

The Spoke'n Word

Volume 46, Number 3

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

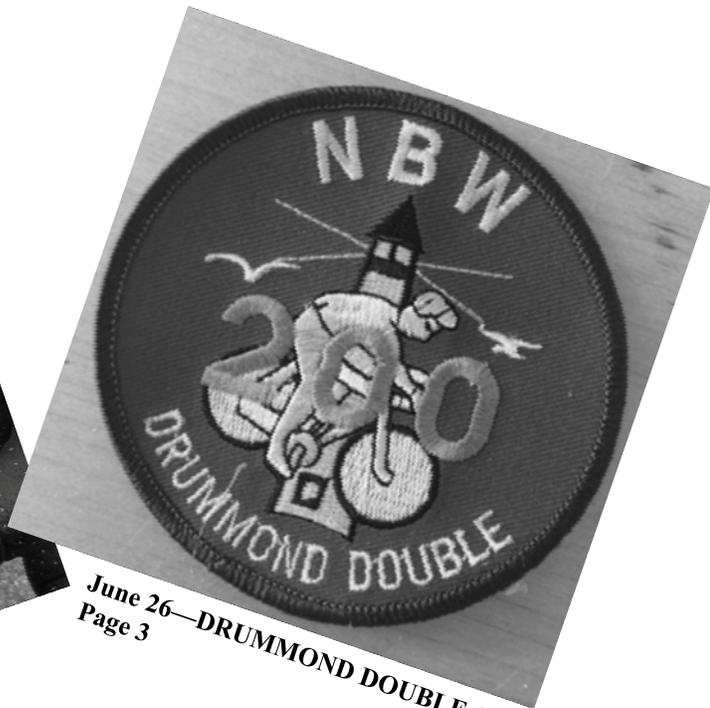
June/July 2016

nbwclub.org

*Look what we've planned for you
this summer!*



July 1—NBW Ride with GPS Roll out—page 5



June 26—DRUMMOND DOUBLE (200 miles)
Page 3



July 24—Annual Rhody Roundup—sign up for the chicken barbecue—page 7

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

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Westport, MA 02790
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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: Summer's events
Photos: M. Foulkes, T. Shwartz

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



More or Less - or how to describe the NBW

This past winter I was challenged to describe the NBW to a group of cyclists at an event. How would you do it? An answer that should have been easy, was tough to articulate on a moment's notice. Even worse, the conversation got away and morphed into a discussion of how the club was for fast riders who like hills! It was not

my best moment as club president, nor did people leave the event with a good accurate impression of the NBW.

Since then I have thought a lot about this. Answering what the NBW is to a NBW Member is easy. The NBW is a club of my friends that I go riding with, usually on Sundays. Notice how I mention friends first, riding second, and Sunday third. There is not really much more to say, because they are a club member, and they get the NBW. Club members choose to be club members because they find value in what the NBW offers.

The tougher answer is for non members. What is the NBW and why should I join? The simple answer is "More". If you want more from your cycling, then perhaps you should consider riding with us on a few Sunday rides, and if you like it, then join.

Some of the reasons people join the NBW are to discover "more" people to ride with, "more" areas to ride in, "more" miles, "more" scenery (and sometimes that means "more" hills). Some people join to get "more" physically fit, or to be "more" active on a regular basis. Some people join to get "more" ready for TFCE or any "more" challenging ride.

How do you know you are ready to try riding with us? It's easy. If you can ride 15-25 miles comfortably on a bikepath, you have a helmet, and a working bike, then you are ready to tackle one of our shorter Sunday rides.

Anyway - that is how I think of the NBW.

For an alternative take on being a bicycling enthusiast here are the words of **Jan Heine**, "It might be challenging to understand cycling enthusiasts when you aren't one. We spend a lot of money on bikes, then spend a lot of time getting into shape, and then we go on rides to nowhere, and come home tired. After all this effort, we are back exactly where we started. We haven't achieved anything. Except that we are happy."

I suspect those who do not know or understand the NBW think we are all bicycling enthusiasts, whereas some of us are, and all of us simply want "More and not Less" of our cycling.

Ted Shwartz
NBW President

Spring Opener—Oh Joy!
Photo: A. Sosa



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: 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 2012: Jack Williamson
Volunteer of the Year 2013: Rod Breault
Volunteer of the Year 2014: Bladimir Rodriguez

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Ted Shwartz, Kate Imbrie
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Raposo, Ted Shwartz
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Ride liaison w/police depts: 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

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, or 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



NBW Drummond Double - A Double Century Sunday, June 26, 2016

A 200 mile ride done on the Sunday with the most daylight in 2016
Working lights and reflective gear are required for safety's sake before sunrise and after sunset

Ride Description

The ride will be done in a semi *randonneur* fashion. You will be expected to be able to ride back to the start. There are numerous bailout options, which are arrowed, so you can return to the start.

