

The Spoke'n Word

Volume 47, Number 2

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

April/May 2017

nbwclub.org



*Hosted by Perky Nellison, a good crowd rode the New Year in from Little Compton in fine weather this year.
Here's hoping for a great riding season in 2017.*

**Members' early-bird TFCE registration
starts April 1—see page 3**

**Friday, May 19, 2017
Bike to Work Day**

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SUPER CYCLE SHOPS

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

BIKEWORKS

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

BLACKSTONE BICYCLES

391 Mendon Rd
Cumberland, RI 02864
401-335-3163
blackstonebicycles.com

BRUMBLE BIKES

49 Beach St
Westerly, RI 02891
401-315-0230
www.brumblebikes.com

LEGEND BICYCLE

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

NBX BIKES

www.nbxbikes.com
Locations:
414 Warren Ave
East Providence, RI 02914
401-438-2453

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

729 Hope St
Providence, RI 02906
401-274-5300

3480 Post Rd
Warwick, RI 02889
401-739-0393

NEWPORT BICYCLE

130 Broadway
Newport, RI 02840
401-846-0773
www.newportbicycleri.com

PEDAL POWER BICYCLE SHOP

879 West Main Rd
Middletown, RI 02842
401-846-7525
www.pedalpowerri.com

PROVIDENCE BICYCLE INC.

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

PROVIDENCE BICYCLE INC.

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

SCOTTEE'S WESTPORT BICYCLE

1125 State Rd
Westport, MA 02790
508-636-RIDE (7433)
www.westportbicyclema.com

SIROIS BICYCLE SHOP

893 Landry Ave
No Attleboro, MA 02760
508-695-6303
www.siroisbicycle.com

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196 Main St
Wakefield, RI 02880
401-789-8664
westedman.com

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401-847-5609
tenspeedspokes.com

TRAVIS CYCLE INC.

1 Oak St
Taunton, MA 02780
508-822-0396
www.traviscycle.com

UNION CYCLE

77 Pleasant St
Attleboro, MA 02703
508-226-4726
unioncycle.com

VICTORY CYCLES

155 Black Plain Rd
Exeter, RI 02822
401-539-7540

WeeBIKE.com

Balance Bike & Merino Wool Specialist
Warwick, RI
401-654-0029
NBW member discount promo code:
NBWSAVE20

YESTER'YEAR CYCLERY

330 Hathaway Rd
New Bedford, MA 02746
508-993-2525
yesteryearcyclery.com

YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491
and
51 Cole St
Warren, RI 02885
401-245-9755
yourbikeshopri.com



MOVING?

If you're planning to move, please let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Alfredo Sosa 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

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: New Year's Ride Jan 1, 2017
Photos: Monica Foulkes

Want your photo in the Spoke'n Word?

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

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

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

President's Message



Well, there was this cyclist from Rhode Island ...

Sally and I were on tour in the Netherlands for the Tulip Season. Spring was magnificent, and the tulips were beyond belief. If there ever was a country begging to be explored via bicycle it is the Netherlands in spring time. One night after dinner with our group, I asked

the tour leader who was his most interesting client. Mike leaned back, sipped on his wine, and said "Well, there was this cyclist from Rhode Island..."

It's springtime, and we can all aspire to be that cyclist from Rhode Island. Where will your cycling take you this year? Will you be that cyclist from Rhode Island?

Some of those cyclists from Rhode Island will come from new volunteers. It's a cyclical (no pun intended) thing in clubs for volunteers to move on, and new volunteers to step up. Our club is no different. This year we have a need for new volunteers. We have needs in three major areas; **Arrowing Team, TFCE and Volunteer Banquet**

Our "Arrower of the Year" for many years running, **Tony Rizzotti**, has left the area and left big shoes to fill. Other regulars such as **Ed Holden, Wolfgang Peti** and **Rebecca Page** moved to warmer climates too. Luckily we have new volunteers stepping up. Contributions from **Frenchy Amado, Ed Goff, Tom Riley** and **Arthur Deascentis** are much needed help. Please consider joining the arrowing team. For more details please contact **Chip Kent**.

