming in the April-May *Spoke n’ Word*. However, we can report that the ride will happen on the Sunday closest to the summer solstice.

Well, that is enough on changes for one issue ... except maybe one more. Maybe this winter the weather will not be as bad as last year and maybe we can actually ride in January and February! Now THAT would be a change I can embrace!

Don



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:

- Oct 4 *Cranberry Metric*—Mike Miller, Dianne Robillard
- Oct 11 *Royal Mills Ride*—Bob Gallo and crew
- Oct 18 *Purgatory Chasm*—Chip Kent, Dave Baldwin
- Oct 25 *Newport*—Tony Rizzotti
- Nov 1 *NBX Fall Ride*—Don Rajotte, Steve Rodrigues
- Nov 8 *Fall River Fifty*—Abbey Courchaine, Mark St. Amour
- Nov 15 *Killingly Tour*—Paul Ryder
- Nov 22 *NE Connecticut Tour*—Paula & Pete Bissell
- Nov 29 *Marion Rochester*—Mike Miller, Dianne Robillard
- Dec 6 *Cranston Holiday Ride*—Tony Rizzotti
- Dec 13 *Raynham Middleboro*—Tony Rizzotti
- Dec 20 *Barrington Ride*—Don Paiva

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.

January 1, 2016 ***New Year's Ride** ~20/30 miles

Friday 11:00 AM *Map No.* *Arrower:* Gajda

Route Little Compton, Westport

Directions Start at Bill Gajda's house, 124 Long Highway, Little Compton, RI. From Providence take I-195 east through Fall River MA. Take exit 8A (Route 24 South) to MA exit 1A (Route 81 Adamsville). Go 8 miles to end of Route 81 (stop sign), take right and then first left (Cold Brook Rd). Follow that road to stop sign; turn right on Long Hwy. Go approximately .5 mi. to #124 on right. Park on shoulder of road to leave as much road space as possible. Do not block road.

Drive Time 30 minutes from Providence

Description Following the old tradition, Bill will devise a ride of around 20/30 miles through the Little Compton, Tiverton, Westport area for members to start the New Year off in good style. A map or cue sheet will be handed out at the start. Coffee and donuts will greet riders upon return. Move on after the ride to Carleen McOsker's traditional pot-luck New Year's Open House party, after 2 PM at 75 Drift Rd, Westport, MA. Directions to Carleen's house will be provided at the ride.

January 3, 2016 **♥ Taunton Two Rocks Ride** 13/24 miles

Sunday 11:00 AM *Map No.* 104 *Arrower:* R.Breault

Route Taunton, Berkeley, Assonet, North Dighton

Directions Start at Shaw's plaza, 280 Winthrop St (Rt 44) Taunton MA. This is at the junction of Rt. 44 and Joseph E. Warner Blvd (traffic light at corner, McDonald's at entrance). From Providence, take Rt. 44 for ~15 miles; plaza is just as you enter the Taunton area, on right after light. If using Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Do not park near McDonalds. Park in center of large parking lot opposite the liquor store so as not to block stores.

Drive Time 30 minutes from Providence

Description This ride goes past two notable rocks: Profile Rock, which (to some) looks like the profile of a Native American face, and Dighton Rock, which bears some unusual and mysterious inscriptions. This ride will be repeated Feb 7.

January 10, 2016 **♥ Jonnycake** 15/25 miles

Sunday 11:00 AM *Map No.* 42 *Arrower:* M. Hahn

Route Kingston, Usquepaugh, Shannock

Directions URI, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.

Drive Time 45 minutes from Providence

Description This ride travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. A good tourist stop is the Kenyon Grist Mill in Usquepaugh which grinds corn meal into jonnycake ("journeycake") flour. This ride will be repeated Feb 14.

