

The Spoke'n Word

Volume 46, Number 2

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

April/May 2016

nbwclub.org



It's TFCE Time ! Volunteers are already hard at work.

Members early-bird registration—April

TFCE date: September 11, 2016

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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

LEGEND BICYCLE

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

NBX BIKES

www.nxbikes.com
Locations:
414 Warren Ave
East Providence, RI 02914
401-434-3838

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

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

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

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

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

Cover: 2015 TFCE Volunteers Paula Bissell, Billy Gajda, Don MacManus
Photo: Kate Imbrie

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



Spring - The exciting season

I can not remember ever being this excited about spring bicycling. We had a lousy winter for snow lovers, but a fine one for bicycling. Our early March rides have had large crowds more appropriate for May. Club members riding in shorts, before the Ides of March, what would Shakespeare say?

All sorts of good things are happening, or about to soon. The Spring opener is around the corner (and will have passed by time you read this). Perhaps the most exciting news is all our new riders to the club in our Sunday rides. I have never seen so many new riders on a regular basis, of all ages.

In May we are going to have a new version of a century on the South Shore. This new ride will start in Kingston, MA. Our South Shore Century has been a club classic, but you had to do the full century in order to enjoy all the coastline. The new ride puts you on the coast minutes from the start, for all riders. There will also be a one way option, approximately a metric, which will bring you to the Weymouth Commuter Rail Station. If you want you can ride one way, and take the commuter rail back to Kingston, less than one mile from the start, all for \$9.50

Later in May we have our annual club trips to Vermont and Maine, followed by the return of the Social Tents. The biggest news is in June. The Drummond Double is

returning to the NBW after a long hiatus. The Drummond Double is the NBW's double century, two hundred miles in one day. Will you be ready?

As you can see, we have exciting riding coming very soon. For this we are very fortunate. This is not always the case for everyone. The following is a clip from our bylaws:

"Section 2. Purpose. The purpose of the Association is the promotion and encouragement of safe recreational cycling through the education of the cycling community and the general public about safe and effective cycling and the benefits of cycling to health and fitness, through the organizing of rides and other events, through publication of a newsletter, through encouragement of favorable actions by government and private industry, and by other suitable means. The Association shall not carry on any activities not permitted to be carried on by a corporation exempt from federal income tax under section 501(c)(4) of the Internal Revenue Code."

Recently I have been thinking about NBW members rehabbing from injuries, both bike related and otherwise, and non-club members that are precluded from bicycling because of lack of access to hand cycles. Many years ago the NBW had donated a hand cycle to our greater community. Perhaps its time to revisit this topic. I am looking for NBW volunteers who might be interested in exploring this further. Please contact me if you are interested

Tailwinds and safe riding

Ted Shwartz
NBW President

Club 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

Arrowers/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: Margaret Hahn

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

Russell Abbott, Etters, PA
Sandra Almeida, New Bedford, MA
Geoffrey Bain, Uxbridge, MA
Ovid Bordeianu, Sunapee, NH
Paige & Jens Carstensen, Providence, RI
Gary Dahrooge, Cumberland, RI
Gary Deal, Oakdale, CT
Suzanne Etherington, Cortland, NY
Jonathan Green, Providence, RI
Thomas & Victoria Guthlein, Bristol, RI
Claude Hawks, Grafton, MA
Debra Keith, Cortland, NY
Jocelyn D. Keith, Providence, RI

John, Marlene & Andrew Kubasa, Cumberland, RI
Doug Learned, Narragansett, RI
Anne Lessa, Lincoln, RI
Angelo Lopresti, Providence, RI
Peter & Jeannine Masse, Cortland, NY
Chris Millard, Exeter, RI
Roy Najecki, Chepachet, RI
Robert F. Oliveira, Cumberland, RI
John L. Packard, Brockton, MA
Michael A. Petrarca, North Providence, RI
David Ploufee, Hope Valley, RI
David Racine, Somerset, MA
Heather & Steve Wiehl, Hope Valley, RI

NBW Beginner Rides



Leaders: Sue and Larry Rollins

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

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

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

As long term NBW members, Sue and Larry are experienced ride leaders for the AMC and now are transferring those skills in an effort to welcome beginners and new members to

NBW. They have completed recreational touring trips in the US and Canada and have a combined total of 40 years' bicycling experience between them.

April 3 - Lakeville Tour Ride - 15 miles - map #47
April 24 - Miles Standish Ride - 22 miles - map#57
May 15 - South Shore Ride - 25 miles - map#54
June 26 - Scramble Metric Ride - 17 miles - map#88

From your webmaster



Members' password has changed.

Username: mem66

Password: 2flaTs

Passwords are case-sensitive.

You will need the new password to access the members' area of our website (nbwclub.org/members) to register for TFCE during members' early-bird registration in April.

The current password information is always printed on the inside front cover of your newsletter.



