

The Spoke'n Word

Volume 46, Number 4

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

August/September 2016

nbwclub.org



8 of the 10 Drummond Double riders, June 26 2016.
See President's message and Alfredo Sosa's report for
more details and photos.

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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).

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508-677-0710
www.bikeworksma.com

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401-846-0773
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www.providencebicycle.com
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Balance Bike & Merino Wool Specialist
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NBW member discount promo code:
NBWSAVE20

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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, Alfredo Soza 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: Drummond Double, June 2016.
Photo: 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



Your first ride...

If we could only remember the joy of our first ride on a two wheeler. It seems so long ago. We have to make ourselves content with watching the joy in others. Perhaps it is watching your children or grandchildren on their first rides, or the neighborhood children, or the young "wobblies" on the bike bath.

That first simple joy is an uncomplicated pleasure, Survival, freedom, locomotion all together on two small wheels. Apprehension, fear, determination all followed by accomplishment and joy. Perhaps a skinned knee as a trophy.

Learning to ride a bike is easy for some, and harder for others, but worthy for all.

We get older, things become more complicated. Sunday mornings come, club rides beckon, life becomes simpler.

My great joy of this year was second hand. The **Drummond Double** was revived in June after a long hiatus. Ten riders took off at 4:00 AM with lights to attempt a 200 mile ride. Each of the ten succeeded in riding their longest distances ever. Apprehension, fear, determination, all followed by accomplishment and joy.

We get older, things become more complicated. Sunday mornings come, club rides beckon, life becomes simpler.

See you on Sunday, at your next ride

Ted Shwartz
NBW President

Drummond Double Riders, June 26, 2016

Group 1—13 hours 20 minutes

John Stenning
Jon Spooner
Mike Saunders

Group 2—14 hours, 10 minutes

Alfredo Sosa
Ramiro Vergnaud
Jim Coggeshall

Group 3—18 hours, 40 minutes

Rich Rivet
Larry Carpenter

Group—two of three loops accomplished: 136 miles

Lee Eckhardt
John Maciejko

See Alfredo Sosa's DD report ... next page

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 2013: Rod Breault
Volunteer of the Year 2014: Bladimir Rodriguez
Volunteer of the Year 2015: Gil Peel

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Ted Shwartz, Kate Imbrie
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Raposo, Ted Shwartz
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Ride liaison w/police depts: 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 and GPS creators: Ted Shwartz, Don Chiavaroli
NBW merchandise sales: Mike Emma, sales@nbwclub.org
Social events organizer: Margaret Vigorito
Interstate liaison: vacant
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Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

NBW Drummond Double - June 26, 2016

Alfredo Sosa



At 4 am a group of 10 riders donned reflective vests, turned bike lights on and off we went. I had a few worries. My biggest one: boredom. Eleven and a half hours without checking Instagram? May as well water-board me seven times! But the truth is that riding kept the group motivated and fully engaged. Keeping track of mileage for refueling, pointing out road hazards, sections of beautiful views, and taking turns on the pacerline were more entertaining than a James Bond marathon, which I have also done!

My second worry was my legs. They responded well until mile 192; at that point the inertia of the whole thing took me home. So, no issue there.

My final worry was mental. I was very afraid that back at the parking lot, after the second of three legs was done and 140 miles under the "spandex belt", I could not convince myself that those eight hours already spent in the saddle were just a warmup and now the real

When I told friends that I was trying to ride 200 miles in a day, the first thing that people asked me was "why?" And to be honest, I had no inspired answer to give.

I guess the best response possible would be to quote George Mallory who, when asked why climb Everest, said "Because it's there". Don't get me wrong, riding the Drummond Double is no Everest climb, but for me and my riding partners, it was the greatest effort we have made in a long time, if not ever. I am sure we all had different personal motivations, but I bet that testing one's limits was at the core of them all. I also hoped that by doing it I would learn something about myself. I knew I was going to struggle, since I had never done a ride close to that distance, and to top that I did not do any special training for it. The extent of my preparation was a three-step plan for the day before:

1. Don't move a finger, to save all energies for the ride,
2. Do not open that bottle of fine wine on the kitchen counter that is calling my name,
3. Go to bed before sunset.

fun began.