Our TFCE team is always looking for new volunteers. This year our new volunteer coordinator, **Matt Moritz**, is stepping in to take over for **Kate Imbrie**. There is something special about TFCE, and something special about volunteering to work at TFCE. For more details please contact **Matt Moritz** (see ad on page X).

Our Annual Meeting in November, is also our Volunteer Banquet. The NBW has been fortunate to have had many people run this event. **Margaret & Mike Vigorito** have been doing a great job on this for the last several years, and they had lined up their replacement. Unfortunately their replacement has since relocated out of town. If you are interested in helping out with the Volunteer Banquet then please contact Margaret Vigorito.

... "Well, there was this cyclist from Rhode Island. He called one day and wanted to know about touring with us in the Netherlands. He had a bunch of questions. Would it be ok to ride to the tour? He was thinking about riding over from the UK. I asked him if he had ever been to Holland before, and he replied 'Not since the war...'. Lastly he wanted to know if there were any single women on the tour."

That cyclist from Rhode Island was **Miles Sydney** (1911-2005). Miles was a world traveller, but most at home on his bicycle. The last time I saw Miles was on the East Bay Bike Path on a beautiful spring day. He had stopped to admire a flag waving in the wind.

Ride safe, enjoy the spring time, enjoy every ride,

Ted Shwartz
NBW President

NBW Membership

Our membership registration and renewal process is now online.

NEW MEMBERS (only): Sign up through the link to imAthlete.com posted on our website (nbwclub.org/about/membership.html)

CURRENT MEMBERS: Expiring memberships will get an automatic email notification from imAthlete enabling them to renew online.

Note that only single yearly memberships will be available (no family memberships or two-year memberships are possible).

For those who still want to apply by mail we will accept checks for a while. Those unable to use the online process should send a request to our Membership Secretary (email to membership@nbwclub.org or US mail to NBW Membership, PO Box 41177, Providence, RI 02940-1177). Our Membership Secretary will do the online processing for you and these transactions may take several weeks.

Wanted - chairperson for NBW Annual Business Meeting and Volunteer Banquet

After 5 years, the Vigorito's are ready to pass the baton to another chair. This event takes place annually each fall. The 2017 event is already booked for Saturday, October 28 at the Pawtucket Country Club. Responsibilities include:

- selecting date and venue for event (already completed for 2017)
- work with venue event coordinator to plan menu and identify set up needs
- create volunteer email contact list (most recent 12 months) with input from board members and club committee chairs
- create invitation to be included in *The Spoke'n Word* and to be electronically sent to volunteers
- electronically send invitations to volunteers and monitor RSVPs
- plan agenda and any event theme or activities and consult club president as needed

Margaret Vigorito is willing to assist in the transition. Please contact her if interested or with further questions: mcvigorito@gmail.com

Friday, May 19, 2017

Bike to Work Day

Breakfast at Burnside Park, downtown Providence
Details will be posted at ribike.org

Club Officers & Other Important People

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 2014: Bladimir Rodriguez
Volunteer of the Year 2015: Gil Peel
Volunteer of the Year 2016: John Nery

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Ted Shwartz, Kate Imbrie
Arrowers/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Raposo, Ted Shwartz
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Ride liaison w/police depts: Margaret Hahn
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map & GPS creators: Ted Shwartz, Don Chiavaroli
NBW merchandise sales: Rick & Michelle Cortes Harkins, sales@nbwclub.org
Social events organizer: WE NEED A VOLUNTEER
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



NARRAGANSETT BAY WHEELMEN

THE FLATTEST CENTURY IN THE EAST

46th Annual—September 10, 2017

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

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

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

SAFETY

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

WHEN

Sunday, September 10, 2017 ... **RAIN OR SHINE!**
Check in begins at 7:00 am and closes promptly at 8:00 am. The course opens at 7:00 am and riders must return by 5:30 pm

WHERE

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

REGISTRATION

TFCE is limited to 2,000 riders (usually it is filled by the first week in May). The fee for registration is \$31.50 per person for NBW members and \$44 for non-members.