Start is at **4:00 AM** from Seekonk High School, Seekonk, MA. Sunrise is at 5:12 AM

35 mile First Leg is a ride to Bristol and back via the EBBP
Lights and Reflective Gear mandatory

100 mile Second Leg - NBW Plymouth Century
Lights and reflective gear are optional
Shorter bailout options will be arrowed
Repeat of NBW route of 6/19/16

66 mile Third Leg - NBW Scramble Metric
Lights and reflective gear required after sunset at 8:25 pm
Shorter bailout options will be arrowed
NBW Club ride for 6/26/19

Finish: You must finish by **10 pm - 18 hours**

Requirements:

You are a member of the NBW in good standing as of June 1, 2016
You have done a century in 2016
A working taillight
Working front light
Reflective vest
Ankle bands

If you are interested then please email me—president@nbwclub.org—letting me know you wish to ride the



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.*



NBW Ride With GPS goes live on July 1

Thanks to the persistence of Alfredo Sosa, NBW Membership Coordinator, we have established a

NBW Ride With GPS account.

To take full advantage of the benefits that this club account brings (calendar of events, NBW ride library, NBW ride maps, and cue sheets) club members must have a personal Ride With GPS (RWGPS) account. Personal RWGPS accounts are free.

For the last few months, several club members have been beta testing the new account and offering feedback for improvements. The new club account will be live on July 1.

What does the club account give you?

The club account will allow you to do the following:

- Allow members to ride NBW rides at any time using GPS; you do not have to wait for arrows;
- Direct write of Garmin TCX files to the latest Garmin GPS computers (those models less than 5 years old);
- Customization of advance distance warning of turns;
- The ability to print fantastic cue sheets;
- The ability to print out maps, and maps for each turn;

Allows full routing, warnings, and spoken directions for club members using Ride With GPS app (the app is free) on Apple iPhones and Android devices

How do you access the NBW RWGPS?

There will be three ways to access the account::

Link to the Ride With GPS club page posted in the NBW *Spoke'n Word*;
Link to the Ride With GPS club page posted on the NBW web site in the members only area;
Link to the Ride With GPS club page posted each week in the weekly email.



What will not change

For the months of July and August, we will continue to publish the links to GPS files on the NBW web site directly. This is a labor intensive process and will be discontinued on September 1.

Ted will continue to send the GPS files with the weekly ride e-mail

We will be announcing the "Go Live" on the NBW web site in early June followed up by an email in mid-late June. Check the NBW web site and your email for updates.

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

NBX/Spring Opener March 20, 2016

Our first Spring Opener hosted by NBX Bikes, Warren Ave, East Providence, went off in great style, with the usual cold day greeting the large crowd of riders. However, the sun was shining and the roads were dry, so a brisk pace was set. Returning riders were welcomed with warm drinks and large buffet and the latest bikes and bargains to check out. Thanks to our great hosts—NBX Bikes—for opening our riding season with their Spring Show, and to Alfredo Sosa for these terrific action shots.

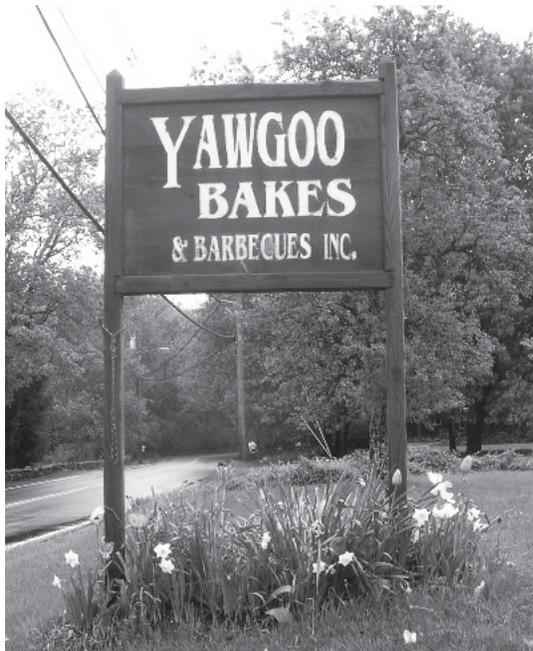


The lead group.



Bridge crossing was chilly.

Hot drinks, bagels, donuts and fruit on the return



Sunday, July 24th

**Ride start and BBQ at
Yawgoo Bakes & Barbecues,
Slocum, RI**

~Rain or Shine~

555 Slocum Rd, Slocum, RI
(if using GPS use Exeter for town)

Rides start at 10:00am, with a selection of loops (please see ride schedule for distances). Barbecue chicken dinner served at 1:30pm by our hosts at Yawgoo Bakes & Barbecues. Please plan your ride to be back by serving time. We cannot guarantee meals for those who return late.

1/2 bbq chicken, corn-on-the-cob, tossed salad, potato, rolls & butter, watermelon & lemonade included. Cash bar available for sodas and adult beverages. Reminder: outside food and beverage may not be brought onto the premises (other than ride beverage/clif bar etc).