As predicted, that was the low point for me. I must say that without the encouragement of the fellow NBW riders there, I would have packed it in. Heck, I had already broken my personal record, I was a winner already. I had thought that the longer I rode the worse my mental state would get. But it does not work that way. Of course, I can only speak about my own experience, but it was that stretch between

140 and 160 miles where I found it rough to continue. Here is where being in a group helped. I felt a duty to motivate my peers and that kept me focused into continuing. But, believe me, it is hard to think "only three more hours" without shedding a tear (picture crying emoji here). What I liked the most about the experience was that at some point it stopped being all about me. It became about the group. I dismissed the negative thoughts and concentrated on pulling my small group along. Once this happened, it was all downhill and downwind for me.



I want to end by thanking Ted and Bladimir for their support on the road and encouragement.

NBW Ride With GPS

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 went live 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.

Ride with GPS link: ridewithgps.com



New wheel required at 136 miles to go,
Drummond Double, June 26, 2016
Photo: Monica Foulkes

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

I would like to receive my newsletter (*The Spoke'n Word*) as:
 Electronic, via e-mail 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 Merchandise

NBW is now offering two different designs in jerseys. We are continuing with the current jersey in red but also bringing back a classic, updated in an elite fabric and a modern club fit. Most of you who do the club rides or have been members for some time will recognize our blue-on-yellow jersey. This jersey will come in all the usual sizes for men and women. There will also be a small order of long sleeve available. Check with sales@nbwclub.org to see if your item is in stock (see below).

NEW! VINTAGE NBW CYCLING JERSEY SHORT SLEEVE

Specify men's or women's cut
Men's sizes: S, M, L, XL, XXL
Women's sizes: S, M, L, XL, XXL
\$65 incl tax, Add \$3 postage

LONG SLEEVE
Specify men's or women's cut
Men's sizes: M, L, XL
Women's sizes: M, L, XL, XXL
\$70 incl tax, Add \$3 postage



*Chip Kent—Model and
Arrowers Coordinator*

NBW CYCLING JERSEY SHORT SLEEVE

Red or Blue
Specify men's or women's cut
Men's Blue sizes: L
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

LONG SLEEVE
Red
Specify men's or women's cut
Men's sizes: XL, XXL
Women's sizes: M, L, XL, XXL
\$60, incl. tax. Add \$3 postage



CYCLING SOCKS Specify white or black

Sizes: S, M, L, XL, XXL
\$6 per pair.
Add \$1.50 postage



IMPORTANT

BEFORE MAILING A CHECK: email your request to sales@nbwclub.org (or contact Mike) to check if your item is in stock.

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



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.*



Eroica California

Jim Coggeshall

This spring NBW members Luke Lewis and Jim Coggeshall travelled to San Luis Obispo County California to participate in the second annual Eroica California vintage bike ride and festival. Here is a recap from Jim.

Eroica events originated in Italy 18 years ago to celebrate a bygone era of cycling. There are now 9 different editions of the event held around the globe. I attended the festival in Tuscany last fall. I had such a good time I convinced fellow NBW member Luke Lewis to join me for the second edition of the California event – as well as a return trip to Italy this fall.



Eroica is an Italian word that translates to “Heroic”. The stated mission of Eroica is to “rediscover the beauty of fatigue and the thrill of conquest.” While not a race, none of their rides is easy. Emphasis is on steep hills, on dirt where possible, good food & wine, and historically period-correct immersion. The regulations stipulate you must ride a bike with pre 1984 technology. That means a steel frame, pedals with toe clips and straps, friction shifting with levers on the down tube, minimum 32 spoke wheels, and brake cables that exit the top of the levers. Nearly all the riders also wear vintage clothing. That means a wool jersey and shorts and of course black shoes and white socks! Many of us were throwing caution to the wind and wearing our old leather hairnet helmets. At Eroica rest stops an energy drink is likely to be wine and a power bar is swapped for a slice of cheese and salami on fresh bread dipped in olive oil.

