

# The Spoke'n Word

Volume 47, Number 3

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

June/July 2017

[nbwclub.org](http://nbwclub.org)



***Rhody Roundup Chicken Barbecue, Sunday, July 23, 2017***  
***Sign up—see inside***

## **Highlights**

President's column ... 1  
NBW online membership ... 1  
Beginners' Rides ... 2  
Drummond Double Century ... 3

Volunteers needed ... 4  
Cycling Sessions ... 6  
Rhody Roundup sign up ... 7  
NBW Merchandise ... 8

Vermont House Weekend ... 9  
Touring ... 10  
Ride Schedule ... 11

## SUPER CYCLE SHOPS

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

### BIKEWORKS

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

### BLACKSTONE BICYCLES

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

### BRUMBLE BIKES

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

### LEGEND BICYCLE

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

### NBX BIKES

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

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

### W. E. STEDMAN CO.

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

### TEN SPEED SPOKES

18 Elm St  
Newport, RI 02840  
401-847-5609  
tenspeedspokes.com

### TRAVIS CYCLE INC.

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

### UNION CYCLE

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

### VICTORY CYCLES

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

### 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: Rhody Roundup, July 2016  
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.

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# President's Message

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***It's May 1st and the best riding of the year is upon us ...***

It's May 1st and this year all of our rides have been safe, as they should be; something we sometimes take for granted. Safety should not be one of them. We try and make our rides as safe as possible. As cyclists we have to ask ourselves are we riding safely

enough, safely enough for ourselves, safely enough for other cyclists, safely enough for pedestrians, and safely enough for motorists? We all share the roads and bike paths with others.

The club is always thinking about how to make our rides safer. The Touring Board sets up the ride schedule to minimize left hand turns, high traffic areas, dangerous descents, dangerous turns, and staying away from dangerous roads. Paradoxically, bike paths are one of the most dangerous places for large group rides, so we try and avoid them.

Sometimes safety is all about personal little things. Are my tires properly inflated? Is my helmet in good shape? Is my bike tuned? Do I have a place to stash that windbreaker so it will not get caught in my wheels? Some cyclists choose to use mirrors. Some cyclists use blinky lights.

Some safety is about personal actions while on the bike. Do I know where I am turning next, and do I sig-

nal my intent to other cyclists and vehicles? Do I get all of my gizmo's running/started/navigating properly before I start moving, and not while in traffic?

I could write all day about safety, but it starts with the touring board designing safe rides, continues with riders showing up ready to personally ride safely, and ends with a large group riding safely through the community and returning ultimately to the social tent.

I would like to give a shout out to **Bladi Rodriguez**, for how he went above and beyond on the recent BikeWorks Swansea Ride to improve rider safety. The Bikeworks Swansea Ride crosses Route 118 about 6 miles into the ride. It's not a bad crossing, the visibility is good, but there was Bladi, who interrupted his ride, to make sure all club members had a good safe crossing. It wasn't necessary, but it was sure appreciated by every club member. Tommy Godwin, double bronze winner in the 1948 Olympics wrote "Riding a bike is everything to a cyclist. The friendship and camaraderie you have with other cyclists... ". Bladi's actions speak to Tommy Goodwin's words.

Recently a club member shared his fears about returning to the road after an accident. He was struggling with the idea of feeling safe on the road. What was my advice? My answer was simple, Life itself is dangerous. I will make my cycling as safe as possible. It must have worked, because I saw him at the last club ride.