Price for meal ticket: \$10 per person, children 12 and under \$5.

Sorry, all meal tickets must be purchased in advance as our final meal count must be given one week before the event.

Return this form by July 18th (check made payable to NBW) to:

Liz Masterson • 18 Haliburton Rd, Rumford, RI 02916 • 401-438-8926 • lizmasterson@rocketmail.com

Name: _____

Mailing Address: _____

Tel: _____ Email: _____

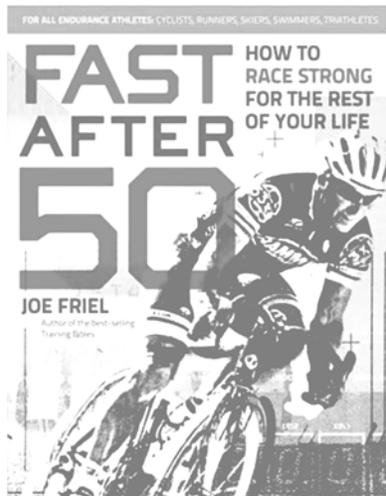
meal tickets: Adult: _____ Children 12 and under: _____

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

When I starting cycling for real in the late nineties, I was already in my mid-thirties. Most of the strong riders with a few exceptions were below fifty. Most older cyclists would back things down to a slower pace or disappear. We did not have all of the information, tools and training protocols that we have today. The generations that have reached their fifties now tend to be more active and lead active lives. So we see some very strong 45 plus athletes in our local pelotons for sure!

Joe Friel is a well-known guru for endurance athletes for several years and brought us "The Cycling Training Bible" in the nineties, bringing periodization and structured training to the average cycling athlete. Recently Friel has published a new book called, "Fast after 50".



Part I, named "Older, Slower, Fatter?" The section provides good information regarding aging in sport and statistics that may not be at first very encouraging. It does provide solid information to use.

After 50, your aerobic capacity (V02) drops, max heart rate goes down, muscle fibers are lost, and testosterone levels are reduced. Not a recipe for easy success in our effort to stay fit and fast?

So one can just give in to these factors as an excuse to chill out, just ride the bike paths, get a city bike, and sell your race bike, right?

Wrong. If you go down that mental road as Friel states, you will plummet. Getting back becomes even harder. Part II, named "Faster, Stronger, Leaner!" a much more inspirational title, provides you with the tools to focus on maintaining fitness and perhaps improve your abilities as you age.

Faster after 50 is not all about what goes wrong as you age in endurance sports, it is also a guide to mitigate the

effects to your success. V02 is trainable at any age. Hormones will react to smart intensity with rest, known as intervals.

Three things are needed for training to maintain and improve your abilities: Intensity, Duration and Frequency. Recovery time increases with age. This continues to be the biggest change that I have seen over the years.



"Faster! Middle age is gaining on you!"

As with Friel's previous books, this book is very thorough, providing you with a rich background on how the body reacts as it gets older, nutrition choices, recovery, training examples and intensity measurement. If you are interested to get back your fitness after 50 or even after 40, I recommend "Faster after 50".

For those who felt that as you get older, you need a cruiser and slow down, think again. Dust off that race bike in the garage. It is all your decision, if you have a clean health chart. I continue to surprise myself and I have Masters teammates and friends that inspire me all of the time.

**Cycling Sessions
Performance**

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

Rhode Island

Little Rhody comes first in bike paths!

(The following is an extract from Rhode Island Bike Coalition news—see their website ribike.org)

According to data from the 2016 Benchmarking Report from the national Alliance for Biking and Walking, Rhode Island has the most mileage of rail trails per square miles of land area of any state in the country! We are positioned as a leading destination for bike tourism, and we're excited that RhodeWorks and the Green Economy Bond will help us connect the dots to make that happen!

According to the report, Rhode Island has 71 miles of paved rail trails, and because we're the #smalleststatebeststate with only 1033 square miles of land, that means we have more miles of rail trail for our land area than any other state!

RiBike.org also has an interesting graph of all the states' performance; Alaska doesn't seem to have any bike paths—can that be right?



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/

**Remember the feast at last year's Rhody Roundup?
If you want chicken barbecue after this year's Rhody Roundup ride,
remember to sign up ... it's only \$10 (children 12 and under, \$5)
Sign up form is on page 7.**



Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD August 2015

Fighting Fatigue: Why am I so tired....???

"I feel tired a lot. What vitamins will give me more energy?"

"When I get home from work, I'm just too tired to cook dinner..."

"I feel like taking a nap most afternoons. I get up at 5 a.m. to exercise—but really, should I feel this tired at 3:00 p.m.?"

Athletes commonly complain about fatigue and feeling too tired, too often. Granted, many of them wake up at early o-thirty to run, attend a morning spin class, or row with the crew team. Some do killer workouts that would leave anyone feeling exhausted. Many routinely get too little sleep. And the question remains: *How can I have more energy?*

Vitamin pills will *not* boost your energy. Vitamins help convert food into energy, but they are not a source of energy. Save your money.