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

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

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

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

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

No refunds will be given.

T-SHIRTS

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

SAG WAGONS

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

SPORTS MASSAGE

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

FOOD

Food will be available for purchase after the ride.

HOTELS

<http://www.umassd.edu/undergraduate/hotels/>

More information at: nbwclub.org

Questions: tfce@nbwclub.org



HELP WANTED

46th annual NBW-TFCE

The Flattest Century in the East

September 10, 2017

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 Matt with time available, contact name and email address.

Matt Moritz,
tfce-volunteers@nbwclub.org



We look forward to seeing our crew of familiar volunteers and new volunteers as well.

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





... As the Wheel Turns ... Early riding days of NBW members

We'd love a glimpse of your early riding experiences. Please send your photo and a few sentences about it to Alfredo Sosa, membership@nbwclub.org (no paper prints please).

Raymond Foulkes ("Ray")
(left front) in 1953, age 16, winning the Langthwaite Grand Prix, a very hilly 50-mile race in the Lake District in the north of England. It rained heavily. Ray also won King of the Mountains and Most Aggressive Rider. He is still an aggressive rider. Note the little bells on their handlebars (required by law because they used public roads)



Annual Memorial Day Weekend In Southern Vermont

Friday, May 26 to Monday, May 29, 2017

at the Blue Gentian Lodge, Magic Mountain Rd,
Londonderry

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

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

Total cost \$230 per person with double occupancy (\$375 for single room, by request)
Reservations: contact Ken or Lisa at the Blue Gentian, 802-824-5908 and tell them you are with the NBW bicycling group.

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

NBW Special Events Committee announces
the 10th annual
Maine House Getaway Long Weekend



Thursday May 18 - Monday May 22, 2017

Accommodations:

- Located on the shores of Lake Christopher – mountain & lake views
- Accommodates 25+ people
- 9 bedrooms & 7.5 baths
- Updated fully equipped kitchen facilities
- 10 x 10 steam room
- Beautifully landscaped yard w/200 feet of lake frontage
- 2 boat docks, use of canoes, kayaks & windsurfer
- Gas grills & picnic tables
- “Endless” biking opportunities for both road and mountain bikes

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

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

Cost: **Queen size bedroom: \$185 per person (only 6 rooms available)**
Men or Women Dorm style bedroom: \$165 per person
(includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

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

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

With snow or rain comes no riding, right? Fitness goes down. Not so fast! Indoor training has evolved over the years with engaging ways to provide fun and pain at the same time.

With the purchase of a smart trainer like the Wahoo Kickr, you can achieve a high quality workout indoors with your bike wheel off the back. I will be talking about the most popular program for indoor cycling in this column, Zwift.

Unless you have been under a snow pile you may have heard about Zwift. I do not expect that I will convince the old school, "outside only" gang anytime soon, but to those interested, Zwift is as real as it gets with the above tools, and a computer or IOS iPhone/iPad.

Zwift will also work with a standard trainer using ZPower, but may not be as realistic as the smart trainer. Still a worthy option too.

First, virtual climbs do not count on Strava, and that works for me. Just give me the data so I can track, and I am happy. Although the climbs are virtual, your legs will tell you otherwise!



I beta tested Zwift a couple of years ago but found Trainerroad a more practical workout product and decided not to join Zwift. IOS brought me back. The current program is very much improved!

In the past, trainers were used when an outside ride was not available due to weather or darkness, and was a necessary evil, solo and dreary. Zwift brings a social element to indoor training.

There are three things you can do with Zwift:

Free ride on one of the three maps: Watopia, island which is the biggest world, Richmond Worlds Road Race Course or London 2012 Olympic race course.

Ride with groups or race with others.
Workout mode while riding in Zwift.



Zwift might actually be too much of a good thing though, allowing competition with people around the world, virtual races and rewards for miles and level ups, you might do MORE than you should and begin to over train!

I must say the quality of the training session is very good, if you have a smart trainer and/or a power meter you can pair onto Zwift. Power inside is power outside along with heart rate. You put in the effort and time and you will get fitter, no doubt.