WHAT #BIKEMONTH EVENTS ARE HAPPENING NEAR YOU?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BIKE MONTH KICK-OFF!	2 6:45PM • ROCHAMBEAU LIBRARY TALK	3	4 6PM • BIKETALK WHAT THE PAINT? AS220	5 6PM • BIKE THE NIGHT PROVIDENCE CITY HALL	6	7 10AM • CAFE TOUR EAST BAY BIKE PATH PARKING LOT BY MERCER ST
8	9 6PM • RIBIKE MONTHLY ADVOCACY MTG @ FLATBREAD CO	10	11 5-8PM • BIKE TO BEER OGIE'S TRAILER PARK	12	13 6PM • LOVECRAFT RIDE	14 10AM • CAFE TOUR EAST BAY BIKE PATH PARKING LOT BY MERCER ST
15 9AM • EAST COAST GREENWAY RIDE	16 6:30PM • MOHR LIBRARY TALK	17	18 4:45PM • PROVIDENCE BPAC 6:45PM • RIDE OF SILENCE	19 5PM • GREEN DRINKS EAST COAST GREENWAY 76 DORRANCE ST #301	20 BIKE TO WORK DAY! SEE BELOW FOR DETAILS	21 11AM - 3PM BIKEFEST @ THE MET SCHOOL 7PM • WATERFIRE
22	23	24	25	26	27 6PM • BIKETALK OVERNIGHTING! AS220	28 10AM • CAFE TOUR EAST BAY BIKE PATH PARKING LOT BY MERCER ST
29	30	31	AND EVEN MORE EVENTS COMING SOON!			

BIKE TO WORK DAY EVENTS, 7-9AM ACROSS THE STATE:

PROVIDENCE: @ BURNSIDE PARK, WITH BIKE TRAINS LEADING THERE FROM ALL OVER THE CITY

ALSO:

NEWPORT
CHARLESTOWN
CENTRAL FALLS

SMITHFIELD
BRISTOL
WARREN


FOR MORE INFORMATION, VISIT RIBIKE.ORG/BIKEMONTH
OR CALL 401-297-2153


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



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



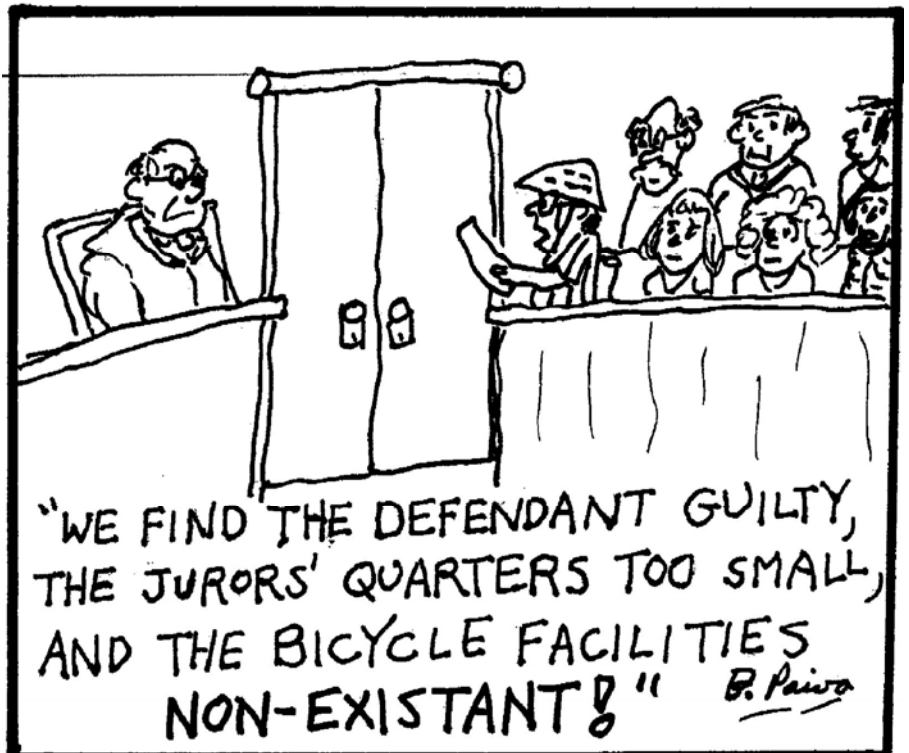
**We communi-
cate with our
members in
many ways ...**

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/



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



NARRAGANSETT BAY WHEELMEN

THE FLATTEST CENTURY IN THE EAST

45th Annual—September 11, 2016

2000 RIDERS • LAB SANCTIONED
30, 53, 68, 100 MILES

The Narragansett Bay Wheelmen's annual one-day tour through the scenic coastal shoreline, forests and marshlands of southeastern Rhode Island and Massachusetts.