Luke and I spent a few days cycling along the California central coast before heading to the Eroica event based in Paso Robles. The three day festival started on Friday evening with a private showing of the classic cycling movie *Breaking Away*, complete with a question and answer with star Dennis Christopher. Saturday was taken up with infor-

mal group rides into wine country, a vintage bike swap meet, and *concours* judging of many beautiful bikes from the 1930's to the mid 80's. The day finished with a dinner for all 900+ riders under a tent in the downtown city park.

Sunday was the day for the official rides. Cyclists had a choice of four routes from 30 miles to 127 miles. All were very hilly and included long stretches of dirt and gravel roads through the rolling hills. Luke and I had trained all winter and figured “go long or go home” and set out on the longest course with about 100 riders before sunrise. I rode my 1973 Schwinn Paramount and Luke mounted his newly acquired Basso Gap circa 1982. Our route headed east passing countless wineries and ranches before turning back west and climbing 2,800 ft. over the Santa Lucia Range out to the Pacific Coast Highway. Some of the dirt climbs here had sections well over 20 percent. Doing that with a 42/24 low gear makes you appreciate the efforts made by the likes of Coppi, Giomandi, Merckx and Bartali back in the day. After a 12 mile flat section along the Pacific coast it was back east across the hills and into Paso Robles. Total climbing for our 9+ hour ride was 10,500 ft. with all the tough stuff on gravel. Our machines made out pretty well. Luke broke a spoke and had to address a loose bottom bracket at a rest stop. I nursed a slow leaking tubular the last 15 miles. Not sure my carbon bike would have done any better, but I sure missed the gearing!

All in all a fantastic event that should be on any cyclist's bucket list. I have a number of Eroica-ready bikes I'm willing to lend should anybody have interest in participating in a future event. You can reach me at jcoggs@comcast.net. Here is a link to read more about all nine of the Eroica events now held around the globe. <http://eroica.cc/events>



NBW Special Events Committee announces
The Vermont Fall Foliage Getaway Weekend



Thursday September 29 – Monday October 3, 2016

Accommodations:

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

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

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

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

For those wanting to stay fewer than 4 nights please email JPNery@yahoo.com for a prorated amount to pay that will cover the days you plan on joining the group.

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

Hosts for this fall event: From NBW—Newport Ski Club NSC—Sue and Larry Rollins
From the Newport Ski Club NSC—Richard Nery

Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD July 2016

Taking Your Diet to the Next Level

Some athletes are still on the “see-food diet”. They see food and they eat it. Others are a bit more mindful about how they nourish their bodies; they put thought into selecting high-quality foods that invest in good health, quick healing, and top performance. They commonly report they have taken their diets to the *next level*. For some disciplined and dedicated athletes, the *next level* is a *perfect* diet with no sugar, no processed foods, no desserts, and no “fun foods.”

While aspiring to eat quality foods is certainly a step in the right direction, eating too healthfully can sometimes create problems if the food policy becomes a bit too zealous. Is birthday cake really a bad-for-you food? (I don't think so.) Is gorging on vegetables really best for your body? (Not if your hands acquire an orange tinge from having eaten too many carrots, or if you experience recurrent diarrhea due to an excessively high-fiber diet.)

Perhaps a better goal than a *perfect* diet is an *excellent* diet. An excellent diet might be more balanced, enjoyable, and sustainable. Even birthday cake with refined sugar and saturated fat can fit into an excellent diet. That is, the 2015 Dietary Guidelines allow for the inclusion of small amounts of so-called “imperfect” foods in your food plan:

- *10% of calories can come from refined sugar.* That's about 250 to 350 calories (60 to 90 grams) of sugar (carbohydrate) for most female and male athletes, respectively. This sugar fuels your muscles. Sports drinks and gels count as refined sugar.)
- * *10% of calories can come from saturated fat* that clogs arteries and is associated with heart disease. For an athlete who requires about 2,500 to 3,500 calories a day, consuming 250 to 350 calories (about 30 to 40 grams) of saturated fat per day, if desired, can fit within the saturated fat budget. This means, from time to time, you can enjoy *without guilt* some “bad foods” such as bacon and chips. One slice of bacon has about 1 gram saturated fat; a small bag of potato chips, about 3 grams.