It's May 1st, and the best riding of the year is upon us. **"Ride as much or as little, or as long or as short as you feel. But ride."** - Eddy Merckx TDF winner

Ride Safe  
Ted Shwartz

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## NBW Membership

**Our membership registration and renewal process is now online through [imAthlete.com](http://imAthlete.com)**

**NEW MEMBERS ONLY:** Sign up through this link to [imAthlete.com](http://imAthlete.com) but do not use this link if you are already a member! [www.imathlete.com/events/EventReg/EventReg\\_SelectType.aspx?fEID=39233&fNew=1&fsource=imASearch](http://www.imathlete.com/events/EventReg/EventReg_SelectType.aspx?fEID=39233&fNew=1&fsource=imASearch)

**CURRENT MEMBERS:** Your renewal will be automatically triggered by [imAthlete.com](http://imAthlete.com). You will receive email from <[support@imathlete.com](mailto:support@imathlete.com)> with a link and a code to renew your membership 30, 20, and 5 days before the expiration date, as well as 5, 20, 30 days after expiration. In addition, the weekly President's email to all members gives you your membership status and your code. Note that only single yearly memberships (\$15) will be available (no family memberships or two-year memberships are possible).

For those who still want to renew by mail we will accept checks for a while. **NO NEW MEMBERSHIPS PLEASE.** Those unable to use the online process should send a request to our Membership Secretary (email to [membership@nbwclub.org](mailto:membership@nbwclub.org) or US mail to NBW Membership, PO Box 41177, Providence, RI 02940-1177), who will send you a paper copy of the form to mail with your check. Our Membership Secretary will do the online processing for you and these transactions may take several weeks.

**Questions: [membership@nbwclub.org](mailto:membership@nbwclub.org)**

## Welcome New Members

Brian Adams, No Attleboro, MA  
Kathryn Adams, Medford, MA  
George Bailie, Delmar, NY  
Michel Beliard, Lakeville, MA  
Kristoff Bergander, Madison, CT  
Bradley Birge, Saratoga Springs, NY  
Peter Blum, Concord, MA  
Robert Brooks, Little Compton, RI  
Bruce Broussard, Louisville, KY  
Christine Buzzell, Fall River, MA  
Elizabeth Cavendish, Washington DC  
Sean Cooper, Bridgewater, MA  
Miguel Cristovao, Pawtucket, RI  
George Day, Middletown, RI  
Doug Delvecchio, Hopedale, MA  
Jim Devol, Swansea, MA  
Francis Diaz, Bristol, RI  
Mark Dolphin, Lincoln, RI  
Dennis Downes, Cranston, RI  
Lana Earle, Saratoga Springs, NY  
Susan Eastman, Hyannis, MA  
Hongyi Fan, Providence, RI  
Mark Felag, Barrington, RI

Martin Fernandez, Cranston, RI  
Andres Flores, Providence, RI  
William Fradette, Narragansett, RI  
Rufus Freddie, Shrewsbury, MA  
Sarah Freddie, Grafton, MA  
William Gammell, E Greenwich, RI  
Kevin Garcia, E Providence, RI  
Ingrid Gliottone, Providence, RI  
Rachel Glockenmeier, Warren, RI  
David Graff, Providence, RI  
Eva & Gregg Guillemette, E Taunton MA  
Regina Hand, Warwick, RI  
Mary Hay-Freddie, Shrewsbury, MA  
Brad Horst, Duxbury, MA  
Michael Iafate, Lincoln, RI  
Susan Kaye, Westboro, MA  
David Keenan, Mansfield, MA  
Cliff Kellogg, Washington, DC  
Karen Kesner, Riverside, RI  
Jon & Teresa Kreitzer, Plymouth, MA  
George & Phyllis Lantos, Scarsdale NY  
Danford Leonard, Wellesley, MA  
Gary Light, E Greenwich, RI  
Mark Longo, Cranston, RI

Jeffrey Manosh, Milford, MA  
Michael McCann, Upton, MA  
Garey Meegan N Smithfield, RI  
Neal Messier, Attleboro, MA  
Renee Mierzejewski, Duxbury, MA  
Bernie Motta, Saunderstown, RI  
Steve Murphy, Plymouth, MA  
David Oberg, Barrington, RI  
Stephanie Olbrych, Plainville, MA  
Olukayode Walter Olu'Wole', Natick, MA  
Pamela Parker, Forestdale, MA  
Josh Parks, Providence, RI  
Ed Pastor, Marlborough, MA  
Brian Pelland, Johnson, RI  
William Perkins, Berkley, MA  
Joanne Petrelli, Las Vegas, NV  
Kevin Plouffe, Mapleville, RI  
Lauren Poirier, Burlington, VT  
Mireille Poupard, W Yarmouth, MA  
Alexandre Pria, S Yarmouth, MA  
Paul Rasieleski, Coventry, RI  
John Richardson, Providence, RI  
Bryan Roberti, W Warwick, RI  
Susan & William Roberts, Westport, MA