TFCE has become the largest century in New England. It is a social and recreational tour to be enjoyed by all cyclists.

SAFETY

This is a recreational ride, not a race. Obey all traffic laws, lights and signs. The police have been advised to cite any rider not following the vehicular laws. Wear a helmet and carry plenty of water and a spare tube. REMEMBER—Think safety first.

WHEN

Sunday, September 11, 2016 ... **RAIN OR SHINE!**
Check in begins at 7:00 am and closes promptly at 8:00 am. The course opens at 7:00 am and riders must return by 5:30 pm

WHERE

Ride starts and finishes in Dartmouth, MA. Directions to the start will be sent with your confirmation e-mail.

REGISTRATION

TFCE is limited to 2,000 riders (usually it is filled by the first week in May). The fee for registration is \$28.50 per person for NBW members and \$41 for non-members.

All registrations will be processed on-line; a small servicing charge will be added by BikeReg.com for on-line registration.

Registration for NBW MEMBERS ONLY will open on April 1st. A link to the on-line members' registration site will be available in the Members' section of our website, nbwclub.org. You must begin from the Members' web page, accessed by password. For the current members' password, see the inside front cover of your *Spoke'n Word*.

Registration for NON-MEMBERS will open May 1st. A link to the on-line registration site will be available on the club website: nbwclub.org

Registration covers map and cue sheet, marked route, TFCE magnet, T-shirt, refreshments at three checkpoints and SAG wagons. Restroom facilities will be available at the start and the checkpoints.

TFCE MAPS and cue sheets will be available on-line as soon as the route has been finalized—no later than 1 week before the ride—**only at: nbwclub.org**. Maps and cue sheets will **not** be available at BikeReg.com. All registered riders will be emailed to let them know when the maps become available. Maps and cue sheets will also be available at check-in on the day of the ride.

No refunds will be given.

T-SHIRTS

Registered riders will receive a T-shirt designed especially for this ride; **available on the day of the ride only**. XXL size is available for an additional \$3.

SAG WAGONS

Sag wagons are available for first aid and irreparable breakdown. Attention is given last to riders who simply wish to be transported back to the start. Both bike and rider should be in top shape.

SPORTS MASSAGE

Massage therapists will be available for a nominal fee from noon to 5:00 pm.

FOOD

Food will be available for purchase after the ride.

HOTELS

www.umassd.edu/southcoast/tourism

More information at: nbwclub.org

Questions: tfce@nbwclub.org



HELP WANTED

For the
45th annual NBW-TFCE
The Flattest Century
in the East

September 11, 2016

Volunteers are needed for:

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



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

Please contact:
Kate Imbrie,
secretary@nbwclub.org

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

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



Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

To many, coffee and bicycles are like a marriage made in heaven, whether you drink your Joe before or half-way into your group ride with the boys and girls. The two just work together, like fast friends. It's funny that we don't fill our water bottles up with coffee on those cold mornings. Perhaps the taste of hot coffee in a melting plastic water bottle is just not the same. Never mind hot coffee on your shorts..



In case you did not get the memo, coffee contains a magic stimulant called caffeine. Caffeine has its bad press out there, but good news as well. Besides how nice a hot coffee in the morning feels, coffee and caffeine provide antioxidants that help you whether you exercise or are a crazy hammerhead cyclist.

I refer to a study from The Science Journal Alimentary Pharmacology & Therapeutics: "Coffee contains a range of biologically active ingredients beyond caffeine, including anti-oxidative and anti-inflammatory agents such as chlorogenic acid, kahweol and cafestol, and there is evidence that these many confer protection against liver fibrosis," the study said. It also concluded that chlorogenic acid in coffee is "likely important" because it has been shown to inhibit glucose absorption in the gut and improve glucose metabolism, which would go a long way toward explaining why coffee appears to lower the risk of type 2 diabetes and help prevent inflammation, fibrosis, and scarring of the liver which can lead to cirrhosis".

For endurance athletes, efficient glucose metabolism is a big thing. Efficiency in burning calories allows you to maintain energy levels throughout the event. We have all felt the bonk from not eating enough on a long ride or eating too much. Use your imagination when the latter happens.

What if you stop half way during a long ride at a café? As long as you don't stay too long, a coffee will reignite clear thinking, which is valuable due to the fog one can get in a 4 hour or more ride. Long rides can slow down reaction time, which you kind of need flying down a road at 30 miles an hour with Lycra between your skin and anything else! Coffee can bring reaction speed up again.



Most of you know I teach Spin classes on the side at the crack of dawn at a gym. I like my AeroPress for Espresso without the motor, extracting the coffee to its best. My coffee comes into the room, handy throughout the virtual torture playlist I dish out on that day. What can I say? Early risers like to get their suffering in early!

If you make your own coffee in the morning, why not upgrade your coffee? Make it bulletproof!

