

The Spoke'n Word

Volume 46, Number 5

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

October/November/December 2016

nbwclub.org



Mark your calendar ... social season coming up ...

Saturday, November 6 — Annual Meeting & Volunteers' Dinner — see page x

Sunday, December 4 — Holiday Party — see page x

Sunday, January 1 — New Year's Ride and after-party — see ride schedule

Highlights

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SUPER CYCLE SHOPS

Support your local bike shop. They not only support the NBW but also promote safe bicycling for all. Some of these shops give a discount on parts and accessories to NBW members. Show your valid NBW membership card (your mailing label).

BIKEWORKS

79 Swansea Mall Dr
Swansea, MA 02777
508-677-0710
www.bikeworksma.com

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401-335-3163
blackstonebicycles.com

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Westerly, RI 02891
401-315-0230
www.brumbalebikes.com

LEGEND BICYCLE

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401-383-3070
www.legendbicycle.com

NBX BIKES

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

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

729 Hope St
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

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725 Branch Ave
Providence, RI 02903
401-331-6610
www.providencebicycle.com
And

150 Lambert Lind Highway,
Warwick, RI 02886
401-773-7733

SCOTTEE'S WESTPORT BICYCLE

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508-636-RIDE (7433)
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No Attleboro, MA 02760
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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, 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: TFCE, Sep 11, 2016
Elephant Rock Beach
Photo: M. Foulkes

Want your photo in the Spoke'n Word?

The Editor <editor@nbwclub.org> welcomes your photos of our club's activities for the newsletter and our website. Photos selected for print by your editor, who does the conversion to black/white. Some hints for what she looks for:

- Action! Try for riders moving (easiest if they're coming towards you or going away), or shots that tell a story. Tell me who your subjects are, if you know.
- Shoot in high resolution.
- Sharp focus—there's only so much I can do in Photoshop to sharpen your shot.

Do you have any photos of early NBW rides? I will scan and return your prints.

President's Message



The Monday after TFCE, one year later...

The NBW was called for a “come to Jesus meeting” with the town of Westport on September 14th, 2015. In no uncertain terms we told that NBW and everybody else had to stop arrowing in Westport. An immediate cleanup of our arrows was expected, and our ability for future club rides in Westport was in question. We did what

Westport asked.

The club was faced with a series of questions

Can we get Westport to change its policy of no arrows?
Do we give up on riding in Westport because of the no arrow policy?
Do we simplify our rides in Westport to reduce the need for arrows?

One year later here is what we have learned. Westport will not change its policy on arrows. The NBW will not give up on riding in Westport. The NBW will not simplify its rides in Westport.

One learning year later we have returned to Westport's good graces. Those of you who did the TFCE saw signage at every turn and significant intersection, our alternative to road arrows. The signs were not perfect, and our implementation will get better. They did work and we will commit to using signage in Westport for future rides, both regular rides and TFCE.

One year later, on September 14th 2016, we were informed by the town of Westport that the NBW was back in the town's good graces. They only had one question—would we be having a 46th annual TFCE going through Westport?

The 45th Annual TFCE was another success. All the credit goes to our volunteers, and our riders. They make TFCE the success that it is. NBW Member **Robert Rose** is a Selectman in the town of Plainville. Here is what he had to say about the 45th annual TFCE:

“I have to say that I become more impressed with each passing year that I do the TFCE. I marvel at the massive organization that you put out there to make the event a safe and fun time for all of us cycling aficionados.

A couple of points - The lawn signs in Westport were brilliant! Better than those paper markers!

There were numerous points where I would see flashing public safety lights in the distance and begin to bemoan some accident/delay. But no, it was a police officer directing us safely through an intersection. So many towns, so much coordination.

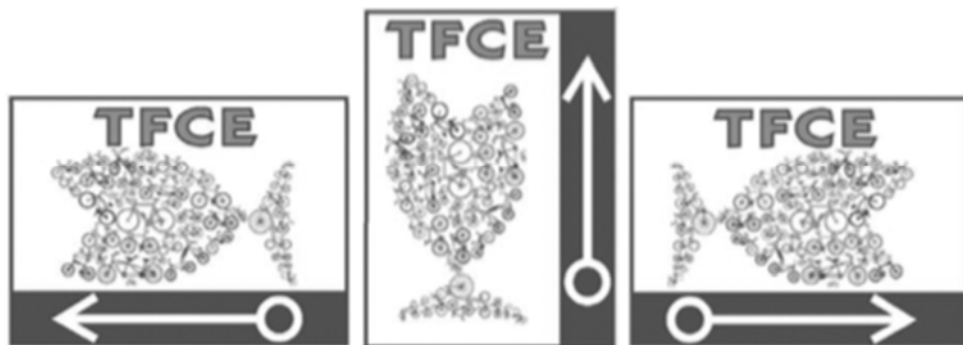
The volume of details that you must contend with overwhelms my cerebral functions.