Continued  
on page 8

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## NBW Beginner Rides



### Leaders: Sue and Larry Rollins

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

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

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

As long term NBW members, Sue and Larry are experienced ride leaders for the AMC and now are transferring those skills in an effort to welcome beginners and new members to NBW. They have completed recreational touring trips in the US and Canada and have a combined total of 40 years' bicycling experience between them.

June 18 - Plymouth Century - 25 miles - map #122

July 23 - Rhody Roundup - 25 miles - map#164

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## Club Officers & Other Important People

### NBW OFFICERS (Terms begin February 1)

*President:* Ted Shwartz, [president@nbwclub.org](mailto:president@nbwclub.org)  
*Vice President:* Elizabeth Masterson, [vicepres@nbwclub.org](mailto:vicepres@nbwclub.org)  
*Treasurer:* Rick Schwartz, [treasurer@nbwclub.org](mailto:treasurer@nbwclub.org)  
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177  
*Secretary:* Kate Imbrie, [secretary@nbwclub.org](mailto:secretary@nbwclub.org)

### NBW BOARD OF DIRECTORS

*Past Presidents:* Todd Wise, Janice Velozo, Ray Foulkes  
*Membership Secretary:* Alfredo Sosa, [membership@nbwclub.org](mailto:membership@nbwclub.org),  
PO Box 41177, Providence, RI 02940-1177  
*Rides Coordinator:* Don Chiavaroli, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB representative:* Matt Moritz, [advocacy@nbwclub.org](mailto: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:* Ted Shwartz  
*Arrows/Paint coordinator:* Chip Kent, [arrows@nbwclub.org](mailto:arrows@nbwclub.org)  
*Ride starters:* Rod Breault, Paula Raposo, Ted Shwartz  
*Maps/rides database:* Rod Breault, [maps@nbwclub.org](mailto: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](mailto:webmaster@nbwclub.org)  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, [events@nbwclub.org](mailto:events@nbwclub.org)  
*Map & GPS creators:* Ted Shwartz, Don Chiavaroli  
*NBW merchandise sales:* Rick & Michelle Cortes Harkins, [sales@nbwclub.org](mailto:sales@nbwclub.org)  
*Social events organizer:* WE NEED A VOLUNTEER  
*Interstate liaison:* vacant  
*General information:* Bruce Masterson, [info@nbwclub.org](mailto:info@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Contributing writer:* Gary Stafford



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

*No contribution for this issue to this popular column. Please dig into your photo archives and send us one of your early riding experiences, with a few sentences about it. Email jpgs to Alfredo Sosa, [membership@nbwclub.org](mailto:membership@nbwclub.org) or give paper photo to Monica Foulkes, who will scan and return your original.*



## **Drummond Double June 25, 2017**

The Drummond Double (DD) is the NBW's only double century of the year. It is the longest club ride in New England\*. Do you remember contemplating your first century? Are you ready to double that?

The NBW's DD has a long history starting with Carl Drummond who first started the ride, and followed up for years by Rick Schwartz. Last year we revived the DD with 10 riders, all of whom had success with their longest rides ever. Eight finished the full 200 miles.

The DD is a most demanding ride. You should have completed one century already this year. Lights, reflective vests and reflective ankle bands are required too in order to ride safely in the dark. The ride starts at Seekonk High School,

rolling out at 4:00 AM with lights. Riders will have 3 loops. The first loop to and from Bristol is done in the dark on the EBBP. The second loop is the NBW Plymouth Century. The third loop is the NBW Scramble Metric.