By adding virgin coconut oil or MCT oil to that perfect coffee, you add richness to the coffee but more important, you provide yourself with a medium chain fatty acid. You might say, "Fatty what, I am trying to lose that stuff!" Bulletproof coffee!

Medium chain fatty acids will maximize your body's ability to burn adipose tissue (fat), and promote a fat burning metabolic effect increasing your ability to sustain a long effort. It also is perfect for an early morning fasted ride or spin class.

Coffee goes well with the bicycle and with the brain and the body. Be sure not to drink it all day or the effects will diminish.

Coffee and bicycling is like the sun and the beach. Coffee on the ride may create more pee stops, but nature is what we journey in, so we might as well share with nature a bit...

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

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

Connecticut and Rhode Island considering bonds to accelerate development of bicycling facilities.

It has been an interesting few months in Rhode Island for transportation funding as the Governor and RIDOT administration has been actively working towards developing 10 year project development and funding plans. While many may be familiar with the RhodeWorks 10-year funding plan, whose principal focus is the accelerated repair of deficient bridges, bicycling funding is also a part of the plan.

Through the work of a coalition of advocates working with the Governor's office, the RhodeWorks legislation includes \$128 million over 10 years, to fund non-motorized transportation development (~\$5 million for years 1 through 6, then increasing to ~\$10 million).

In addition to this, the Paths to Progress group, made up of advocates and organizations from around the state, requested that a bond issue be included in RhodeWorks to further accelerate work on projects such as completing the Blackstone River Valley pathway and the South County pathway. For that effort, \$10 million of a proposed \$35 million "Green Economy" bond is to be dedicated to pathway funding. Hearings are still ongoing for the bond proposal, but with RhodeWorks now passed, this funding is very likely to be secured. For reference, completing the Blackstone Bikeway is estimated at between 17 and 25 million dollars. This includes design, right of way acquisition/leasing and construction.

Much less visible, at the same time RI has been re-vamping its Transportation Improvement Plan, also with a 10 year planning horizon. As of this writing, the various Transportation Advisory Committees have made their recommendations to the Statewide Planning Commission. Statewide Planning will be accepting public comment through spring and summer. Statewide, 52 projects were selected to be included in the 10 year plan to use the projected \$128 million. This leaves many worthy projects unfunded, as the TIP is meant to be the work plan RIDOT follows for non-motorized projects. At least 100 bicycle specific projects requested by communities and advocates did not make it into the final recommendation.

Similarly, Connecticut Governor Malloy has requested a \$7 million bond to assist with recreational trail programs statewide. The funds generated by the bond will be used to fund grants to appropriate organizations to assist with all stages of development. This adds onto \$10 million proposed in 2015 to accelerate development of 198 miles of trail for designation as part of the East Coast Greenway.

More locally, the Friends of the Mattapoissett Bike Path have been raising funds privately to fund developing the next phase of the trail through that town. With a goal of \$33,000 to fund design changes required by state and federal reviewers, this would allow development of the next mile of the path without use of town funds.



Cycling around the world ... riders at a Cyclovia in Bogota, Colombia, February 21, 2016.

Photo: Alfredo Sosa

(Hmm, this looks very familiar — could be an NBW ride!)

The Woonasquatucket River Watershed Council (WRWC) thanks the Narragansett Bay Wheelmen for supporting our Red Shed Bike Camp program.

Bike Camp offers eight week-long summer camp sessions in Riverside Park, Providence. ALL CAMPERS receive a bike, lock and helmet to keep as needed so that they can enjoy safe riding and practice repairs even when camp is over.

2016 will be the fourth year of Bike Camp. The first two weeks of camp, inexperienced riders learn to ride the first time or build confidence. Every session, campers get:

- Safe riding skill building
- Bike mechanic skills from basic roadside repair to advanced mechanics, depending on campers' levels
- Daily 5+ mile rides
- Environmental education
- Lots of outdoor fun and games

Thanks to supporters like the NBW, 70% of our campers can attend Bike Camp on scholarship. In Olneyville near the Red Shed, the chance to make safe biking for fun and transport an option means a lot. NBW gives this chance to many kids who could not otherwise afford camp.

Registration for the 2016 Bike Camp season is now open. Any kid between 8 and 14 is welcome.

Visit wrwc.org/gwybikecamp.php for more information or to register online.



Daily rides are campers' favorite activity.

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

Sports Nutrition Update: What Does the Research Say?

How much protein is enough? ... What about vitamin supplements? ... Should athletes eat carbs before they exercise? Ask 10 athletes and you will get 10 answers. But whom should you believe?

To identify proven sports nutrition strategies, professionals from the Academy of Nutrition and Dietetics (AND), the American College of Sports Medicine (ACSM), and Dietitians of Canada (DC) evaluated the latest research, and then wrote the AND, ACSM & DC Position Stand on Nutrition & Athletic Performance (available for free at www.EatrightPro.org). Here are just a few highlights that might help you fuel your body for higher energy and better performance.