January 17, 2016 **Simple Arrow Ride** 12/27 miles

Sunday 11:00 AM *Map No.* 12 *Arrower:* C. Kent

Route Burrillville, Harrisville, Douglas, Uxbridge

Directions Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N. Get off on School St exit in North Smithfield (this is the exit after Pound Hill Rd exit). Bear Right onto School St. Take quick Left onto Rt 146A, Great Rd (this will become Rt 102, Victory Highway). Go 6.0 miles. Turn Right onto Rt 107, East Ave. Go 1.0 miles to Burrillville High School, 425 East Ave, Harrisville, RI, on your left. Park behind school.

Drive Time 35 minutes from Providence

Description Fascinating ride - so simple you don't need arrows. Rolling, rural terrain.
This ride will be repeated Feb 21.

January 24, 2016 ♥ **Triboro Tour** 17/28 miles

Sunday 11:00 AM *Map No.* 66 *Arrower:* M&R Foulkes

Route Plainville, Foxboro, Mansfield, Norton

Directions NEW START: Start at the Beatrice H. Wood Elementary School, 73 Messenger St (Rt. 106), Plainville, Ma 02762. Take Rt. 95 N to Exit 5 (Rt. 152 Attleboro/No Attleboro). Turn right off the exit onto Toner Blvd. Go .1 mile and turn Left on Rt. 152. Go 3 miles. Turn Right on Rt. 106 (Messenger St) and turn left into the SECOND school.

Drive Time 20 minutes from Providence

Description This ride is relatively flat and passes by several ponds and some lakes on old Massachusetts roads. You'll ride through the Gilbert Hills State Forest to Foxboro and past the remaining farmlands of Mansfield. Long route circles Norton Airport and the Norton Reservoir. Our new start is east of Rt 152 so you will be happy to learn that eliminates the climb back to our old start.
This ride will be repeated Feb 28.

January 31, 2016 **Wickford Kingston** 13/28 miles

Sunday 11:00 AM *Map No.* 115 *Arrower:* J. Satterlee

Route North Kingston, Exeter, South Kingston

Directions Start at North Kingstown High School, 150 Fairway Dr, North Kingstown, RI 02852. Take Rt 95 S to exit 9 (left side exit) onto Rt 4 south. LEFT at first light after the exit numbers end onto Oak Hill Road. Follow Oak Hill as it winds for 1.4 miles and ends at Route 1 (T intersection). LEFT onto Rt 1. Follow Rt 1 (Post Rd) for 0.3 miles and turn RIGHT onto Annaquatucket Road. Follow Annaquatucket for 0.8 miles to a stop sign. Turn LEFT at the stop sign onto Fairway Road. The High School is on the right immediately after the turn.

Drive Time 30 minutes from Providence

Description This ride explores southern Rhode Island just inland from Narragansett Bay. Passing through Wickford you will see the old Narragansett Church, the oldest Episcopal Church north of Virginia. The ride passes views of the Jamestown Bridge, turf farms, and the URI campus.

February 7, 2016 ♥ **Taunton Two Rocks Ride-REPEAT** 13/24 miles

Sunday 11:00 AM *Map No.* 104 *Arrower:* R. Breault

Route Taunton, Berkeley, Assonet, North Dighton

Directions Start at Shaw's plaza, 280 Winthrop St (Rt 44) Taunton MA. This is at the junction of Rt. 44 and Joseph E. Warner Blvd (traffic light at corner, McDonald's at entrance). From Providence, take Rt. 44 for ~15 miles; plaza is just as you enter the Taunton area, on right after light. If using Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Do not park near McDonalds. Park in center of large parking lot opposite the liquor store so as not to block stores.

Drive Time 30 minutes from Providence

Description This ride goes past two notable rocks: Profile Rock, which (to some) looks like the profile of a Native American face, and Dighton Rock, which bears some unusual and mysterious inscriptions. This ride is a repeat of the Jan 3 ride.