Adequate sleep, however, will indeed boost your energy. Sleep is essential to recharge your body with the rest needed to feel fully functional and perform well. Eating the right foods at the right times is also energizing and fights fatigue.

The combination of adequate food plus adequate sleep not only sharply reduces fatigue—but also the need for caffeine. In particular, the late-afternoon cup of Joe that contributes to the bad cycle of sleeping poorly at night, snoozing through breakfast, under-fueling during the day, and fighting chronic fatigue during the day. Sound familiar?

If you feel too tired, too often, you might want to learn from this case study. Tom, a 45-year-old hard-core gym-rat met with me because he wanted to have more energy, eat better, and ideally lose a few pounds of excess body fat. Here is his typical day of food and exercise:

5 am Mug of black coffee ... 0 calories
5:30-6:30 Exercise x 1 heure ... (-600) calories
7:30 Protein bar + banana ... 400 calories
8:30 More coffee ... 0 calories
9:30 Small packet almonds ... 100 calories
Noon Salad/chicken/dressing ... 500 calories
2 pm Piece of fruit ... 100 calories
3 pm Iced coffee with milk ... 100 calories
3-5 pm *Tired, unable to focus*
5:30 *Gets home "starving"*

Calories eaten during active part of day ...only 1,200

Ideal pre-dinner intake for less fatigue ... 2,300

All day—Total calories needed ... 3,000

No wonder, when Tom got home from work, he felt starved. He had consumed less than half the calories he deserved to have eaten for the entire day.

Three ways to fight fatigue

Here are three suggestions I gave Tom to fight fatigue:



#1. Eat a substantial breakfast and lunch—plus a second lunch. A second lunch at 3:00 or 4:00 boosts afternoon energy. It does not add extra calories; it's just trading evening snacks for a healthy afternoon meal. You are better off eating those calories at the proper time of day, when you need the energy, and not before bed.

#2. Limit caffeinated beverages. Little is wrong with enjoying a morning cup of coffee, but a lot is wrong with abusing coffee to keep you alert in the afternoon. Eat food for true energy, not caffeine, for a stimulant.

#3. Make sleep a priority. You might not be able to go to bed earlier every night, but maybe every other night?

Making a calorie spreadsheet

Most athletes have no idea how much food is appropriate to eat at Breakfast, Lunch #1 and Lunch #2. No wonder they are tired all the time! Many think a yogurt for breakfast, salad for lunch, and an apple for a snack is appropriate. That's only 700 to 800 calories — way too little!

The best way to estimate your calorie needs is to meet with a local sports dietitian (use the referral network at www.SCANDpg.org). For a reasonable estimate, add together these three components of your daily energy needs:

<i>Resting Metabolic Rate (RMR)</i>	Weight x 10 calories/lb.
<i>Calories for daily life:</i>	30% to 50% of RMR
<i>Calories for training:</i>	± 400 to 600 cals/hour

Sample energy needs for Tom, who weighs 180 lbs:

1,800 calories to stay alive (RMR; 180 x 10 cals/lb)
600 calories for desk job/light activity (33% x 1,800)
600 calories for hard training for an hour
3,000 calories /day to maintain weight.
2,400-2,600 to lose weight

Target intake: 600-800 calories every 4 hours

Continued ...

Athlete's Kitchen continued ...

Tom started eating:

Breakfast: a banana pre-exercise; then refuel with bagel
+ PB + latte

Lunch #1 at 11:00: Soup + sandwich

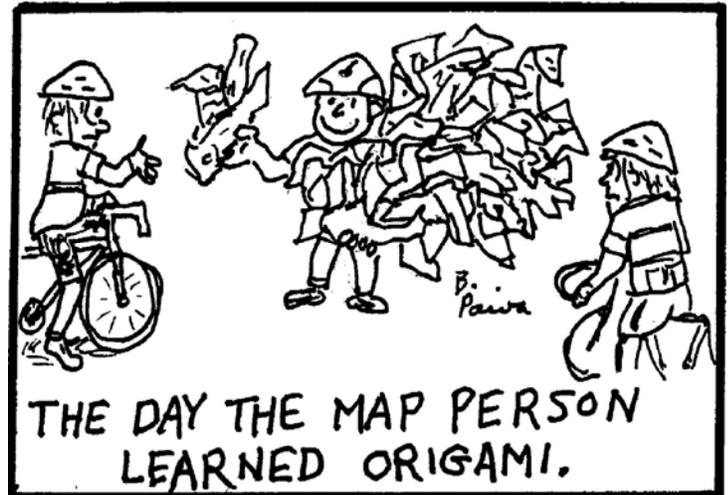
Lunch #2 at 3:00: Graham crackers + peanut butter

Dinner: smaller meal that contributed to better sleep.

After just one day of eating enough food at the right time, Tom commented, "I feel great!!! I have more energy and less fatigue..."

Food is indeed a powerful energizer. Give it a try?