- For competitive athletes, a key training goal is to stimulate metabolic adaptations that will reduce or delay fatigue. Current research suggests that occasionally training when you are carbohydrate-depleted can trigger biochemical adaptations that will ultimately enhance your performance. Just be sure to enter the competitive event after having eaten adequate carbs on the days beforehand, so your muscles will be optimally fueled.

On most days, if you are training for 1 to 3 hours a day, you want to consume 2.5 to 4.5 (or more) grams of carbohydrate per pound of body weight per day (5-10+ g/kg). If you weigh 150 pounds, that comes to 1,500 to 2,700 calories of grains, fruits and veggies!

- When exercise is so intense that you have difficulty consuming even water or sports drink during the workout, just swishing and then spitting a sports drink might help you feel better and perform stronger. The brain detects the presence of sugar in the mouth, and this might help you work harder.

- While many sports supplements are worthless, ones that have strong research to back their performance-enhancing claims include sports drinks and gels, caffeine, creatine, sodium bicarbonate, beta-alanine and nitrate. For in-depth information, refer to the Australian Institute of Sport's classification system that ranks sports foods and supplement ingredients based on the strength of scientific evidence: www.ausport.gov.au/ais/nutrition/ supplements. And please take note: No amount of any supplement will compensate for a poor sports diet. Commercial products work best when added to a well-chosen eating plan.

- Vitamin and mineral supplements will not improve your performance unless they reverse a nutritional deficiency. That is, if you have iron-deficiency anemia related to low dietary iron (i.e., eating no red meat) or high iron losses (heavy sweating, menstruation, donating blood), you will need an iron supplement to replenish your depleted iron stores. Reversing iron-deficiency anemia can take as long as 3 to 6 months. Hence, you want to prevent anemia from happening in the first place by eating iron-rich foods (such as dark meat chicken, fortified cereals). Taking iron supplements "just in case" is not advised and might contribute to medical issues.



- Antioxidant vitamins (such as C, E) have not been shown to enhance athletic performance. There is some evidence that high doses of antioxidant supplements might actually hinder training adaptations. The safest and most effective strategy to boost antioxidants is to regularly enjoy colorful fruits and vegetables, whole grains, and nuts. Enjoy oranges, berries, broccoli, spinach, almonds, avocado, etc. Real foods are more effective than pills (and tastier)!

- Advertising, in combination with an athlete's desire to perform better, can boost the appeal of sports supplements. Yet, the rapidly growing sport supplement industry is poorly regulated in terms of the claims they make and their manufacturing practices. Products are commonly tainted with unsafe and/or banned substances. Hence, many of the 40% to 90% of athletes who take supplements fall victim to fraud. Are you one of them...?

- If you plan to use commercial sports foods and supplements, you'd be wise to first meet with a sports dietitian to get a professional assessment of your baseline diet and to determine if you would actually benefit from (as opposed to waste money on) these products. Maybe you are already consuming plenty of protein and have no need to buy that expensive whey protein, after all? The best sports nutrition plans are personalized because each athlete is unique. To find your local sports RD, use the referral network at www.SCANdpg.org.

- Some athletes do not drink any fluids before they exercise in hopes of avoiding undesired pit stops during the workout. Yet, exercising under-hydrated can hurt performance. The solution is to drink 2.5 to 4.5 ml per pound of body weight (5-10 ml/kg; about 13 to 24 ounces for a 150-lb athlete) in the two to four hours before you exercise. This allows more than enough time for you to flush the excess fluid down the toilet. You can then drink as desired right before you start your workout.

- As a part of their daily eating, most athletes consume adequate protein, but they may not eat it at the right time. You want to evenly distribute your protein intake throughout the day. That means consuming some protein at least every 3 to 5 hours, so that your muscles have the tools they need to grow and repair. That is, instead of eating 16-ounces of salmon at dinner, divide the salmon into four 4-oz portions—or more realistically, enjoy 2 to 3 eggs for breakfast, a sandwich for lunch, Greek yogurt + nuts for an afternoon snack, and then a smaller portion of salmon with dinner.

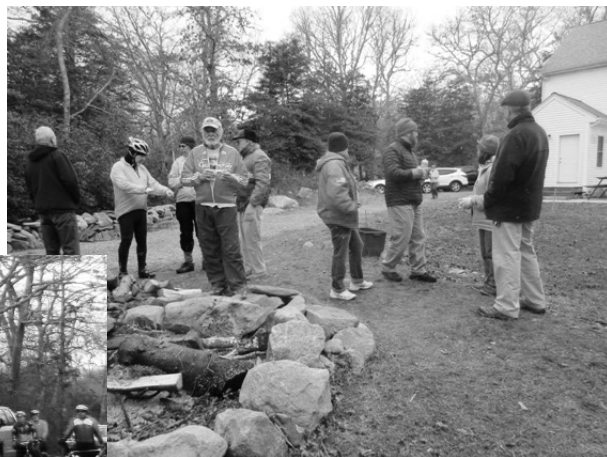
The target is about 15 to 25 grams protein per meal and snack for most athletes. (More precisely, 0.1 to 0.14 grams of protein per pound of body weight per meal (0.25 - 0.3 g/kg). Eating more than 40 grams of protein at one time has not been shown to offer any additional muscle-building benefits. Enough is enough!