I feel privileged to be able to participate in the TFCE and I truly appreciate everything that you do to make it one of the highlights of my cycling calendar.

Please accept my kudos on behalf of you and your team—it is so well deserved.”

Planning for the 46th annual TFCE has started already. I wonder what we will have learned next year, the Monday after TFCE. What I am hoping to say next year on Monday September 11th, 2017 is “**Our new volunteers for TFCE really stepped up this year**”

Safe riding
Ted



A side effect of Westport's policy was that the club rolled out GPS support for all club rides, and instituted a club membership at RideWithGPS for all club members. Every ride has three methods of navigation; arrow/signs, maps, and GPS support. A big shout out goes to **Don Chiavaroli** and **Alfredo Sosa** for leading this effort.



TFCE riders negotiate
Drift Rd, Westport
Photo: M. Foulkes

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
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

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.

The GPS files web page on our website was discontinued September 1.

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

Link to the Ride With GPS club page:
<https://ridewithgps.com/clubs/105-nbw>

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

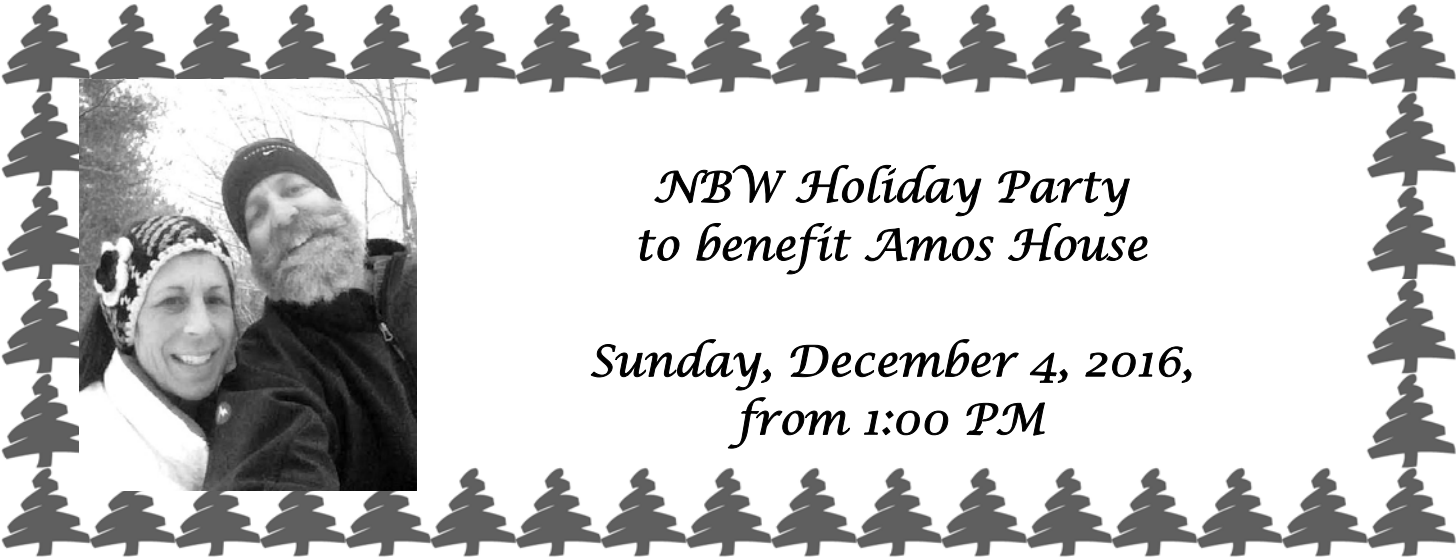


Saturday, November 5, 2016
6 pm

Pawtucket Country Club
900 Armistice Boulevard
Pawtucket, RI

*All volunteers will receive an email invitation and must
RSVP by October 20 to
NBWbanquet@aol.com*

*If you volunteered this year but do not receive an invitation by October 6
Please email Margaret Vigorito at the above email address.*



*NBW Holiday Party
to benefit Amos House*

*Sunday, December 4, 2016,
from 1:00 PM*

Cyndi and John Stenning have again generously volunteered to host the party, continuing this 20 year NBW tradition, begun by Jeanne Petrarca and later continued by Patricia Lang and Keith Enos.

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

A change this year—this will be a “Pot-luck” party and we ask you to bring along some goodies. Please contact Cyndi by November 27 to let her know if you will be bringing a savory dish or a dessert, so she can plan to have enough food to feed us all. **Email joncyndi@gmail.com**

Suggested donation for Amos House \$10 (or more).