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.



WELCOME New Members

Alan, Marylou & Michael Anderson, Raynham, MA
Galen Anderson, Providence, RI
Marc Anderson, Mattapoisett, MA
Doug & Sandy Arnold, Wakefield, RI
Jonathan & Nancy Bixby, Portsmouth, RI
Ovid Bordeianu, Sunapee, NH
Rich Bourgeois, North Kingston, RI
Ike Bowen, Wakefield, RI
Mark Bronzo, Whitinsville, MA
Doug & Bonnie Brout, Little Compton, RI
Elizabeth Butrick & Richard Goyette, Pawtucket, RI
Daniel Butts, Barrington, RI
Mark Cacciolfi, Wareham, MA
Michael Campanella, Warren, RI
Lois Chaplin, Freeville, NY
Paul & Sue Cienki, E. Greenwich, RI
Gerry & Marylou Corriveau, Blackstone, MA
Murray Craig, Foster, RI
John Delucca, Woodstock, CT
George Dilworth & Sarah Clark, Portland, ME
Ben Dowling, South Attleboro, MA
Peter Dowling, Placida, FL
Katy Eckhoff, Canton, MA
Suzanne Etherington, Cortland, NY
Susan Feist, Concord, MA
Zach Ferland, North Dartmouth, MA
Peter & Maureen Galster, Warwick, RI
Joe Geogan, Little Compton, RI
Heidi Gill, West Greenwich, RI
Jane Gilleran, Mansfield, MA
Blake Gleeson, Harwichport, MA
Martin, Cameron, Meagan Hopkins & Karen Daughney, Sutton, MA
Christina Halkidis, North Kingston, RI
Jo-Anne Hart & David Weitz, Providence, RI

Michael Howarth, Riverside, RI
Ralph & Jodi Jensen, Norwood, MA
Kevin, Judy & Matthew Kando, Tewksbury, MA
Debra Keith, Cortland, NY
Laura J. Kidman, Milford, MA
Chuck Koteen, West Hartford, CT
Gary Kowalewski, Hope Valley, RI
Joseph V. Kranz, Jamestown, RI
Kristi Langslet, Cranston, RI
Lawrence J. Leduc, Pawtucket, RI
Zyg Lewandowski, Hope Valley, RI
Harry Glenn Loy, Seekonk, MA
Catherine & Gerald MacCurtain, Braintree, MA
John Maciejko, N. GrovesNordale, CT
Peter & Jeannine Masse, Cortland, NY
Matthew McGowan, Warwick, RI
Christopher Matthews, Providence, RI
James & Donna Mirza, Wakefield, RI
Sandy Moberg, Hopkinton, MA
Sandy Moberg, Hopkinton, MA
Vincent Mor, South Dartmouth, MA
Allan & Hiyam Nadel, Winchester, MA
Deb Nelson, E. Greenwich, RI
Lisa A. Oliveira, New Bedford, MA
Tom Owens, Marion, MA
Richard Packer, Holliston, MA
Ajay Pande, Warwick, RI
Peter Pasley, Warwick, RI
Lori Phillips, Swansea, MA
Sean Polay, Sandwich, MA
Stephen L. Propatier, Hope Valley, RI
Michael Provost, Putnam, CT
Chris Ray, & Allyson Aube, Norfolk, MA
Richard Rivet, Norton, MA
Michael Saunders, Coventry, RI
Kevin Thomas, Woonsocket, RI
John Ustas, Scituate, MA
Serene Victor, Newton Center, MA
Doreen Vitale, Bristol, RI
Brian Werling, Woodstock, CT
Lisa M. Woodbury-Rama, North Kingston, RI
Kathleen Wozniak, North Dartmouth, MA

NBW Wheeler Dealer

For Sale: Lemond Zurich. I am 86 and have finally had to give up cycling after about 55 years. Selling my Reynolds 831 Chromoly 55 cm frame; DT Swiss Aero R1900 wheels; Shimano Ultegra Flight Deck shifters; Shimano Ultegra derailleurs, crankset, 9 speed cassette and brakes (triple chainwheel); Brooks Professional saddle (well broken in). Weighs 19 pounds with pedals, rear rack, bottle cage, small saddle bag (with some tools) and frame pump. Trek Sensor cyclometer and Shimano double-entry clipless pedals. Comes with odds and ends incl. a number of men's size M bike jerseys. \$900. Contact Jack in Adamsville, RI at 401-635-4498, or email hopprov@msn.com

For Sale: 2004 Jamis mountain bike, Durango SX. This 19" hardtail features mechanical disc brakes and 24 speed Shimano drive train. Check bikepedia for details. Excellent condition with low mileage; works perfectly. Also includes bike computer and rack. \$325. Email davarney@gmail.com or text 774-218-5965.

For Sale: Trek Madone 5.2 (2012) bike. In excellent condition. Just serviced by NBX, new cassette, chain, and new large and small chain rings. Asking \$2300. Price is firm. Selling so I can fund a touring bike. Contact bdanieli@yahoo.com

NBW members' classified ads are also posted on our website.