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 Sports Nutrition Guidebook, and food guides for marathoners, cyclists and soccer players, as well as teaching materials, are available at www.nancyclarkrd.com. For online and live workshops, visit www.NutritionSportsExerciseCEUs.com.

NBW New Year's Day Ride, January 1, 2016

A mild day brought many riders to ride the New Year in this year, arrowed by Bill Gajda and Janice Velozo, whose firepit we gathered around for hot drinks after we rode the quiet lanes of Little Compton. A few daring souls rode in costume (who is that elegant guy in the tux?). Carleen McOsker hosted a pot-luck party after the ride.

May your riding in 2016 be merry and safe.



Wheeler Dealer

For Sale: SARIS Freedom 2 Bike Rack (for trailer hitch, www.saris.com/product/freedom-2). New last year, used once and worked well. New car unfortunately will not accommodate a trailer hitch. Absolutely like new with manual. \$200. Email richardprull@gmail.com, or call/text 401-450-5238.

NBW members' classified ads are also posted on our website. Unfortunately, your webmaster is having problems with that web page so if she has omitted your ad, please resend to webmaster@nbwclub.org (no photos can be displayed at the moment, however).

Calendar of non-NBW Rides

(see website for latest listing)

May 22—Tour de Crème. 12, 25, 50 mile routes in Mattapoisett, Rochester, Acushnet. Friends of the Mattapoisett Bike Path and the Mattapoisett Land Trust.

Early June - Welcome House of South County fundraiser. 50 miles round trip from Welcome House in Peace Dale, RI, to the Warm Center in Westerly, and back. Details at www.welcomehouseofsouthcounty.org

June 5 - Tour de Cure. Fundraiser for diabetes. URI, Kingston, RI. 7, 156, 30, 62 & 100 mile routes. Registration at www.diabetes.org/oceanstate



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:

Dec 27 *Dartmouth Ride #1*—Frank Frain, Chip Kent
Jan 1 *New Year's Ride*—Bill Gajda, Janice Velozo
Jan 3 & Feb 7
Taunton Two Rocks—Rod Breault
Jan 10 & Feb 14
Jonnycake—Don Rajotte, John Stenning
Jan 17 & Feb 21
Simple Arrow—Chip Kent
Jan 24 & Feb 28
Triboro Tour—Ray & Monica Foulkes
Mar 6 *Larry & Ted's*—Frank Frain, Chip Kent
Mar 13 *Lady of the Martyr's*—Rod Breault
Mar 20 *NBX Bikes Spring Opener*—Colby Jenkins, & George Hayes
Mar 27 *Narragansett Pt Judith*—Margaret Hahn

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



As of 10 days ago, winter is officially over. It was not really much of a winter though. A couple of snow storms that did not deliver much in the way of snow and a stretch of bitter cold in February. Other than that, the winter was a non-event and there were plenty of days that were nice enough to get out and ride. Like many of you, I was able to take advantage of these days and my

cycling fitness level did not decline nearly as much as last year.

We had one change over the winter in the support staff for the rides. Leah Moynihan, who was our liaison with the Police Departments in the communities where the rides start, has stepped down. The work that the Police Liaison does often goes unnoticed by the riders, yet this liaison makes sure that the local authorities are made aware of our planned rides so there is no backlash from the citizenry. We extend our thanks to Leah for her two years of service.

While it is unfortunate to lose a volunteer, we are very fortunate to have club members who will step up to fill the void. Margaret Hahn has assumed the responsibility of Police Liaison and we welcome her to this important assignment.

Other changes happened in March. The club has a new Ride with GPS account that will allow all NBW members to take full advantage of all the premium features: maps, cue sheets, etc. Members will still need their personal accounts to track their individual data. Rollout of the new account and what you need to do to utilize it will be communicated shortly.

Westport Update.....We had our first ride in Westport, where we are no longer allowed to arrow the roads. I am sure that this "no arrow" ban will create some anxiety with riders who will rely on GPS files to keep them on the route. I use the GPS files during the rides and I can attest that for the ones I have used, they are accurate.

However, that was not always the case. When we first started setting up GPS files a couple of years ago, we made some rookie mistakes. We did not put the way points in the correct position to advise the GPS computers which way to turn. The result was that the GPS would get confused and send you in circles. Some riders who were early adopters of this technology straightened us out.