To those who are anti-indoor trainer or turbo types and are only as fit as the weather is good, this might be something worth trying out. Fee is \$10 per month. Challenge yourself from Europe and North America depending on when you are on Zwift. Try a circuit race or some hill repeats or perhaps a workout.

One thing you do not need to worry about is a crash, sunburn or cold feet, and you now have no excuse to do the training your coach has been trying to get you to do. **RIDE ON!**

Cycling Sessions Performance

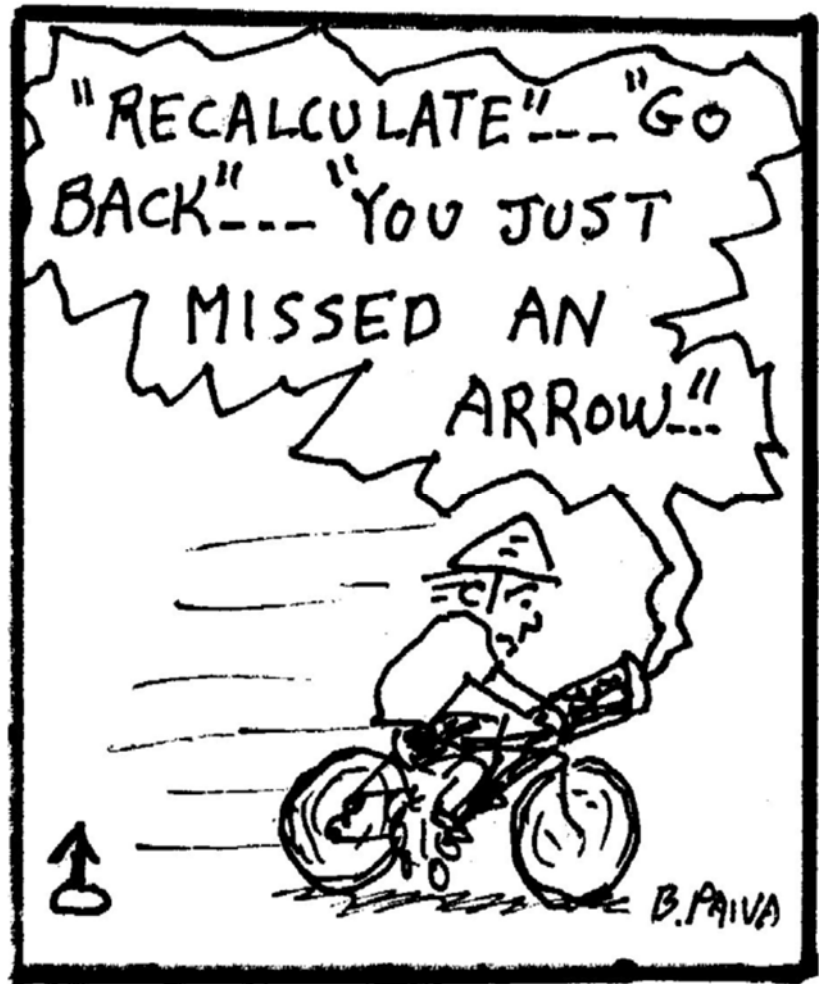
Gary Stafford
Endurance Coach and Spin Instructor
cyclingsessions909@gmail.com
4015957078