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

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

Right out of parking lot at Western Hills (Ride Start)

In .2 mile turn Left onto route 12 (Scituate Ave)

In 5.4 miles take Left onto Rt 116 (North Rd)

In 3.7 miles turn Right onto Hunters Crossing Drive

We are #6. The third house on the left.

tel: Cyndi 401 374 7649

John 401 316 0493

✂

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

Name:

Address:

Amount: \$

Please make check out to **Amos House**, and mail to Cyndi Stenning, 6 Hunters Crossing Drive, Coventry, RI 02816

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). NOTE: Rick and Michelle Cortes Harkins have kindly volunteered to take over Sales from Mike Emma—thanks Mike, and welcome Rick and Michelle!

NEW! VINTAGE NBW CYCLING JERSEY

SHORT SLEEVE

Specify men's or women's cut

Men's sizes: S, M, L, XL

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
Arrows 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 to check if your item is in stock.

Make check payable to "NBW" and mail with order to:

NBW/Rick and Michelle Cortes Harkins, 99 10th Street, Providence RI 02906

Questions? Email to: sales@nbwclub.org

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

TFCE, September 11, 2016

A cloudy start but only a few riders saw any sprinkles of rain ... and the sun came out by the time we got to Elephant Rock Beach! Photos: R. Schwartz, M. Foulkes.



The TFCE Facebook page, www.facebook.com/NBWTFCE/ has been updated with photos and more about the ride. If you have photos of TFCE, please share them on the page, or by email to kimbrie@gmail.com



2016 TFCE Volunteers

CAPTAINS

Ted Shwartz, Chairman
Kate Imbrie
Bonnie Hirsh
John Nery
Pauline Nery
Carleen McOsker
Raul Silvia
Don MacManus
Gil Peel
Michael Emma
Don Paiva
Rob Price

ADAMSVILLE

Carleen McOsker, Captain
Heide Hallemeier
Billy Gajda
Janice Velozo
Stephen Rodkey
Mary McCauley
Lydia MacManus
John Swyers
Beverly Gordon
Mark St Amour
Juergen Hallemeier
Al Jeffries

ARROWERS

Gil Peel
Michael Miller
Dianne Robillard

HIXVILLE

Bonnie Hirsh, Captain
Randi Braunstein
Roxanne Gordon
Wendy Davis
Lenore Henderson
Scott Henderson
Kathryn Mahoney
Mark Mahoney
Don Rajotte

PARKING

Raul Silvia, Captain
Mike Klek
Lee Sproul
Raf Cardenas
John Ho
Mike Vigorito
Gary Archer
Keith Enos
Pat Lang
Bob Brown
Kris Brown
Craig Mace
Gil Mello
Jeff Medeiros
George Jarvis
Gib Conover
Rene Fleurent Jr.

PB&J

Raymond Foulkes
Monica Foulkes
Phil Paige
Jim Mumma
Karyn Mumma
Larry Shwartz
Laura Silvia

Jon Foster
Colby Jenkins

REGISTRATION

Matt Moritz
Leslie Baker
Margaret Vigorito
Jean Hibbert
Kate Imbrie
Jan Jankowski
Susan Jarvis
Gayle Raposa
Susan Roberts
Terry Skinkle
Ellen Lafazia
Chas Anderson
David Carroll
Wolfgang Peti
Rebecca Page
Susan McCalmont
Paula Raposo
Pete Bissell
Lori Lantos
Susan Baker
Steven Kahan
Paul Slinko
Noel Field, Jr.

SAG

Robert Price
Don MacManus
Luke Brissette
Jan Harbutiak
Sondra Spencer
John Rohland
Bill Luther
David Vitello
Bladi Rodriguez
David Michel

SALES

Mike Emma
Don Paiva
Louise Paiva

TIVERTON

Bob Ladino
Lennie Livernois
Joann DelVecchio
AJ Pande
Bob Paiva
Pat Stark
John Nery
Pauline Nery
Ray Naughton
William Peterson
Bill Weir

TRUCKS

Ed Holden

LOGISTICS

Rick Schwartz

MASSAGE

Deborah Luhrs

COLLEGE PM

Linda Pietras
Albert Koenig

MECHANICS SERVICES

DONATED BY NBX

BIKES

Dean Gunning
Mike Rounds
Butch Holmes



Rhody Roundup, July 24, 2016

Sunny day, good ride and good food drew over 100 to the annual Rhody Roundup chicken barbecue at Yawgoo Bakes. Organized by Liz Masterson.



Martha Pirone makes a Narragansett stop for Dell's lemonade.



Beer pavilion after-ride was popular—Ray Naughton, Steve Rodrigues, Paul Rider.



Liz helps Christianne Oudet at the chicken feast.



Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD

[In light of recent discussions among members about muscle cramps, this article from the July 2013 newsletter is being re-printed for your information—see the bullet on pickle juice—Ed]

Sodium, Muscle Cramps and Sweat Losses: Tips for Sweaty Athletes

We've all heard the stories about marathoners and soldiers who have died due to consuming too much water. Clearly, overhydration can be as dangerous to your health as underhydration. So what does a sweaty athlete need to know about staying adequately hydrated without stomach sloshing? Dr. Timothy Noakes' book *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* is an interesting yet controversial resource that addresses that question.