March 13, 2016 **N Smithfield Burrillville #1** 15/28 miles

Sunday 11:00 AM *Map No. 67* *Arrower:*

Route North Smithfield, Uxbridge, Mapleville, Burrillville

Directions Start: Our Lady Queen of Martyrs Church, Rear Parking Lot - adjacent to Barry Field, 1409 Park Avenue, Woonsocket, RI 02895. Take Rt 146 N from Providence for about 10 miles, then bear Right on Rt 146A N for 1 mile. Turn Right on Park Ave. The church is on your Left. Park in rear lot.

Drive Time 20 minutes from Providence

Description We're in the rolling back roads of the "ville" area - Slatersville, Nasonville, Mapleville, Harrisville, Burrillville.

March 20, 2016 **NBX /Spring Opener** 14/18/32/43 miles

Sunday 10:00 AM *Map No. 28* *Arrower:*

Route East Providence, Seekonk, Rehoboth

Directions Start at NBX, 414 Warren Ave (Rt 6) in East Providence, RI. Please park on Rt 6 or adjacent side streets, but do not block driveways or roads. Plan to arrive at start early to allow time to find parking.

Drive Time 5 minutes from Providence

Description This ride traditionally kicks off our Spring riding season. Enjoy an easy, scenic ride out of the city into rich farmlands. Short ride passes Shad Factory Dam. Get those bikes out now and see you there.

NOTE: RIDE START TIME IS 10:00 AM ! We leave our winter schedule behind and revert to our usual 10 AM start time with this ride - don't be late!

March 27, 2016 **♥ Narragansett Point Judith** 15/28/32 miles

Sunday 10:00 AM *Map No. 108* *Arrower:*

Route Narragansett, Galilee, Point Judith

Directions Start at Salt Pond Shopping Center, Rt 208 (Point Judith Rd), Narragansett, RI. Take I-95 S to Rt 4 S (left exit) to Rt 1 S. Take Rt 108 S exit. Bear right at end of ramp. Shopping center is just ahead on right. Please park in the Stop & Shop parking lot - away from stores.

Drive Time 40 minutes from Providence

Description Beautiful ride that explores the midpoint of Rhode Island's southern coast and marshlands. A highlight of the ride is pedaling beneath the Narragansett towers.

♥ Beginners will love these rides! * Holiday Show'n Go ** Special Event

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

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Deadline for the next issue is March 5

Mailing label is your valid membership card; includes your number and expiration date
You can always check your membership number and expiration date in the Members' section of our website nbwclub.org

Tentative Future Ride Schedule—subject to change—comments to Don Chiavaroli, touring@nbwclub.org

Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower	
Apr	3	47	Lakeville Tour	Lakeville, MA	15/25/40	Robillard/Miller	
	10	10	TriState Tour Burrillville	Burrillville	22/37		C. Kent
	17	149	Fish Road	Tiverton	18/22/33		
	24	57	Miles Standish	Wareham, MA	22/46		
May	1	160	BikeWorks Swansea Ride	Swansea, MA	16/25/50	Paige/Peti	
	8	48	Lincoln Smithfield	Lincoln	15/21/42		
	15	54	South Shore Century	Middleboro, MA	25/54/75/102		
	22	59	Mystic Metric	Ashaway	15/30/63		
Jun	29	160	BikeWorks Ride—REPEAT	Swansea, MA	16/25/50	Paige/Peti	
	5	49	Great Grandma's Farm Ride	Lincoln	15/23/50	L. Brissette	
	12	19	Tom & Pat's Half Century	Coventry	19/28/50	D. Rajotte	
	19	122	Plymouth Century	Seekonk, MA	25/54/102		
	26	88	Scramble Metric	Seekonk, MA	17/27/53/65		

From your Webmaster ...

MEMBER'S PASSWORD HAS CHANGED !

It's that time again, please make a note of the new password information:

Username: mem66
Password: 2flatS
(password is case-sensitive)

The old password will work until the end of January, but get used to the new one — you will need it to access the members' early-bird registration for TFCE come April 1.

Piedmont cobbles, Italy
Photo: Alfredo Sosa