Certainly there are healthier foods to eat than bacon and chips, but you want to look at your whole day's food intake—not just a single item—to determine the overall quality of your sports diet. If 85% to 95% of your food choices are high quality, a little bacon or a few chips will not ruin your health forever.

Some athletes deal with “unhealthy” foods by setting aside one day a week to be their cheat day. (Think *Faturday* or *Football Sunday*.) This well-intentioned plan can easily backfire. Most people don't over-eat/spurge until they have first been denied or deprived of a favorite food. Hence, when the Perfect Diet starts on Monday, people can do a heck of a lot of “last chance” eating the days before starting their restrictive food plan...



Rather than a Sunday splurge, let's say on bacon, you might want to enjoy just a few slices of bacon throughout the week. This can curb cravings and dissipate the urge to splurge on Sundays. There can be a “diet portion” of any food.

Going to the next level

For athletes who want to take their diets to the next level with a sustainable plan, I offer these suggestions:

- Evenly distribute your calories throughout the day. Most active women need about 2,400-2,800 calories a day; active men may need 2,800-3,600 calories a day. This number varies according to how much you weigh, how fidgety you are, and how much you exercise. *That's why meeting with a professional sports dietitian can help you determine a reliable estimate. To find a local sports dietitian, use the referral network at www.SCANDpg.org*
- Most “bad” food decisions happen at night, after your body has been underfueled during the day. If you are “starving” before dinner, add a second lunch to curb your evening (over)eating. You will easily save yourself from a lot of junk food at night. Trust me.
- If your body requires 2,400 to 2,800 calories per day, this divides into 4 food buckets with ~600-700 calories every four hours. For example: 7:00 a.m., breakfast; 11:00, early lunch; 3:00 p.m., later lunch; and 7:00, dinner. Adjust the times to suit your schedule and divide the calories, if desired, into smaller snacks within that 4-hour window.
- Your breakfast food-bucket should be the same size as your dinner bucket; this likely means you'll be eating a smaller dinner and a bigger breakfast. If you train in the morning, you may want to eat part of your breakfast calories before you exercise and the rest afterwards.
- Include in each food bucket at least three of these four types of foods:

Continued ...

1. **Grain-based foods** (about 150-250 calories/bucket), to fuel your muscles. Easy whole grains: whole wheat bread, oatmeal, baked corn chips
2. **Protein-based foods** (about 250 calories/bucket), to build and repair your muscles. Easy ready-made options include rotisserie chicken, deli turkey, hummus, tuna pouches, tofu, hard-boiled eggs, nuts.
3. **Fruits and veggies** (about 100-200 calories/bucket) for vitamins and minerals. Choose a variety of colorful fruits: strawberries, cherries, oranges, peaches, bananas, and blueberries. Also choose colorful veggies: dark green broccoli, peppers, spinach; orange carrots, sweet potato; red tomato, etc.
4. **Dairy/calcium-rich foods** (about 100 calories/bucket) for bones and maintaining low blood pressure: Lowfat (soy) milk, (Greek) yogurt, cheese — but please **not** rice or almond milk. They are equivalent to juice with very little protein or nutritional merit.

By filling up on quality foods at breakfast, lunch #1, and Lunch #2, you will crave less “junk food” at night and may not even miss it. Your diet will easily rise to the next level, no sweat.

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

David Bagley, Warwick, RI
Amy L. Belisle, North Kingston, RI
Ashley Carneal, Providence, RI
Tim Casey, South Dartmouth, MA
Joseph Costa, Norfolk, MA
Adam Dalessio, South Attleboro, MA
Angie & Dan Evans, Westwood, MA
James P. Griffin, Sagamore Beach, MA
Sam Gulino, Albion, RI
Richard Harrington, Exeter, RI
Brian & Deb McCafferty, South Attleboro, MA
Denise Miller, Oxford, CT
Jim Mitterando, Cohasset, MA
Christine Murphy, Yarmouthport, MA
Eric R. Nadeau, Woonsocket, RI
Sandy Oxx, Middletown, RI
Gregory Paris & Family, Cumberland, RI
John Poikonen, Littleton, MA
Robert H. Presser, Warwick, RI
Mark Raymond, North Kingston, RI
John Rock, Cranston, RI
Cassie Ryan, Boston, MA
Mike Sligar, Providence, RI
Joseph Sterling, Sterling, MA
David W. Webster, Jamaica Plain, MA
Cheryl Weiler, Bolton, MA



A sign of the times—after-the-ride discussion on what went wrong with the GPS?
Photo: Kate Imbrie



Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

(This article is reprinted from August, 2015.)