Rhode Island

WELCOME

New Members

Euclides (Frenchy) Armado, Pawtucket, RI
Kimberly Baron, Jamestown, RI
Jennifer Black, Mattapoisett, MA
Fran Booth, Newport, RI
Maurice C. Botelho, Newport, RI
Frederick Burkley, Jamestown, RI
Anthony Caldamone, E Greenwich, RI
Paul Chamberlain, S Dartmouth, MA
Richard Cordeiro, Tiverton, RI
Linda & Alfred Delfino, E Greenwich, RI
Alan Desrosiers, Hope Valley, RI
Javier Del Peso, Pawtucket, RI
Hector F. Garces, Providence, RI
Thomas & Susan Guerra, Lincoln, RI
Allen Hance, Providence, RI
Carol A. Janus, Hope, RI
Trisha & Christopher Marchetti, Johnston, RI
John Mensinger, Cranston, RI
Elizabeth Mitchell, Providence, RI
Frank Mruk, Tiverton, RI
Julie Nogohosian, N Providence, RI
Jon & Susan O'Hara, Warwick, RI
Laurice Ann Palombo, Cranston, RI
Brian Patella, Uxbridge, MA
Carol Peltier, Jamestown, RI
Marcella Recher, Jamestown, RI
Larry Schwartz, Guilford, CT
Peter Silva, Providence, RI
Lynda Stockwell, Foxboro, MA
Todd Tucker, Cumberland, RI
Brian Turenne, N Providence, RI
Robert & Carolyn Vincent, Warwick, RI
Joseph Wendelken, Providence, RI
Bill Yabroudy, Fall River, MA



Letter to the Editor

To: Members of the NBW Board

As a 25 year member of the NBW I feel I have standing to address this letter to the board of directors. In no way do I wish to denigrate nor criticize any of you and I will always remain grateful for your hard work and countless hours of volunteering to make NBW a great cycling club.

There has been an on going attempt to phase out or limit the print edition of the Spoke'n Word. The latest initiative acts to detach the membership reminder shown on the address label. It is just one more nail in the coffin to try to put it to sleep for good. I am requesting you rethink the decision to move to an all electronic method of membership renewal. I am not an old timer who refuses to embrace new technology as I have a desktop and an iPhone plus other gadgetry that provide many hours of enjoyment. But I submit there is nothing easier than picking up a copy of the Word to check some bit of information or a ride that is coming up. The printed Word connects us all and its mailing is a constant reminder of our affection to the outside world and cycling. Please do not sever that lifeline. We are an affluent club and can certainly afford to pay for this service. Also, I would ask you to consider another issue that may provide a more involved membership then we presently have. The Word is a perfect place to exchange comments, ideas and suggestions by installing a letter to the editor page. What better way to check the pulse of the members to see what they are thinking. Years ago as a volunteer in a service group I learned that when questioned why someone did not donate before, the reply was "no one asked me". I think that might apply to our membership.

Bob Melucci

How Not to Go Downhill

David Baldwin

If you treasure that fitness peak you built up over the summer riding season, and you worry about "de-conditioning" as a result of our inevitable winter shutdown, you may want to consider this book: "Body by Science--A Research-Based Program for Strength Training, Body Building, and Complete Fitness in 12 Minutes a Week", by Doug McGuff, M.D. and John Little. The authors claim that you can increase your strength and power, overall health, AND develop superior aerobic capacity, working out once a week for 12 minutes. In-doors.

This of course sounds preposterous; another fatuous miracle cure. But I have read this book. More than once. And a couple of others that corroborate the techniques. And I spent about four months driving to West Hartford to perform these techniques on state of the art resistance equipment. I can report: this s**t actually works.

Remember how certain batteries would stop holding a charge, and the fix was to cycle through draining them completely and then charging them completely a few times? Turns out the body works in much the same way: if you only ever discharge it a little (think: steady state endurance exercise), eventually it loses its ability to hold a charge well at all. In this case, "draining" consists of about five exercises, one set each, performed once a week.

There are two very significant potential advantages here for winter cyclists: one, maintaining cycling strength while investing the least amount of time possible. Two, the ability to maintain aerobic fitness with the same minimal investment of time. So let's assume for the moment that since this is a strength training regimen, the notion that it builds or maintains strength is not that far-fetched (apart from the small amount of time). But aerobics? How is it possible to develop aerobic fitness without doing aerobic exercise?

The answer goes like this: the aerobic and anaerobic energy systems in muscle cells always work together. Particular forms of exercise may emphasize one over the other, but they are always both involved. And if you properly overload the anaerobic energy system (like with specific weight lifting techniques), recovery from that overload actually drives the aerobic energy system harder than does traditional "aerobic" exercise. So you get anaerobic strength and aerobic development from the same workout. But in twelve minutes?