Calendar of non-NBW Rides

(see website for latest listing)

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

June 12 - King's Tour of the Quabbin. Seven Hills Wheelmen's challenging route around the Quabbin Reservoir. 62, 100 & 125 mile routes. More info at www.sevenhillswheelmen.org/centuries.htm

July 23 - 4th Annual Carl's Pool Ride. 30 mile ride to benefit the Carl Newell Charitable Trust. Blackstone River Bike Way, Davison Street, Woonsocket RI. Start 10AM. Chicken dinner at 2 PM at the Bocce Club, Woonsocket. \$25 donation. To register contact Bob at 401-762-2921, email rjmelucci@me.com

July 24 - Annual George Street Bike Challenge. Ride up one of Worcester's steepest streets. To benefit Major Taylor Association. More info at www.sevenhillswheelmen.org/centuries.htm

September 10—11th Annual Kelly Brush Ride powered by VBT Bicycling and Walking Vacations. Middlebury, VT. 25, 50, 100 miles through the Champlain Valley, followed by BBQ. To support the Kelly Brush Foundation's mission to empower those living with paralysis through access to sport and recreation and to improve ski racing safety. Registration see www.kellybrushfoundation.org

Next Beginners Ride—June 26 Scramble Metric 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.

Coming ride: June 26 - Scramble Metric Ride - 17 miles - map#88

From your webmaster

Members' password ...

Username: mem66

Password: 2flaTs

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



It has been a busy first half of the year for the Touring Committee. We had three new rides on the calendar for the upcoming season. Unfortunately, the first of them, the NEW South Shore Century, had to be pulled with only a few weeks notice due to parking conflicts at the new

start location. This seems to be a continued theme from last year and someone asked me: "Why is that"; "Have we just been lucky?"

I thought about it for a while and the common thread here is that all of the last minute changes in the past two riding seasons have been due to new rides and new starting places. Prior to that we had very few new rides introduced for many years. Many of the parking places, schools and parks, are getting more usage by the communities in general. Also, there is a greater awareness of liability in having someone use your parking area in the event of an injury on the premises. The lesson learned here is that as a Touring Committee, we need to be more proactive in securing parking permission when we schedule the rides—which is often 6 months ahead of the ride dates.

We need to be creating new rides. As old, established rides have more automotive traffic, they will either need to be rerouted or abandoned. Later this year we have The Speedway Ride, developed by Paul Rider, and the promise of a new ride to be developed by NBX Bikes out of the Narragansett location—both on the ride schedule. The Royal Mills ride, new in 2015, and Don and Raul's Fall River Ride, new in 2014, return for an encore.

Two other newsworthy items are the Drummond Double and the launch of the club Ride with GPS account. Check out the separate articles on these elsewhere in this issue.

Don't forget, when you are out there riding, be courteous, and say hi to your fellow travelers.

Don



Want to arrow a ride?

Chip Kent is our Arrows/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:

Apr 3 *Lakeville*—Mike Miller, Diane Robillard

Apr 10 *TriState Burrillville*—Chip Kent

Apr 17 *Fish Road*—Tony Rizzotti

Apr 24 *Miles Standish*—Rob Edgren

May 1 & 29

Bike Works—Wolfgang Peti & Rebecca Paige

May 8 *Lincoln Smithfield*—Rod Breault

May 15 *South Shore Century*—Tony Rizzotti, Ted Shwartz

May 22 *Mystic Metric*—Ed Holden



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.

June 5, 2016	Great Grandma's Farm Ride	15/23/50 miles	
Sunday	10:00 AM	Map No. 49	Arrower: L. Brisette
<i>Route</i>	Lincoln, Burrillville, Uxbridge, Pascoag, Chepachet, Glocester, Smithfield		
<i>Directions</i>	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.		
<i>Drive Time</i>	15 minutes from Providence		
<i>Description</i>	This challenging, but lovely, ride, designed by Luke Brisette, 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
<i>Route</i>	Coventry, Foster, Sterling		
<i>Directions</i>	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.		
<i>Drive Time</i>	35 minutes from Providence		
<i>Description</i>	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.		

June 19, 2016	♥ Plymouth Century	25/54/102 miles	
Sunday	8:00 AM	Map No. 122	Arrower: T Rizzotti, R Edgren
<i>Route</i>	Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton		
<i>Directions</i>	NEW START: Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.		
<i>Drive Time</i>	10 minutes from Providence		
<i>Description</i>	We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor and the Mayflower (if they have time and the Mayflower II is back from restoration!). The ride back takes us through the rolling hills of Miles Standish Park. 100 mile riders start at 8:00 am, all other riders at 10:00 am		

June 26, 2016

♥ **Scramble Metric**

17/27/53/65 miles

Sunday 10:00 AM *Map No. 88* *Arrower: D. Paiva, M. Emma*

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

Directions NEW START: Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.