All loops will be arrowed. Riders will start riding the first loop in the dark, and then seeing the sunrise before returning to the Seekonk High School to drop lights and/or clothes off. The second loop is done in daylight, with support at Miles Standish State Forest. The third loop is started in daylight, and often finished in darkness.

The ride is arrowed, has map support and GPS files. There will be limited support on the ride on each loop. Every rider can have a bag in the SAG support with extra clothes, food, inner tubes, etc. There will be more support at Seekonk High School (start, end of first loop, end of second loop, and finish). Snacks, food and water will be available.

The DD is 200 miles, but it's not as long as you think. It's really a series of shorter rides done in sequence. The biggest obstacle to success is mental. The NBW has centuries with more climbing than the DD!

The DD is open only to NBW members, and requires preregistration. There will be a fee of \$20 for this ride. Please contact Ted Shwartz if you would like to register: [president@nbwclub.org](mailto:president@nbwclub.org)

This ride will be cancelled in the event of inclement weather.

### **DD Checklist**

- Are you a current NBW member?
- Have you done a century this year prior to the DD?
- Are you comfortable riding in the dark?
- Do you have lights, reflective vest, reflective ankle bands (necessary by state law)?
- Did you preregister?
- Are you comfortable riding with a group, or long distances by yourself?
- If you are navigating electronically, will your electronics run for the duration of the DD?

\* Except for New England Randonneurs & Berkshire Brevet series.



# 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](mailto: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.*



## NBW VOLUNTEERS WANTED

### ***Police Liaison***

The Touring Committee is seeking someone to volunteer to be the Police Liaison for the club. Margaret Hahn has been this liaison for the past two years but needs to hand this responsibility to another club member.

Duties of the job:

- Send out a letter and map to the police department in the starting city or town one month before the club ride
- Communicate back to the touring committee in the event that the local PD advises of any conflicts

What you will need to do this job:

- Personal computer with MS Word and a printer
- Access to the internet and e-mail (to make sure police chief listing and address is current and to communicate to the touring committee)
- Adobe Acrobat Reader (free download) so you can print the maps

How much time is involved:

- Letters to the police departments in each community that we have done a ride in the last 10 years are already set up. All you have to do is update the dates, start times, expected number of riders, check to make sure that the address is current, print out the letter and the map, address and stuff the envelope, and put the letter into the mail one month before the ride. It will require 1.5 to 2 hours total time commitment once every 8 weeks or so, (which is way less time than it take to arrow many NBW rides!)

Think you can do this? **Send an e-mail to [touring@nbwclub.org](mailto:touring@nbwclub.org)** and we can get you started!

### ***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](mailto:mcvigorito@gmail.com)**

### **Reminder .... GPS Files for NBW Rides**

Don Chiavaroli and Ted Shwartz have now created GPS files for all scheduled NBW rides, available to NBW members. You need to set up a RidewithGPS account (free) to access NBW rides; the link is sent to you in each week's email from the NBW President, and is also available on our website in the members' section.

Questions to [president@nbwclub.org](mailto:president@nbwclub.org)

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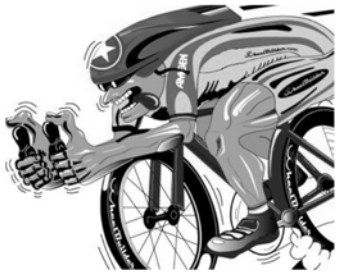
# Cycling Sessions

Gary Stafford, [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)

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With most athletes heart rate is still a cheap metric compared to power to afford. Understanding LTHR (Lactate Threshold heart rate) and how to train to develop this energy system is a key factor when using HR. Knowing your performance barrier, within the heart muscle and oxygen uptake is the key to maximum power output. With proper training one can reach your VO2 ceiling.

VO2 max is the point at which oxygen consumption plateaus where there is a limited amount of oxygen that you can take in per minute. This is an individual's maximal aerobic capacity.



Unlike LTHR, this remains a genetic precursor you get from your ancestors. But like all bodily systems it can be trained to optimal levels for the activity you pursue, in this case, cycling.