It does not take long to completely exhaust a muscle group. Under two minutes, in the case of a leg press exercise. Five such exercises, and you have worked the entire body in ten minutes. Twelve allowing for transitions. Takes practice and supervision, but easily done. And the aerobic portion of the workout takes place largely after the anaerobic work is completed.

Where does this leave the actual riding we do all winter? Skill training. On the road (or on the trainer), you are actually learning to apply strength efficiently, and to model that application of strength after the situations that actually occur in the



riding you do. What you are not doing, according to the authors, is exercising. That is what the weight lifting is for. That part is worth reading about.

So for a cyclist looking not to go backwards over the course of a winter, and to spend a minimum of time doing it, this approach should hold a lot of appeal. The hardest part will be finding a trainer and reasonably optimized equipment somewhere in the NBW empire. So far not much luck on that score—let me know if you would be interested in doing something about that. Nevertheless, I think it is well worth your time to explore the book--the discussion of steady-state endurance physiology (how your body responds to cycling) alone is worth the price of admission.

Updates: Southampton University meta-analysis finds "The acute metabolic and molecular responses to resistance training to momentary muscular failure do not differ from that of traditional endurance training." In other words, strength training is as good as "cardio" for aerobic conditioning.
http://ssudl.solent.ac.uk/2271/1Resistance_Training_to_MM_Improves_Cardiovascular_Fitness_in_Humans.pdf

Study published in the Journal of the American Geriatric Society finds "no difference" in strength gains between groups doing resistance training one, two, or three times a week. <https://www.ncbi.nlm.nih.gov/pubmed/10522954>

Non-NBW Events Calendar (for uptodate listing see nbwclub.org)

May 7—Cycle the Seacoast, in support of American Lung Association, www.lungnh.org

Jun 4— 30th Annual Bike-A-Thon, 10,30,50, 100 miles in support o Bikes Not Bombs, from Jamaica Plain.
www.bikesnotbombs.org

Aug 17-20—Vermont Challenge, in S & Central VT in support of Stratton Foundation. NBW discount 10% Code NBWVTC2017. VTchallenge.com

Organized by NBW member Bob Melucci

July 29—5th Annual Carl's Pool Ride. All proceeds to benefit the Carl Newell-Nap Rousseau Charitable Trust. 30 mile loop from Woonsocket, RI. Chicken dinner after ride at the Bocce Club. To register contact Bob at rjmelucci@me.com or call 401-762-2921.

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Winter is finally over. A very unusual one at that. December was colder than normal, January was warmer than normal even though we had a foot of snow early in the month. February brought another blizzard then record warmth. In fact, above average temperatures are forecast for the spring which bodes well for cycling.



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:

- Jan 1 *New Year's Day*—Perky Nellison
- Jan 8 *Simple Arrow*—Chip Kent
- Jan 15 *Swansea Touisset*—Frenchy Armado, Ed Goff
- Jan 22 *Dartmouth #1*—Chip Kent, Frank Frain
- Jan 29 *Worden Pond*—John Satterlee, Margaret Hahn
- Feb 5 *Simple Arrow Repeat*—Chip Kent
- Feb 12 *Swansea Touisset Repeat*—Frenchy Armado, Ed Goff
- Feb 19 *Dartmouth #1 Repeat*—Chip Kent, Frank Frain
- Feb 26 *Worden Pond Repeat*—John Satterlee, Margaret Hahn
- Mar 5 *Fish Road*—John & Pauline Nery
- Mar 12 *North Country 50*—Luke Brissette
- Mar 19 *NBX/Spring Opener*—Frenchy Armado, Ed Goff
- Mar 26 *Lakeville Tour*—Mike Miller, Dianne Robillard

As we enter the spring season, you will find a revamped Great Grandma's Farm ride with a new start location—no more Lincoln Mall start. Many of the normally crappy roads on this ride were repaved last year, but the ride was rained out. So, this year we are scheduling it twice, once in April and a repeat in May.