According to Dr. Noakes, the sports drink industry has effectively marketed a positive image (successful athletes) despite having an overhyped product (salted sugar-water). Noakes believes the sports drink industry has brainwashed athletes to overhydrate—and this has created life-threatening problems. For example, between 1983 and 1998, more than 700 cases of exercise-induced hyponatremia (overhydration that leads to low blood sodium, brain swelling, coma, and even death) were documented in the Gatorade-sponsored Ironman Hawaii Triathlon. The participants had been encouraged to drink copiously. Did that advice backfire? For the Comrades Marathon, participants were told to drink according to thirst. Race organizers placed aid stations every 5 km (3 miles) and cases of hyponatremia dropped.

The information in *Waterlogged* challenges the theory *drink before you get thirsty*. Noakes believes elite athletes who become champions can tolerate significant sweat loss without intolerable thirst. He contends the associated weight lost via sweating enhances performance. Others question if those athletes could run better if better hydrated!

Below are a few droplets of less-controversial hydration information to help you quench your thirst, perform well, and stay out of the medical tent when you are doing extended exercise in hot weather.

- Our bodies can deal with transient underhydration that lasts from 4 to 8 hours. In contrast, chronic dehydration leads to health issues—such as happens when elderly people are trapped in hot apartments during a heatwave.

- Most athletes feel thirsty at about 2% dehydration. At that point, they'll start looking for water. Ultrarunners can maintain performance at 3% dehydration. (To determine your percent dehydration, weigh yourself naked before and after your workout. A one-pound drop equates to a loss of 16-ounces of sweat; 2% dehydration equates to a 3 pound sweat loss for a 150-lb. person.)

- Thirst is a powerful fluid regulator. Noakes disapproves of the advice to drink before you are thirsty because that can create problems with overhydration. Yet, others contend drinking on a schedule can help endurance athletes maintain proper hydration, as long as they do not aggressively overhydrate but rather replace fluids according to their sweat losses (as learned during training via pre-post exercise weigh-ins).



- Exercise-induced hyponatremia (low blood sodium) occurs when athletes drink excessively during prolonged exercise. It can also occur when even dehydrated endurance athletes lose significant amounts of sodium in sweat. Data from 669 ultramarathoners indicates 15% experienced low blood sodium. Of those, 24% were overhydrated, 36% were dehydrated, and the rest were in fluid balance (but not sodium balance) (1).

- The amount of sodium lost in sweat varies from person to person. Some people are salty sweaters. Athletes accustomed to exercising in the heat retain more sodium than unacclimatized athletes. (Compare the saltiness of your sweat on first hot day of spring vs. in the fall.)

- Athletes lose relatively more water than sodium, so under standard conditions, the blood sodium level can actually increase during exercise (unless you overhydrate). But with abnormally high sodium high losses, such as during an ultramarathon, blood sodium can be low even in a dehydrated athlete. Hence, sodium replacement can be a wise idea.

- The amount of sodium in a sports drink is small—and unable to counter the dilution of body fluids that occurs with over-drinking. The 220 mg of sodium in 16 ounces of Gatorade is far less than ~1000 mg sodium in 16 ounces of sweat loss.

- Noakes says evidence is lacking to prove that athletes who cramp have low serum sodium or are more dehydrated than non-crampers. He suggests muscle cramps are related to fatigue, not sodium deficiency. If sodium deficiency was the problem, wouldn't the entire body cramp, not just one muscle?

Continued ...

- Exercise-induced muscle cramps occur in muscles that perform repetitive contractions. Athletes who get cramps tend to be those who do high intensity exercise, as well as those who have a history of cramping. Note: Many exercise scientists believe there are two types of muscle cramps: some related to fatigue, others related to sodium imbalance. The science of cramping lacks a clear consensus!
- Stopping exercise to stretch resolves muscles cramping. (Stretching also resolves nocturnal cramps.)
- A 2.5 oz. mouthful of (salty) pickle juice has been shown to alleviate muscle cramping within 90 seconds of drinking the pickle juice. This rapid benefit is unlikely due to changes in blood sodium levels—too quick! Noakes speculates drinking the (acidic) pickle juice triggers a reflex in the throat that lessens or stops the cramps.
- An athlete who collapses after the finish line is most likely experiencing blood pressure changes—not severe dehydration. When exercise stops, the heart stops pumping enough blood to the brain; the athlete collapses. Noakes advises to quickly raise the athlete's feet and pelvis above the level of their heart. This aids the return of blood to the heart and rapidly corrects the situation—without any IV fluids.