VO2 Max or aerobic threshold is generally considered the best indicator of cardiorespiratory endurance and aerobic fitness.

The key to developing your natural highest level of VO2 is shorter high intense efforts which force a demand on the muscular system and the demand to shift up oxygen requirements in a matter of seconds.

To compare once again to LTHR, when you are looking at LTHR efforts, it is really about knowing where your physiology along with training allows you to work just below where lactic acid and hydrogen ions can be processed. Think of this as the sound barrier. It can be broken or lifted.

VO2 is your genetic aerobic capacity; where you can no longer take in enough oxygen to continue. It is the ceiling. Training gets you close to your genetic ceiling.

To train VO2 you must work in up to 1 minute at high intensity, based on heart rate and/or FTP (functional threshold power). For efforts, you must be at 115 to 130% above FTP or close to maximum HR or Zone 5.

These efforts open you to the wall of your aerobic capacity. These efforts or Billats range from 30/30 or 30 seconds on 30 seconds off up to 1m/1m are based on the work of Dr. Veronique Billat, a professor of Sport Sciences at the University of Lille in France, who did extensive research on various interval training methodologies to optimize VO2max training.

The real benefit of this training is to handle short intense efforts with high power. It is also the opinion of many coaches that

VO2 work will raise almost all other high intensity efforts including FTP or functional threshold power which is power average for 1 hour.

The only way you can take advantage of your VO2 is building a workout consisting of several 30/30 reps for a set of 10 reps with 5 minutes rest. On the trainer this can be easier to measure without the distraction of stop signs and stop lights.

It is very important to work on shorter high intensity only after you have established a foundation of aerobic endurance miles in the bank. It also makes sense to have done some LTHR training as well.

Think of this as the top floor of the skyscraper. It is here when you train your body to gain pVO2, or power at VO2, which can be done with proper training.



Anaerobic efforts which last up to say, around 5 to 15 seconds or so at even higher efforts, i.e. 200% of FTP, for Sprint efforts or attacks, for example. Of course these require more muscle recruitment, much more power and still tickle the VO2 engine. These efforts essentially require a rest and recovery period to follow.

Developing the VO2 system by maximizing your ability to produce your best speed and power at VO2 max is the goal of this training. Know your limits. Always remember to recover just as hard as you train. Not on the couch, but relaxation, EZ spinning, stretching, good nutrition and good sleep. One more thing; always have fun. This is a hobby, not a job!

Gary Stafford  
Endurance Coach and Spin Instructor  
[cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)  
401-595-7078  
Rhode Island



# THE ANNUAL RHODY ROUNDUP



**Sunday, July 23<sup>rd</sup>**

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

*~Rain or Shine~*

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

Rides start at 10:00am, with a selection of loops (please see ride schedule for distances). Barbecue chicken dinner served at 1:15pm by our hosts at Yawgoo Bakes & Barbecues. Please plan your ride to be back by serving time. We cannot guarantee meals for those who return late.

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

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

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

**Return this form by July 17th (check made payable to NBW) to:**

Liz Masterson • 18 Haliburton Rd, Rumford, RI 02916 • 401-438-8926 • [lizmasterson@rocketmail.com](mailto:lizmasterson@rocketmail.com)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

# meal tickets: Adult: \_\_\_\_\_ Children 12 and under: \_\_\_\_\_

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## NBW Merchandise

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### 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.

Add \$1.50 postage



### 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)

### FROM RICK AND MICHELLE ...

We are looking to gauge riders' interest in ordering NBW cycling jerseys. We will have the initial preorder window open for a few weeks before we send the order so that we can try to accommodate as many as possible. Also, please keep in mind that we have stock available so when sending your request we will let you know if your choice is already in stock. Also, be sure to check out the NBW Club Merchandise on our website (under the "About Us" tab).

Jerseys are available in men's and women's sizes. For both there will be an option for short sleeve and long sleeved styles. There is also the vintage yellow and blue jersey and the modern red style.

When emailing your preference please indicate if you would like a men's or women's jersey, the style (short or long sleeve) and the size (XS, S, M, L, XL, XXL) and whether you would like a vintage yellow, the blue or modern red style.