The new South Shore Century, now named the South Shore Shorty because it is just short of 100 miles, is on the schedule for May. We scheduled this last year but had to pull it at the last minute due to parking problems. The South Shore Shorty is a big improvement over its predecessor as the beautiful ocean vistas happen early in the ride so all riders get to enjoy the scenery.

The remaining rides for the spring and summer will be scheduled by the Touring Committee in early April. These should be posted on line in May and will appear in print in the June *Spoke'n Word*.

So get your bikes out of the cellar or the garage, get them cleaned and maintained if needed, and join your friends on a club ride. At the ride start, say hello to folks you know and ones you do not know. Wave to motorists to thank them for being courteous and be polite if you encounter bad behavior by motorists. Finally, be a good ambassador for cycling. Be predictable when riding, obey the rules of the road, and above all, enjoy the freedom you have to cycle along the many rural roads in Rhode Island and near-by Massachusetts and Connecticut.

Don



REMEMBER ...

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

NBW RIDE SCHEDULE

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

April 2, 2017	Westerly Ride	24/35/49 miles
Sunday	10:00 AM <i>Map No.</i> 113 <i>Arrover:</i> T Shwartz	
<i>Route</i>	Westerly, Watch Hill, Niantic, Bradford, Ashaway	
<i>Directions</i>	START: Car pool commuter lot in Ashaway, RI. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	Along the southwest shores of RI are summer resort communities, colonial estates, and cove lined estuaries. Misquamicut Beach and Watch Hill have several fine Victorian hotels, the 1871 carousel and Coast Guard Station with lighthouse. Our thanks to Tina Williams for extending this ride.	

April 9, 2017	Great Grandma's Farm Ride	12/21/48 miles
Sunday	10:00 AM <i>Map No.</i> 49 <i>Arrover:</i> L Brissette	
<i>Route</i>	Burrillville, Uxbridge, Pascoag, Chepachet, Glocester, Smithfield	
<i>Directions</i>	NEW START: Raymond LaPerche School, 11 Limerock Rd, Smithfield, RI. Take Rt 146 N to the exit marked RI 123 W Breakneck Hill Rd. Turn left onto Breakneck Hill Rd, continuing for 2 miles. Turn left onto Limerock Rd. Continue for 1.9 miles, school is on the left.	
<i>Drive Time</i>	20 minutes from Providence	
<i>Description</i>	This challenging, but lovely, ride, designed by Luke Brissette, was the winner of our 1998 design-a-ride contest. It's a good hilly workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd (the two fascinating houses that everyone sees from Rt. 295 in Smithfield) and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) Thanks to Ted Schwarz for scouting out a new start location away from the traffic at the Lincoln Mall and for adding an option for avoiding the dreaded Burlingame Rd climb. Be aware that avoiding Burlingame Rd involves some off-road travel on the Smithfield Scenic trail!	

April 16, 2017	♥ Lakeville Tour -REPEAT	15/25/42 miles
Sunday	10:00 AM <i>Map No.</i> 47 <i>Arrover:</i> M Miller/D Robillard	
<i>Route</i>	Lakeville, Freetown, Acushnet, Rochester	
<i>Directions</i>	Start at Assawompset School, 232 Main St (Rt. 105), Lakeville, MA. Take Rt. 44 E to Middleboro rotary, take a right on Rt. 18 for 4 miles to the traffic light at intersection of Rt. 18 and Rt. 105. Turn left, and the school is just ahead on your right.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is known for its cranberry bogs and lack of hills.	

April 23, 2017 **The Speedway Ride** 23/40/50 miles

Sunday 10:00 AM *Map No.* 170 *Arrows:* P Rider/S Rodrigues

Route Gloucester, Foster, Putnam, Douglas, Burrillville, Thompson

Directions Start at Ponagansett High School, 91 Anan Wade Rd, North Scituate, RI. (Yes, the High School is in Gloucester, but the mailing address is N. Scituate!) 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 Rider. 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.