I review every GPS file about one month before the scheduled ride. I make sure the file matches the map and that the waypoints are correct. Once the file has been verified by

me, I send the file link to Ted for incorporation into the weekly ride notice and to the NBW Webmaster to post on the web

Like every new technology, there is a learning curve in using the GPS. To make the most of your experience, make sure you download the files in the right format. Ted attaches the "how to" on every weekly ride notice. Make sure your GPS has map card installed. The GPS files will work without a map card, but in my experience it is not optimum. If you do not have a map card, Ride with GPS will sell you a mini SD card with the maps for the eastern US for \$25.

Don't have or don't want to invest in a GPS? For those few rides into Westport where we cannot arrow, cue sheets will be provided. They are not as convenient as arrows, but they work. I rode all the way across the US with cue sheets and never got lost...until I reached the beach in Rye, NH, and then I could not find my way back to the hotel!

One last update....we will be offering the Drummond Double (a double century) this year. If there is enough interest, it will run on June 26 and will consist of the Plymouth Century, the Scramble Metric, and some local miles to get the 200 miles total. Start, end, and intermediate stops will be at Seekonk High School so there will be an opportunity to bailout if needed. Check the June *Spoke'n Word* for updates.

So, get your bikes out, get them tuned up if needed, and go have some fun. Keep the rubber side down, be courteous to your fellow riders, walkers, joggers, and be respectful of the rules of the road. Here's to safe rides!

Don

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.

April 3, 2016	♥ Lakeville Tour	15/25/40 miles
Sunday	10:00 AM <i>Map No. 47</i> <i>Arrower: Robillard/Miller</i>	
<i>Route</i>	Lakeville, Freetown, Acushnet, Rochester	
<i>Directions</i>	Start at Assawompset School, 232 Main St (Rt. 105), Lakeville, MA. Take Rt. 44 E to Middleboro rotary, take a right on Rt. 18 for 4 miles to the traffic light at intersection of Rt. 18 and Rt. 105. Turn left, and the school is just ahead on your right.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is known for its cranberry bogs and lack of hills.	

April 10, 2016	TriState Tour Burrillville	22/37 miles
Sunday	10:00 AM <i>Map No. 10</i> <i>Arrower: C. Kent</i>	
<i>Route</i>	Pascoag, Webster, Sutton, Douglas	
<i>Directions</i>	Start at Burrillville High School, 425 East Ave (Rt 107), Harrisville, RI. Take Rt. 146 N out of Providence. Take the School St exit in North Smithfield (this is the exit after the 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 miles; turn Right onto Rt 107, East Ave. Go 1 mile to Burrillville High School on your left.	
<i>Drive Time</i>	35 minutes from Providence	
<i>Description</i>	After cresting Buck Hill, this scenic ride passes Lake Chagogaggogmanchaugagoggchaubunagungamaug as well as two small ponds with much shorter names. The ride winds through magnificent ridge and valley country, and passes through some elegant New England towns along the way.	

April 17, 2016	♥ Fish Road	18/22/33 miles
Sunday	10:00 AM <i>Map No. 149</i> <i>Arrower:</i>	
<i>Route</i>	Tiverton, Sakonnet	
<i>Directions</i>	Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Road exit. Take a right turn off the exit; parking lot is on the right.	
<i>Drive Time</i>	35 minutes from Providence	
<i>Description</i>	Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.	

April 24, 2016	Miles Standish State Forest	22/46 miles
Sunday	10:00 AM <i>Map No. 57</i> <i>Arrower:</i>	
<i>Route</i>	Wareham-Marion-Carver-Plymouth	
<i>Directions</i>	START: Town Hall/High School complex, Wareham, MA. Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.	
<i>Drive Time</i>	45 minutes from Providence	
<i>Description</i>	This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 22 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest, which we eliminated, but left it on the map in case you really want to go off road.	

May 1, 2016 **BikeWorks Swansea Ride** 16/25/50 miles

Sunday 10:00 AM *Map No.* 160 *Arrower:* Paige/Peti

Route Swansea, Dighton, Freetown

Directions NEW START: Start at the SWANSEA MALL, 161 Swansea Mall Dr, Swansea, MA. Park near former Apex Store. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to turn left onto Rt 118 North (Swansea Mall Dr). Turn left at the first light on Rt 118 into Swansea Mall. Park near the former Apex Store. Ride will start out of the back of the Mall on Cousineau St.

Drive Time 15 minutes from Providence

Description A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 26 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store (across Rt 118 from the Mall) after the ride for shopping and refreshments.