**BEFORE MAILING A CHECK:** email your request to [sales@nbwclub.org](mailto: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](mailto:sales@nbwclub.org)

*All club clothing is sold at cost*

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### Welcome New Members

*(Continued)*

Richard Santos, Fall River, MA

Mark Sasse, Barrington, RI

Steven Savard, Providence, RI

Trenton Schmidt, Newport, RI

James Sculli, Saratoga Springs, NY

Pamela Sefrino, N Dartmouth, MA

Cynthia Sexton, Portsmouth, RI

John Shekarchi, Bethesda, MD

Matt Simonds, Bristol, RI

Heather Simons, N Scituate, RI

Cynthia Sokobin, Warwick, RI

Dawn Sprague, Centerville, MA

Keri Stanovitch, Mansfield, MA

Claire Steggall-Murphy, E Greenwich, RI

Timothy Stundis, N Attleboro, MA

Kate Taylor, Worcester, MA

Steve Taylor, Bristol, RI

Randy Thornton, Charlestown, RI

Beth Vallee, N Kingstown, RI

John Walsh, Thompson, CT

Jonathan Wellington, Providence, RI

Pamela Wercinski, Rumford, RI

Andy White, Boston, MA

Rochelle Williams, Brooklyn, CT

NBW Special Events Committee announces  
**The Vermont Fall Foliage Getaway Weekend**



**Thursday September 28 – Monday October 2, 2017**

**Accommodations:**

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

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

**Location:** 120 Upper Cross Rd., Ludlow, Vermont – approximately 3-hour drive from Providence

**Cost:** \$100 per person (includes 4 nights stay, 4 breakfasts & 3 dinners)  
*For those wanting to stay fewer than the 4 nights please email JPNery@yahoo.com for a prorated amount to pay that will cover the days you plan on joining the group.*

Mail check to: John Nery, 3 Springer Ave, Tiverton, RI 02878-2027

*Refund policy: Full refund with cancellation 7 days or more before the first day of the event.  
Partial refund (lodging portion) after that.*

For more information contact John Nery at waleso@juno.com, or 401-624-4576

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

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# From the Touring Committee

*Don Chiavaroli, touring@nbwclub.org*

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**L**ots of things to share with you, but before we start I must inform you of an opening that we have for the club **Police Liaison**. Margaret Hahn has been serving in this volunteer position for the past two years and has decided to step down. This position is the link between the club and the local communities in which we start rides and is the means by which we share

information and get direction on road closures and conflicts on the roads. There is a "Help Wanted" elsewhere in this *Spoke'n Word* so if you are looking for some way to give back to the club, this could be the opportunity for you.

Moving on, there is now a complete schedule of rides posted thru November 3. The list is populated with lots of old favorites and one new ride, the **Middleboro Homestead Ride**, which has been developed by **Rob Price**. This ride takes us past many of the historical homesteads in Middleboro MA and is in a geographic area that we do not typically ride. A little longer than most rides, it should be a nice summertime change from the century per month plan that we have followed for the past several years.

The **Myles Standish** ride is on the schedule again this year and the longer route has been reconfigured to get us off busy South Street in Plymouth after we exit the waterfront. Additionally, we have routed the ride to go by the National Monument to the Forefathers which is on a hilltop (sorry) about two blocks from the waterfront. Pedal by and read the words and the names of the settlers who landed at Plymouth.

**Border Crossers** is back again, but with a new twist...it will run in the fall. The past couple of years it has been scheduled in August in the heat of the summer and with 3500 feet of climbing, it has been a challenge. Cooler temperatures and some early fall color should be a nice diversion.

Finally, the **Century of the Century** ride, which is not on the schedule this year, has been reconfigured by Bob Paiva to get all riders off Route 102 on the run back to URI. This ride is usually scheduled in mid-summer and the traffic on Route 102 just does not make for a very pleasant riding experience. A new map will be available next year. GPS files are updated now so if you are looking for a summertime challenge, download the files and go.