So what's a sweaty endurance athlete supposed to do during prolonged exercise? Learn your sweat rate and drink accordingly. If fluid in your stomach starts "sloshing", stop drinking! The body can absorb about 600 to 1,000 ml/hour (women/ men). Adding carbohydrates and sodium to the water enhances fluid absorption as well as palatability and performance. Consuming "real" foods (salty pretzels, pickles, chicken broth, ham-cheese-mustard wrap) during ultraendurance events can do a fine job of providing needed electrolytes. Just don't get too aggressive with water or sodium intake—and have fun!

Reference:

1. Hoffman M, Hew-Butler T, and Stuempfle K. Exercise-Associated Hyponatremia and Hydration Status in 161-km Ultramarathoners. *Med. Sci. Sports Exerc.* 45(4):784–791, 2013.

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

Sophie Amsterburg, Mansfield, MA
Thomas Amsterburg, Mansfield, MA
Jose Andrade, North Providence, RI
Melissa Bouchard, Fall River, MA
Donald, Joanne, David & Lauren Brais,
Tiverton, RI
Ron Franklin, Barrington, RI
Scott Gamble & Chris Haser, Riverside, RI
David & James Hayes, Narragansett, RI
Eleanor Heuberger, Chepachet, RI
Jim Hutchinson, East Greenwich, RI
John Leca, Rumford, RI
Karol & Robert Leuzarder, Wakefield, RI
Kathryn Maitrejean, Newport, RI
Harry M. Ohmstede, Hingham, MA
Matthew P. Oliver, Middletown, RI
Brad Pilkington, Fall River, MA
Fred Silverblatt, North Kingston, RI
Dale H. Stoutenburgh, Wakefield, RI
Gregg & Jill Taylor, Greenville, RI
Andrew Tine, Barrington, RI
Jonathan Tyghter, Pascoag, RI

Rhody Roundup, July 2016
Riders return
Ready for the chicken barbecue
Photo: M. Foulkes



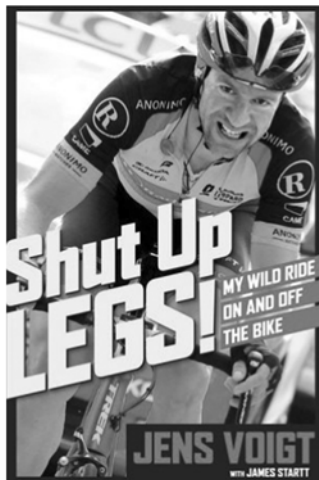
Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

If you have watched The Tour de France, Jens Voigt is someone you have seen at one time or another, escaping from the peloton over and over ... his face in pain and his famous mantra “Shut Up, Legs!”

Jens has retired and provided us a great read about his career and life as a kid in East Germany up to his last races prior to retiring. His book is called “Shut Up Legs, My wild ride on and off the bike!” of course!

It is a story with passion, a look at an adventure from the eyes of a hard working professional cyclist, who did not follow the crowd, and succeeded to win races and make the sport fun to watch when he participated.



Jens started cycling at a young age in communist East Germany (EG), prior to the fall of the Wall. Sports programs were set up in schools to find potential athletic abilities and strength, speed and endurance. Jens was found to be strong with a big endurance engine so he was brought to another school that could provide training and further study.

The program in EG of course was physically hard, but also taught team ideals and working for the collective. From that perspective, Jens learned to trust the system; that it would build him up. On one of his races early on, he found out he was the only member of the team in the race. So he pushed himself up front and soloed for his first time. The other teams were sure that they would catch him ...

This stuck in his head. He realized that in the end, you need to listen to your gut as well. Another factor was that Jens always could be by himself for hours, entertaining himself without any issues. From an early age Jens' work ethic and focus was demonstrated in race after race. Those who rode with him found him a funny and happy guy, but also a driven rider that would bring in the pain

with attacks and almost impossible breakaways. It was noted that Jens had a large tolerance to pain. With the good genetics he could reach efforts that inspired others. His willpower was his other weapon. His keen way he could read a race was his greatest strength. He knew when to attack when almost everyone would say, “Where does he think he’s going?” In the end when he arrived over the finish line, they probably figured out where he was going!

His book gives you a great look at how a professional cyclist handles a three week stage race, from new hotels every night, to sitting on the team bus for hours on transfer. Jens' fondness for reading was used to relax him between stages. Jens read a lot of books over the years. At the core of his career, his family has been his strength. From the days he began living in Berlin with his parents, to his wife and kids now, living in a different Berlin than he grew up in. Excerpts from other pros and well known provide an interested perspective at each chapter.

I found this book refreshing. With all of the narratives from other pro cyclists regarding the bad side of cycling, the drugs, the cheating, Jens agrees that the world of drugs has been there for a very long time. He decided early on to never go down that road and not try to be a GC (leader of a stage race). That choice required juicing for sure. So he became a “Domestique”—a worker for the team captain with no one telling him he needed to juice.