May 8, 2016 **Lincoln Smithfield** 15/21/42 miles

Sunday 10:00 AM *Map No.* 48 *Arrower:* R Breault

Route Lincoln, Lime Rock, No Smithfield

Directions Start at McDonalds at the Lincoln Mall, 622 Geo Washington Hwy (Rt 116) in Lincoln, RI. Take Rt 146 N to the exit that is marked for Lincoln Mall (Rt 116 S). Go right at the exit. The mall entrance is 1/2 mile on the right at the light. Park near the Bank, away from McDonalds.

Drive Time 15 minutes from Providence

Description The route heads south from the Mall, passing the airport, and circling Twin River Casino, before turning north on old roads. We're in the NW quadrant of our riding area, so expect hills, especially on the long (42 mile) loop, which has some big hills to test your Spring legs! Phil "DeRosa" Wildenhain scouted and extended this old ride.

May 15, 2016 **South Shore Century** 25/54/75/102/125

Sunday 8:00 AM *Map No.* 54 *Arrower:* Rizzotti

Route Middleboro, Plymouth, Cohasset

Directions Start at the Middleboro High School, 71 East Grove St (Rt 28) in Middleboro, MA - on Rt 28 just past the Rt 105 Intersection. Take I-95 N to I-495 S to the Rt 105 exit (Exit 4). Turn left off the exit onto Rt 105 to the first intersection with a traffic light. Go right at the light onto Rt 28. School is about 1 mile on the right.

Drive Time 60 minutes from Providence

Description This favorite century ride is one of the easiest and loveliest of the club's centuries, travelling along Boston's south shore with its spectacular water views. We will ride to Duxbury, then wind our way along the coast up to Cohasset, turning south to Middleboro on back roads, passing numerous ponds and farms along the way. Luca Marchi updated the old route, taking the shorter rides off some roads that have become extremely busy onto quieter back roads, adding an optional detour through Wompatuck State Park on the 100 mile return, and an extension to a double metric for the adventurous.

100/125 milers leave at 8:00 am; all other riders leave at 10:00 am.

May 22, 2016 **Mystic Metric** 15/30/63 miles

Sunday 10:00 AM *Map No.* 59 *Arrower:*

Route Ashaway, Mystic, Stonington

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

Drive Time 45 minutes from Providence

Description This ride starts through North Stonington cow country and old farms, travelling beautiful country roads to Mystic and the Stonington coast. We are reverting to our old route (the casino has built a new road so is no longer a problem).

May 29, 2016

Bike Works Ride-REPEAT

16/25/50 miles

Sunday 10:00 AM *Map No.* 160 *Arrower:* Paige, Peti

Route Swansea, Dighton, Freetown

Directions NEW START: Start at the SWANSEA MALL, 161 Swansea Mall Dr, Swansea, MA. Park near former Apex Store. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to turn left onto Rt 118 North (Swansea Mall Dr). Turn left at the first light on Rt 118 into Swansea Mall. Park near the former Apex Store. Ride will start out of the back of the Mall on Cousineau St.

Drive Time 15 minutes from Providence

Description A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 26 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store (across Rt 118 from the Mall) after the ride for shopping and refreshments.

June 5, 2016

Great Grandma's Farm Ride

15/23/50 miles

Sunday 10:00 AM *Map No.* 49 *Arrower:* L. Brissette

Route Lincoln, Burrillville, Uxbridge, Pascoag, Chepachet, Gloucester, Smithfield

Directions Start at McDonalds at the Lincoln Mall on Rt 116 in Lincoln, RI. Take Rt 146 N to the exit signed Rt 116 S/Mall exit (Note: the Mall is only 1/2 mile west of this exit so don't go far on Rt 116 whichever exit you take!) Follow Rt 116 for 1/2 mile; the mall entrance is on the right at the light.

Drive Time 15 minutes from Providence

Description This challenging, but lovely, ride, designed by Luke Brissette, was the winner of our 1998 design-a-ride contest. It's a good hilly workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd, the two fascinating houses that everyone sees from Rt. 295 in Smithfield, and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) and McDonalds at the end of the ride.

June 12, 2016

Tom & Pat's Half Century

19/28/50 miles

Sunday 10:00 AM *Map No.* 19 *Arrower:* D Rajotte

Route Coventry, Foster, Sterling

Directions Start at the Coventry Plaza, 1145 Tiogue Ave (Rt. 3), Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 6 (not 6A) and bear right onto Rt. 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

Drive Time 35 minutes from Providence

Description A very scenic 50 miles straddling the Rhode Island/Connecticut border. The ride was designed by Tom Chabot and Pat Young, who have toured throughout the USA.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

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Deadline for the next issue is May 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
Jun	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	T. Rizzotti
	26	88	Scramble Metric	Seekonk, MA	17/27/53/65	



Cyclovia in Bogota, Colombia, February 21, 2016
 Photo: Alfredo Sosa

Note from your Webmaster ... MEMBER'S PASSWORD HAS CHANGED !
 Username: mem66
 Password: 2flatS