Drive Time 10 minutes from Providence

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

Larry and Sue Rollins will lead a beginner's ride on the 17 mile loop. Please see the announcement earlier in the newsletter for more details.

July 3, 2016

Providence Bicycle Ride

11/35/58 miles

Sunday 9:00 AM *Map No. 32* *Arrower: B Rodriguez*

Route Providence-Smithfield-Glocester-N Scituate-Greenville

Directions Start at Providence Bicycle, 725 Branch Ave, Providence RI. From I-95 South: Take Exit 24 (Branch Ave). Turn right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take 146 North to Branch Ave exit, turn left onto Branch Ave. Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.

Drive Time 10 minutes from Providence

Description Sponsored by Providence Bicycle, this challenging ride soon leaves the city behind, heading north west. The 57 mile loop goes through Lincoln and North Scituate, crossing the Scituate Reservoir before returning through Greenville. 11 milers turn off in Lincoln to return through North Providence. 35 milers turn south in Smithfield. One of our favorite riding areas, with a new look!
Providence Bicycle invite riders to stop by the shop after the ride for drinks and nibbles, and to check out their latest gear.
July and August rides start at 9:00 AM

July 10, 2016

♥ **Joe Medeiros Ride**

17/47/62 miles

Sunday 9:00 AM *Map No. 62* *Arrower: A Courchaine*

Route North Dartmouth, Freetown, New Bedford

Directions Start at the commuter parking lot off Rt. 140 - 1062 Mt Pleasant St, New Bedford, MA. From Providence, take I-195 E to Rt. 140 N, to Exit 4 (King's Hwy). Bear R off the exit and turn right at the next T intersection. The lot is 1/4 mi ahead on the right. From the north, take Rt. 140 S to Exit 4 (Mt. Pleasant St.). Turn right at the end of the ramp; the parking lot is on your right.

Drive Time 30 minutes from Providence

Description This ride was nurtured by Joe Medeiros, a former club vice president. Under Joe's guidance, this gently rolling ride through the rural countryside between Fall River, New Bedford and Freetown was improved and extended to 62 miles.
July and August rides start at 9:00 AM

July 17, 2016

Border Crossers

21/41/63 miles

Sunday 9:00 AM *Map No. 167* *Arrover: A Sosa*

Route Franklin-Millville-Burrillville-North Smithfield-Lincoln

Directions MERCYMOUNT CTRY DAY SCHOOL, 35 Wrentham Rd, Cumberland, RI. Entrance via Fisher Rd into parking lot. Take 95N to 146N, to 295N (towards Boston). Take Exit 11 (Rt 114/Cumberland) and turn Left from the Exit onto 114N. Stay on 114 until the T-junction with Rt 121 - Bear Right on 121, then Right on Fisher Rd (sign says Mercymount) to the parking lot.

Drive Time 20 minutes from Providence

Description This ride was created by Alfredo Sosa to use many of NBW's roads in northeastern RI. The route features a lot of rolling terrain, farms, woods, and very small roads. The idea is to avoid cars as much as possible. We travel through Franklin, Millville, Burrillville, North Smithfield, Lincoln and Cumberland. Beautiful roads also offer a challenge to the rider; each route definitely "punches above its weight."

July and August rides start at 9:00 AM

July 24, 2016

New Rhody Roundup

13/23/34/42 miles

Sunday 10:00 AM *Map No. 164* *Arrover: Ray & Monica Foulkes*

Route Slocum-Charlestown-Narragansett-Wickford

Directions YAWGOO BAKES, 555 SLOCUM RD, SLOCUM, RI
Take Rt 95 South to Rt 4 South (a left hand exit). Stay on Rt 4 until the second traffic signal
Turn right on West Allenton Rd. Continue onto Indian Corner Rd. 4/10 mile turn left at stop sign on Indian Corner Rd.
Continue onto Slocum Rd. Stay on this road until you reach Yawgoo Bakes
Total mileage from Route 4 is 3½ miles.

Drive Time 30 minutes

Description We will be based again in southwestern RI at Yawgoo Bakes & Barbecues in Slocum (it's just north of URI) for our Rhody Roundup barbecue. Rides start at 10 AM. **The food will be served at 1:30 PM** Choose your route accordingly, so you'll be back in time.

All routes head south towards the ocean at Narragansett and will use some part of the South County Bike Path - please use caution on the bike path, and by the ocean in Narragansett where you will encounter some beach traffic. The 13 and 23 mile routes are flat; 34 and 42 mile routes have hills on the return from Narragansett.

NOTE: Barbecue tickets must be purchased in advance - the form is online and in the newsletter - no meal tickets can be sold on the day, sorry.

July 31, 2016

Hope Valley Ride

18/29/42/58 miles

Sunday 9:00 AM *Map No. 156* *Arrover: T Rizzotti*

Route Hope Valley-Charlestown-Richmond

Directions Start at the Stop & Shop Plaza, Rt 138, Richmond, RI. Take I-95 South to Exit 3-A; go left at the exit and left into the plaza parking lot. Please park well away from the stores. (Note: This lot is just on the other side of Rt. 95 from our old start in the Chariho Plaza, which we have been told not to use.)