His narrative gives you a look inside the pro cycling world where professional athletes push themselves day after day. Bonds are formed with teammates and survival becomes part of the job, especially in the grand races of the Tour de France or the Giro. As history goes, Jens has a big heart as well. Always looking out for the young riders towards his later career.

If you are looking for a conversation style book from a real hero of cycling, a hard worker and a funny person, pick up a copy!
Cheers!



**Cycling Sessions
Performance**

Gary Stafford
Endurance Coach and Spin Instructor
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4015957078

Rhode Island



From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



The hot summer of 2016 is behind us now and cool crisp weather greets those that venture out for an early morning ride. Arm warmers, knickers, and maybe a wind vest are added apparel that you may need to have an enjoyable fall ride.

Upcoming in October is a new ride starting at the NBX Bikes store in Narragansett. This ride was developed by NBX and we put it on the schedule to take the place of the former Caster's Halloween Ride which had waned in popularity due to the shortness of the ride and the difficulty in finding adequate parking. Parking at the NBX Narragansett location is less of a problem, but still limits the amount of vehicles to about 85. Overflow parking is available. Consult the ride description to get all the details.

Old GPS files have now been removed from the NBW web site. If you want to use GPS, you can access the files from the Ride with GPS club account. Details of how to do this have been posted for some time now, so I will not repeat. If you are using GPS on a club ride and you find an area where they disagree with the arrows, please bring it to my attention at: touring@nbwclub.org. Arrowers have been asked to not make ad hoc changes to the map routes and if a detour is needed, arrowers are asked to let me or Chip know so the GPS files can be updated for a particular ride to match the arrowed detour.

We are generating a list of rides that need to be revised to account for increased traffic. Four are on that list now: Myles Standish, Wachusett Mountain Ride, Wachusett Century, (both to avoid Route 140) and Century of the Century (last 20 miles). Thanks to work by Rob Price, Rick Swartz and Bob Edgren, we have a solution for Myles Standish, we just need to change the map and GPS files. Others are pending (code for we need to assign them to someone). If you live in an area where these routes are and want to take on the assignment of coming up with alternate routing, let me know.

Lastly, there is one bit of news that falls in the "mea culpa" category. When you look at the ride schedule, you will notice that the December rides may look familiar to you and there are no tentative rides scheduled after the first of the year. Well, you are correct, the December rides are a repeat of the 2015 schedule. When the touring committee met in April, we scheduled the rides through the end of November and set our next meeting for early October. However, we forgot that *The Spoke'n Word* for October covers the last THREE months of the year and the issue goes to press in mid September, so I

made an executive decision to repeat December 2015. If you want to know what rides we plan starting in January, you will have to check our website at nbwclub.org or wait until the January issue of *The Spoke n' Word* arrives in your mailbox. The 2017 Ride Schedule should be posted online by the end of October.

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:

- Aug 7 *Century of the Century*—Tony Rizzotti, Chip Kent
- Aug 14 *Mattapoissett Ride* —Mike Miller, Dianne Robillard
- Aug 21 *Don & Raul's Fall River Ride* —Don Chiavaroli
Raul Silvia
- Aug 28 *The 'Bridge' Ride*—Luke Brissette
- Sep 4 *Taunton-Sharon Tour*—Ed Holden, John Swyers
- Sep 11 *TFCE*—Gil Peel, Mike Miller, Dianne Robillard
- Sep 18 *Speedway Ride*—Paul Rider, Don Chiavaroli
- Sep 25 *Cape Caper*—Tony Rizzotti, Bob Edgren,
Mike Garrity

REMEMBER ...

- * Use hand/voice signals when passing other riders, turning or stopping.
- * Pass other riders on their *left*, alerting them as you pass.
- * Check for arrows 150 ft. *before* an intersection.
- * Watch for sand on the road—especially on corners.
- * When you get off your bike get off the road.
- * Eat before you are hungry and drink before you are thirsty.
- * Check your helmet for fit or damage. Take it to a "Super Cycle Shop" if you have any doubts.
- * Inspect your bike before and after each ride to check for worn, broken or loose parts. Take it to a "Super Cycle Shop" if you have doubts.
- * Before a ride, become familiar with the map.
- * Share the road with motorists and pedestrians.
- * Volunteer to arrow a ride—see Chip Kent <arrows@nbwclub.org>

NBW RIDE SCHEDULE

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

October 2, 2016	Mystic Seaport	21/31/48 miles	
Sunday	10:00 AM	Map No. 61	Arrower: John Satterlee
<i>Route</i>	Hopkinton, Clarks Falls, Old Mystic CT		
<i>Directions</i>	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 Charho Plaza, which we have been told not to use.)		
<i>Drive Time</i>	40 minutes from Providence		
<i>Description</i>	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.		