April 30, 2017 **BikeWorks Swansea Ride** 16/25/50 miles

Sunday 10:00 AM *Map No.* 160 *Arrows:* T Schwartz/T Riley

Route Swansea, Dighton, Freetown

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

Drive Time 15 minutes from Providence

Description A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 25 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store (across Rt 118 from the Mall) after the ride for shopping and refreshments.

May 7, 2017 **Tom & Pat's Half Century** 19/28/48 miles

Sunday 10:00 AM *Map No.* 19 *Arrows:* D Rajotte/J Stenning

Route Coventry, Foster, Sterling

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

Drive Time 35 minutes from Providence

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

May 14, 2017 **Great Grandma's Ride -REPEAT** 12/21/48 miles

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

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

Directions NEW START: Raymond LaPerche School, 11 Limerock Rd, Smithfield, RI. Take Rt 146 N to the exit marked RI 123W Breakneck Hill Rd. Turn left onto Breakneck Hill Rd, continuing for 2 miles. Turn left onto Limerock Rd. Continue for 1.9 miles, school is on the left.

Drive Time 20 minutes from Providence

Description This challenging, but lovely, ride, designed by Luke Brissette, was the winner of our 1998 design-a-ride contest. It's a good hilly workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd (the two fascinating houses that everyone sees from Rt. 295 in Smithfield), and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) Thanks to Ted Schwarz for scouting out a new start location away from the traffic at the Lincoln Mall and for adding an option for avoiding the dreaded Burlingame Rd climb. Be aware that avoiding Burlingame Rd involves some off-road travel on the Smithfield Scenic trail!

May 21, 2017

South Shore Short Century

30/60/85/98 miles

Sunday 8:00 AM *Map No.* 171 *Arrows:*

Route Kingston, Duxbury, Marshfield, Cohasset, Hull

Directions NEW START: Kingston Elementary School, 65 2nd Brook St., Kingston, MA From Providence, take I-195 East to exit 4, Rte 44 East. Travel 38 miles on Rte 44 East staying left to merge onto Rte 3 N at exit 7. Take exit 9 from rte 3N and turn right onto Main St. Take the 1st left from Main St. to Hilltop Ave, which becomes 2nd Brook St. Parking is ahead on the left, about 1/4 mile.

Drive Time 60 Minutes

Description The South Shore Century has been one of the most popular of NBW's century rides with spectacular water views along Boston's South Shore, but the best scenery on this ride has been seen only on the longest loops. Ted Shwartz has recreated this ride by moving the start location. Now all loops are at the coast within one mile of the start. All riders will pass through Duxbury and longer loops pass through Marshfield (60 miles), Scituate and Cohasset (85 miles) and Hull (98 Miles). The return to the start is more inland. The longest loop is just short of a full century, but the beauty of this ride will more than make up for the missing two miles.

85 and 98 mile riders start at 8:00 AM, all others at 10:00 AM.

May 28, 2017

♥ Westport

13/25/44/50 miles

Sunday 10:00 AM *Map No.* 111 *Arrows:* Schwartz/Deascentis

Route Westport, Dartmouth

Directions Start at WESTPORT MIDDLE SCHOOL, 400 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (traffic light intersection). Turn LEFT on Old County Rd. Middle School is on your left, about 1/4 mile, as you begin to go down the hill. Park rear left of the school.

Drive Time 30 minutes from Providence

Description This ride is considered to be one of the club's best, rolling down the Westport waterway to scenic Horseneck Beach. Easy riding past rural farms. 50 mile extension by Gil Peel.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

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Deadline for the next issue is March 5

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

Tentative Future Ride Schedule

Not scheduled when this issue went to print; schedule will be posted on our website as soon as available.
Please check—nbwclub.org

NBW Merchandise



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 \$4 postage (for 1 or 2 shirts)

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 \$4 postage (for 1 or 2 shirts)



NBW CYCLING SOCKS

Specify white or black

Sizes: S, M, L, XL, XXL

\$6 per pair.



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 \$4 postage
(for 1 or 2 shirts)

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 \$4 postage (for
1 or 2 shirts)

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

All club clothing is sold at cost