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

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

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

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

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



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

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

EZ Recovery rides:

Ranges: Zone 1, Zone 2

Sweet Spot Tempo rides:

Ranges: Zone 3, low Zone 4

Race level high intensity:

Ranges: Zone 3, 4, 5

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

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

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



**Cycling Sessions
Performance**

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

Rhode Island



NBW Wheeler Dealer

(see website for latest listing)

For Sale: Vintage 1993 Bianchi Forza Superset

II. Men's Racing Bike, 60cm, for the six foot plus rider, "Tange Cro Mo" (Cromoly Steel) Double Butted Frame. Paracer Tecnova II Tires, Exage Brakes and Gears, Araya 7000 Japan Tire Frames. Excellent Condition, like new. No scratches or dings. \$180. Email kimbrie@gmail.com. Photos available, and you could see it in Barrington.

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

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

Calendar of non-NBW Rides

(see website for latest listing)

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

September 11—StarRide16. Benefiting Star Kids Scholarship Fund Cluny School. 3 to 45 mile routes, beginning on Ocean Drive, Newport, RI. Post ride events. Details at www.starride.net

September 17—7th Annual Woonasquatucket River Ride Bike-A-Thon. Fundraiser for the Woonasquatucket River Watershed Council youth programs. 60, 40, 30, 10 or 5 mile rides from Providence along the Woonasquatucket Watershed. After-party at Waterplace Park with live music, food and prizes. Registration see www.wrwc.org/woonyride.php

October 1—CF Cycle for Life. To battle against Cystic Fibrosis. 12, 30 or 65 mile routes in the MetroWest area of MA. Breakfast, lunch, beer tent and entertainment included. Registration at www.cff.org/RIDEMA

Drummond Double Support Drivers Bladimir Rodriguez and Ted Shwartz found a moment to relax from their driving duties, June 26. Photo supplied by Ted Shwartz



East Bay Bike Path News

The following extract is taken from a report on the RI Bike Coalition webpage, ribike.org

From RIDOT Deputy Director Peter Garino:

We have been working to address several issues at the East Bay Bike Path that have resulted from age, the elements, and tree root damage. Starting shortly after July 4, we plan to work on four specific sections, listed below in chronological order, with a goal of completing our improvements by September. Each section will be completed in separate increments and will have minimal impact to bike path users.

Bristol – from Independence Park to Poppasquash Road: we have some washouts to repair, with efforts to fix the pavement, and add new stone or rip rap. Users may have to walk/bike on the grass or sidewalk during these repairs, slated to take about one day.

Barrington – from County Road to the Barrington Foot Bridge: we will make pavement repairs of about 200 feet total for some areas that have been damaged by tree roots. We will need to utilize a small detour for about one to two days during this operation. People will need to use the sidewalk to get around the area and back on the path.

Barrington – We plan to replace certain boards that have rotted out, replace nails with screws, and add some pavement at the front of the bridge to provide a smoother transition from bridge to path. This work should also take about one day to complete.

Barrington—from Middle Road to the YMCA: there are two sections of pavement (146' and 183') that we will replace, during which time may need to divert any users around the site. We anticipate this operation to take about one day.