October 9, 2016	Purgatory Chasm	23/31/54 miles	
Sunday	10:00 AM	Map No. 117	Arrower: C Kent
<i>Route</i>	Uxbridge, Whitinsville, Sutton, Douglas		
<i>Directions</i>	Start at the School Superintendent's Office, 62 Capron St, Uxbridge, MA 01569 (the former high school). Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North, for 1.5 miles. Turn left onto Rt. 122 North for 1 mile to Rt. 16 traffic light. Turn right onto Rt. 16, for 0.2 miles. Bear left onto Capron St; the school building is at the end of the street.		
<i>Drive Time</i>	40 minutes from Providence		
<i>Description</i>	The ride rolls through the northern part of RI and into Massachusetts. Expect some hills. Bring a lock with you so you can take a break to walk in the Chasm. Spring water can be found at the picnic grounds. Pete Petrocelli extended the ride to 54 miles.		

October 16, 2016	NBX Ride	24/37/50 miles	
Sunday	10:00 AM	Map No. 172	Arrower: T Rizzotti
<i>Route</i>	Narragansett, S. & N. Kingstown, Exeter, Richmond, Charlestown		
<i>Directions</i>	Start at NBX Bikes 922 Boston Neck Road (Rte 1A), Narragansett, RI. From Providence, take I-95 south to Route 4. Continue on Route 4 as it becomes Route 1, then turn left at the intersection of Rte 138 (Where Rte 138 goes right to URI) onto Bridgestone Road. After 1.4 miles, turn right, at the traffic light, onto Route 1A south. NBX Bikes will be ahead one mile on your right. Parking is limited at NBX, so park on the grass and in the lot at NBX and at Brinkleys Ice Cream and Cakes across the street (they will be closed for the season). Overflow parking is available at Domenic Christofaro Park 0.9 miles north of NBX on the same side of Rte 1A (you passed it on your way to the shop). The ride goes right by the park, so if you are running late, you can start there if you wish.		
<i>Drive Time</i>	40 Minutes from Providence		
<i>Description</i>	This new ride was developed by the folks at NBX Bikes to take the place of the old Caster's (now NBX) Halloween Ride. The Caster's ride endured for many years, but the popularity of the ride resulted in numerous parking problems. This ride covers familiar territory for many of us and new territory for others. We ride many of these roads, but this ride has several of them riding in the opposite direction-a totally different view. All three routes travel on Route 138 from URI and climb up to the lights on Route 1, so please exercise caution and ride single file. The good news is that we go DOWN Bridgestone Road!		

October 23, 2016 **Oneco Pond Ride** 17/29/45 miles

Sunday 10:00 AM *Map No.* 3 *Arrower:* D Rajotte

Route Escoheag, Sterling, Oneco, West Greenwich

Directions Sterling Memorial Library (formerly School), 1183 Plainfield Pike (Rt 14A), Sterling, CT.
From Providence: Take Rt.6 West to Rt.295 South. Take Exit 4 Rt.14/Plainfield Pike and go West on Rt.14 for 19 miles (you'll cross the Scituate Reservoir - Rt.102 joins and leaves Rt.14 - stay on Rt.14). At the CT line bear Left at the fork on Rt.14A for 1 mile (don't miss this turn). Library/School is on the Left.

Drive Time 45 minutes from Providence

Description This is basically the old Beach Pond Ride, with a new start because RI closed off Beach Pond. Scenic, rural rides around the SW RI border and into CT. Expect some hills. Rt. 49 runs along Ekonk Hill, a high open ridge with superb views. Bob Paiva has extended this ride into the Plainfield CT area, with a short extension to Gibson Hill Road to include a food stop.

October 30, 2016 **Tiverton Fifty** 21/33/51 miles

Sunday 10:00 AM *Map No.* 105 *Arrower:* D Paiva

Route Tiverton, Little Compton, Westport

Directions Start at the Tiverton Middle School, 10 Quintal Drive, Tiverton, RI. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school at the end.

Drive Time 35 minutes from Providence

Description An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

November 6, 2016 **Royal Mills Ride** 22/30/50 miles

Sunday 10:00 AM *Map No.* 169 *Arrower:* B Gallo, J Stenning

Route West Warwick, Coventry, Foster, Scituate

Directions Start: Bike Path (Washington secondary Trail) Junior Street W. Warwick R.I.

Drive Time 20 minutes from Providence

Description A scenic ride with challenging hills, takes you through rural landscapes out to western Coventry to the border of CT. into Foster and Scituate. Ride through historic Rice City in Greene and Foster center. Exhilarating descent through Claysville to the Scituate reservoir, Tunk Hill road to the Scituate Ave Hill...short but challenging! Ride along the Pawtuxet River to Historic Phenix.