Drive Time 40 minutes from Providence

Description This popular ride was created by Tina Williams to include many of our favorite roads in this area. The basic ride is a scenic 18 mile loop, with the possibility of taking 3 extra loops. Choose 1, 2 or all 3 loops. Loop #3's return along Rt. 3 is one of RI's best downhills. This ride was formerly called the Hope Valley Extra, but we took out the challenging "hero" loop, so there is no extra this year.

July and August rides start at 9:00 AM

August 7, 2016**Century of the Century**

18/55/100 miles

Sunday 8:00 AM *Map No. 41* *Arrover: T. Rizzotti**Route* Kingston, Mystic, Hopeville, Sterling*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* 40 minutes from Providence*Description* This ride gets its name from the League of American Bicyclists' centennial celebration held at URI in 1980. The century ride is very challenging but is well worth the effort, because it is a scenic, classic tour containing all types of terrain.

100 mile riders start at 8:00 am, others at 9:00 am.

August 14, 2016**♥ Mattapoissett Ride**

15/30/50 miles

Sunday 9:00 AM *Map No. 52* *Arrover: M Miller/D Robillard**Route* Mattapoissett, Rochester*Directions* Start at the Commuters' Parking Lot, North St, Mattapoissett, MA - off I-195 at the Mattapoissett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, use Industrial Rd just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right). Do NOT park on street or sidewalks and do NOT NOT park in the coffee shop across the street from the commuter lot (you know this is a NO NO to park in the little coffee shop lot, so don't do it, please).*Drive Time* 40 minutes*Description* This easy ride travels past Mattapoissett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

July and August rides start at 9:00 AM

August 21, 2016**Don & Raul's Fall River Ride**

20/33/50 miles

Sunday 9:00 AM *Map No. 168* *Arrover: DChiavaroli**Route* Seekonk, Rehoboth, Dighton, Berkley, Fall River*Directions* NEW START: Briarwood Plaza, 2 Olney Street, Seekonk, MA. (Corner of County St and Olney St.). Take I-195 East to Exit 8 in RI. Turn Left at end of exit onto Warren Ave. After 1/2 mile, bear left to stay on Warren Ave. Travel straight thru two traffic lights (Warren Ave becomes County St.) Briarwood Plaza is 1 mile ahead on the right. Please park away from the stores.*Drive Time* 10 minutes from Providence*Description* This mostly flat ride meanders through Seekonk, Rehoboth and Dighton before crossing the Taunton River into Berkley. It then heads South to Fall River, gradually climbing to the Fall River Industrial Park, where it then plummets down Wilson Rd to North Main St. A dedicated bike path takes us back across the Taunton River into Somerset on the new Veterans Memorial Bridge, and then we meander back to the start. Stop by the Rise Café in Somerset for coffee and cookies (but hurry, it closes at noon); it is one of Don and Raul's favorites! Note: there are no food/water stops on the 20/33 mile routes.

July and August rides start at 9:00 AM

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

Narragansett Bay Wheelmen
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Providence, RI 02940-1177

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Deadline for the next issue is July 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
Aug	7	41	Century of the Century	URI Kingston, RI	18/55/100	T. Rizzotti
	14	52	Mattapoisett Ride	Mattapoisett, MA	15/30/50	M Miller/D Robillard
	21	168	Don & Raul's Fall River Ride	Seekonk, MA	20/33/50	D. Chiavaroli
Sep	28	131	The 'Bridge' Ride	Burrillville, RI	15/30/50	L. Brisette
	4	92	Taunton-Sharon Ride	Taunton, MA	15/30/49	E. Holden
	5	168	*Labor Day Show'n Go	Seekonk, MA	20/33/50	D. Chiavaroli
	11		** TFCE			
	18	170	The Speedway Ride	Glocester, RI	TBA	
Oct	25	130	Cape Caper Ride	Bourne, MA	22/43/62	T. Rizotti
	2	61	Mystic Seaport	Richmond, RI	19/33/47	J. Satterlee
	9	117	Purgatory Chasm	Uxbridge, MA	20/30/54	C. Kent
	16	171	NBX Ride	N Kingstown, RI	TBA	
	23	3	Oneco Pond Ride	Sterling, CT	16/26/44	D. Rajotte?
Nov	30	105	Tiverton Fifty	Tiverton, RI	19/32/50	
	6	169	Royal Mills Ride	West Warwick, RI	22/30/50	B. Gallo/J. Stenning
	13	129	Diamond Hill One	Cumberland, RI	16/32/50	R. Breault
	20	86	Scituate Foster Ponagansett	N Scituate, RI	16/25/35	T. Rizzotti

Note from your Webmaster ... MEMBER'S PASSWORD

Username: mem66
Password: 2flatS