Newport County Bike Map

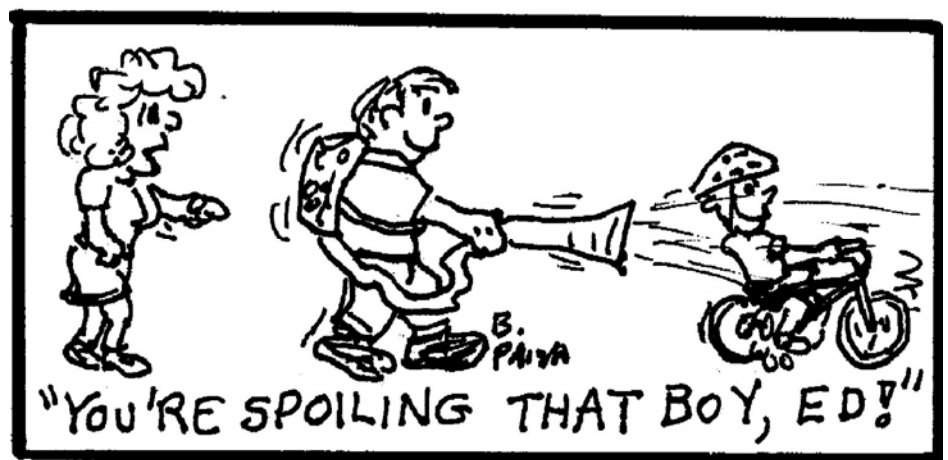
Bike Newport has produced a 2016 Newport County Bike Map, covering Aquidneck Island, Jamestown, parts of Bristol, Little Compton and Tiverton. A very useful map of routes, including the bridges and how to get over them. It's downloadable at: bikenewportri.org/maps



From your webmaster

Members' password ...

Username: mem66
Password: 2flaTs



From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Peak riding season is upon us. A not so nice (for riding) month of May was followed by a more pleasant month of June and now we are into prime riding season. Ride start times have been adjusted to 9:00 to compensate for the expected summer heat of July and August. If you like heat, this is the time for you, just make sure you hydrate and wear sun screen.

We had one new ride in June. Many of you may have recognized it as Tom and Pat's Half Century. However, due to the overabundance of caterpillars which were munching on the leaves and pooping on the roads, we are contemplating changing this ride name to "The Caterpillar Classic". A ride memorable for its low traffic roads and post ride bike clean-up—yuk!

August heralds the start of "century season" with many clubs holding their signature event rides. Our signature event is September's The Flattest Century in the East, aka TFCE. Lots of info about that on our website. Other event centuries include: Blazing Saddles (North Shore Cyclists), Seacoast Century (Granite State Wheelmen), Fall Century (Charles River Wheelmen) and The Great River Ride (New Horizons Bikes). Riding another club's signature century is a great way to see other parts of New England and to compare how we organize our signature event. I have ridden and enjoyed them all; however the organization of our TFCE event is "the benchmark".

One new ride is on the calendar for September. The Speedway Ride was developed by Paul Rider after we rode the Killingly Tour ride last year. The Killingly Tour has a lot of miles on routes 101 and route 102. Don't expect this ride to be flat as it covers the same geographical area, but Paul has kept the riders off the busy roads.

Lastly, if you are using GPS on your rides, as of September 1, the GPS file listing currently accessible on our NBW website from the home page, will be removed. All GPS files will reside in the club account at Map my Ride and will be accessible to members from either the weekly ride announcement, the members' area of the NBW website, or a link published in *The Spoke'n Word*. See details on page 3.

Stay safe and keep the rubber side down.
Don



Want to arrow a ride?

Chip Kent is our Arrowers/Paint Coordinator. You will see him frequently at rides and can reach him to volunteer to arrow a ride by emailing him at:

arrows@nbwclub.org

Chip provides the paint, map and instructions. Arrowing guidelines are posted on our website at: nbwclub.org/resources/nbw_arrowing_guide.pdf

Thanks to our most recent ARROWERS:

- Jun 5 *Great Grandma's Farm*—Luke Brissette
- Jun 12 *Tom & Pat's 50* —Don Rajotte, George Hayes
- Jun 19 *Plymouth Century* —Tony Rizzotti, Bob Edgren
- Jun 26 *Scramble Metric*—Mike Emma, Don Paiva, Ray Foulkes
- Jul 3 *Providence Cycle*—Bladimir Rodriguez
- Jul 10 *Joe Medeiros* —Abbey Courchaine
- Jul 17 *Border Crossers*—Alfredo Sosa
- Jul 24 *Rhody Roundup*—Monica & Ray Foulkes
- Jul 31 *Hope Valley*—Tony Rizzotti

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>

Narragansett Bay Wheelmen
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Deadline for the next issue is Sep 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 |
| Oct | 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? |
| | 30 | 105 | Tiverton Fifty | Tiverton, RI | 19/32/50 | |
| Nov | 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 |