November 13, 2016 **Diamond Hill One** 16/32/48 miles

Sunday 10:00 AM *Map No.* 129 *Arrower:* R Breault

Route Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA

Directions NEW START: MERCYMOUNT COUNTRY 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 travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses.

November 20, 2016 **Scituate Foster Ponagansett** 16/24/34 miles

Sunday 10:00 AM *Map No.* 86 *Arrower:* Tony Rizzotti

Route Scituate, Foster, Ponagansett

Directions Start at the town common on Route 116 in No Scituate, RI. To get there, take Route 6 West from I295. Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

Drive Time 20 minutes from Providence

Description This is a somewhat hilly but scenic ride that travels along winding, wooded roads. You'll cross Scituate Reservoir, the state's largest lake, and pass by at least three apple orchards on the long ride (two on the short ride). The long ride loops out along Rte.94, winding through Foster back roads.

November 27, 2016 **Fall River Fifty (aka Chourico)** 18/27/47 miles

Sunday 10:00 AM *Map No.* 159 *Arrower:*

Route Fall River, Assonet, Lakeville, Berkley

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

Drive Time 30 minutes from Providence

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

December 4, 2016 **Cranston Holiday Ride Winter** 9/18/29 miles

Sunday 10:00 AM *Map No.* 22 *Arrower:* E Holden

Route Western Cranston, Scituate

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

Drive Time 15 minutes from Providence

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

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

Cyndi and John Stenning will host a fund raising party to benefit Amos House again this year at their home, #6 Hunters Crossing Drive, Coventry, RI 02816. Directions: Right out of parking lot at Western Hills, in 0.2 miles turn left onto route 12 (Scituate Ave), in 5.4 miles take left onto Rt 116 (North Rd), in 3.7 miles turn right onto Hunters Crossing Drive, third house on the left, #6. Bring your checkbook and make a donation to help out those less fortunate.

Cyndi 401 374 7649

John 401 316 0493

December 11, 2016 **Raynham Middleboro** 16/32 miles

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

Route Raynham, Bridgewater, Middleboro

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

Drive Time 25 minutes from Providence

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

December 18, 2016 ♥ **Barrington Ride** 11/17/26 miles

Sunday 11:00 AM *Map No. 2* *Arrower: D Paiva*

Route Barrington, Seekonk

Directions Start at Barrington High School, Upland Way parking lot, Barrington, RI. Take the Wampanoag Trail (Rt. 114) to Rt. 103. At the intersection of Rt. 103 and Federal, where there is a large white church on the left, turn right on Federal. Take first left on Upland Way. The school is on your left after you make the turn.

Drive Time 20 minutes from Providence

Description This ride crosses the Barrington River and heads north into Seekonk along the Palmer River. Returning south to Barrington, we pass Barrington Beach, the Rhode Island Country Club, Nayatt Point, Echo Lake and Bullocks Cove. If you omit Rumstick Point, your mileage will be about 3 miles less.

December 25, 2016 ♥ **Dartmouth Ride #1** 20/28 miles

Sunday 11:00 AM *Map No. 25* *Arrower:*

Route Dartmouth, Padanaram, Russells Mills

Directions Start at the Sears plaza, No Dartmouth Mall, Faunce Corner Road in North Dartmouth, MA. Take I-195 East to Exit 12. Bear right onto Faunce Corner Road. Turn right into the plaza at the third light.

Drive Time 50 minutes from Providence

Description This ride passes through broad stretches of farmland and salt marshes. You'll pass through the picturesque village of Padanaram on Apponagansett Bay, and on the long ride you can stop at the uncrowded beach at Demarest Lloyd Park.

January 1, 2017 ***New Year's Ride** ~20/30 miles

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

Route Little Compton

Directions NEW START: Perky Nellison's home, 15 Quoquonset Lane, Little Compton, RI. From Providence take I-195 east through Fall River MA. Take exit 8A to Rte 24 S. to the Fish Rd. Exit. Turn left onto Fish Rd. Drive 1.4 miles, turning right onto Bulgarmarsh Rd. At the end of Bulgarmarsh Rd, turn left onto Rte 77 S. Drive 10 miles, turning left onto Quoquonset Lane. #15 is on the right, about 500 feet ahead. Park on shoulder of road to leave as much road space as possible. Do not block road.

Drive Time 50 minutes from Providence

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

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

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Deadline for the next issue is Dec 1

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

The tentative future schedule will be listed on the NBW website—nbwclub.org—as soon as it is finalized.

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, the newsletter and member-only pages.

* informal email discussion group via Yahoo; sign up at groups.yahoo.com/group/nbwclub/

* special events—our TFCE Facebook page, www.facebook.com/NBWTFCE/ has been updated with photos and more about the ride. If you have photos of TFCE, please share them on the page, or by email to kimbrie@gmail.com



Note from your Webmaster ... MEMBER'S PASSWORD

Username: mem66

Password: 2flatS