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/



Rod Breault, our Champion Ride Starter, organizes riders at the start of the Providence Bicycle ride, July 3.
 Photo: Kate Imbrie

Note from your Webmaster ... MEMBER'S PASSWORD

Username: mem66
 Password: 2flatS

NBW RIDE SCHEDULE

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

| | | | |
|-----------------------|---|-----------------|----------------------|
| August 7, 2016 | Century of the Century | 18/55/100 miles | |
| Sunday | 8:00 AM | Map No. 41 | Arrower: T. Rizzotti |
| <i>Route</i> | Kingston, Mystic, Hopeville, Sterling | | |
| <i>Directions</i> | 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. | | |
| <i>Drive Time</i> | 40 minutes from Providence | | |
| <i>Description</i> | 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 | Arrower: M Miller/D Robillard |
| <i>Route</i> | Mattapoissett, Rochester | | |
| <i>Directions</i> | 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). | | |
| <i>Drive Time</i> | 40 minutes | | |
| <i>Description</i> | 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 | Arrower: DChiavaroli |
| <i>Route</i> | Seekonk, Rehoboth, Dighton, Berkley, Fall River | | |
| <i>Directions</i> | 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. | | |
| <i>Drive Time</i> | 10 minutes from Providence | | |
| <i>Description</i> | 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 | | |

August 28, 2016 **The 'Bridge' Ride** 15/30/50 miles

Sunday 9:00 AM *Map No.* 131 *Arrower:* L Brissette

Route Burrillville, Uxbridge, Northbridge

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

Drive Time 35 minutes from Providence

Description Named for the towns along the route -- not for any bridges crossed -- this ride explores the NW corner of RI and the small towns of Sutton and Uxbridge, MA. The 50 mile ride goes past Purgatory Chasm into Northbridge. Ride through woods and farmland, with some great views.

September 4, 2016 **Taunton-Sharon Tour** 15/30/49 miles

Sunday 10:00 AM *Map No.* 92 *Arrower:* E Holden

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

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

Drive Time 40 minutes from Providence

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

September 5, 2016 ***Labor Day Show'n Go** 20/33/50 miles

Monday 10:00 AM *Map No.* 168 *Arrower:* D Chiavaroli

Route Seekonk, Rehoboth, Dighton, Berkley, Fall River

Directions

Drive Time 40 minutes from Providence

Description

Use Map 168 Don and Raul's Fall River Ride from August 21

September 11, 2016 ****TFCE**

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

Route

Directions

Drive Time

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

September 18, 2016 **The Speedway Ride** 23/40/50 miles

Sunday 10:00 AM *Map No.* 170 *Arrower:* Ryder, P.

Route Gloucester, Foster, Putnam, Douglas, Burrillville

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

Drive Time 35 minutes from Providence

Description This is a new ride for the NBW, designed by long time member Paul Ryder. This clockwise tour through northwestern RI and northeastern CT, with a pass through Douglas, MA has enough climbing to keep one's heart pumping and one's leg moving. In Thompson, CT, we pass by the Thompson Speedway, for which the ride is named.

September 25, 2016 ♥ **Cape Caper Ride** 22/43/62 miles

Sunday 10:00 AM *Map No.* 130 *Arrower:* T Rizotti

Route Bourne, Falmouth, Woods Hole

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

Drive Time 50 minutes from Providence

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

October 2, 2016 **Mystic Seaport** 19/33/47 miles

Sunday 10:00 AM *Map No.* 61 *Arrower:* John Satterlee

Route Hopkinton, Clarks Falls, Old Mystic CT

Directions Start at the Stop & Shop Plaza, Rt 138, Richmond (Hope Valley), RI. Take I-95 South to Exit 3-A; go left at the exit and left into the parking lot. Please park well away from the stores. (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 Ride from Hope Valley to the Mystic Seaport and back, through Hopkinton, Clarks Falls, through Old Mystic and past the seaport of Mystic. Short routes tour Hopkinton, Clark Falls and Woodville. Thanks to Gil Peel for revising the old "out-and-back" route to create a much more enjoyable ride.

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