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](http://nbwclub.org/resources/nbw_arrowing_guide.pdf)

## **Thanks to our most recent ARROWERS:**

Apr 2 *Westerly*—Ted Shwartz  
Apr 9 *Grt Grandma's*—Luke Brissette  
Apr 16 *Lakeville*—Mike Miller, Dianne Robillard  
Apr 23 *Speedway*—Paul Rider, Steve Rodrigues  
Apr 30 *BikeWorks*—Don Paiva  
May 7 *Tom & Pat's 50*—John & Cyndi Stenning  
May 14 *Grt Grandma's*—Luke Brissette  
May 21 *South Shore Short Century*—Rob Edgren

## **REMEMBER ...**

- \* Use hand/voice signals when passing other riders, turning or stopping.
- \* Pass other riders on their **left**, alerting them as you pass. Do not pass them on their right ;-(
- \* 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—don't stand in the road at junctions.
- \* 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—obey all traffic laws.
- \* Volunteer to arrow a ride—see Chip Kent <arrows@nbwclub.org>

## NBW RIDE SCHEDULE

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

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<b>June 4, 2017</b>	<b>Connecticut Coastal &amp; Ridges Ride</b>	22/30/46 miles
<b>Sunday</b>	10:00 AM <i>Map No.</i> 60 <i>Arrower:</i> J Satterlee	
<i>Route</i>	Ashaway, Stonington, Mystic	
<i>Directions</i>	START: Start from the 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>	45 minutes from Providence	
<i>Description</i>	A scenic, though hilly, ride traveling to Mystic Seaport and Stonington Point. On the long ride the climb up Lantern Hill past Long Pond leads to an optional foot trail with a great view at the top of Lantern hill. Wintechog Hill offers a tough climb, but rewards with a smooth run to Clarks Falls. 30 and 46 milers detour to the ocean in Stonington. 22 milers cut back before the coast, heading back through Westerly. Thanks to Paul Martens and John Satterlee for revising this old ride.	

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<b>June 11, 2017</b>	<b>For Pete's Sake Ride</b>	19/24/47 miles
<b>Sunday</b>	10:00 AM <i>Map No.</i> 97 <i>Arrower:</i> L Brissette	
<i>Route</i>	Greenville, Slatersville, Nasonville, Wallum Lake, Pascoag	
<i>Directions</i>	The ride will start from in back of the Anna McCabe Elementary School, 100 Pleasant View Ave (Rt 116), Smithfield RI - on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. Directions: Rt 295 N to Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto Rt 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.	
<i>Drive Time</i>	20 minutes from Providence	
<i>Description</i>	This is a rolling-to-hilly ride, traveling through old mill towns in northern RI. Long-time member Pete Petrocelli and his wife Jennifer contributed this ride.	

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<b>June 18, 2017</b>	<b>♥ Plymouth Century</b>	26/55/103 miles
<b>Sunday</b>	8:00 AM <i>Map No.</i> 122 <i>Arrower:</i> R Edgren	
<i>Route</i>	Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton	
<i>Directions</i>	NEW START: Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.	
<i>Drive Time</i>	10 minutes from Providence	
<i>Description</i>	We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor and the Mayflower (if they have time and the Mayflower II is back from restoration!). The ride back takes us through the rolling hills of Miles Standish Park.  100 mile riders start at 8:00 AM, all other riders at 10:00AM. Larry and Sue Rollins will lead a beginner's ride on the 26 mile loop. Please see the announcement earlier in the newsletter for more details.	

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**June 25, 2017**

♥ **Scramble Metric**

16/27/55/64 miles

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

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

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

*Drive Time* 10 minutes from Providence

*Description* The Scramble Metric is an old NBW favorite; it's scenic and fairly flat. The route travels north through the woods and farms of Norton, Wrentham and Norfolk, returning through Franklin and Sheldonville. The short loops of this ride are good rides for beginners. This ride, combined with last week's ride, constitutes most of the Drummond Double, scheduled today as well. The Double is for REGISTERED CLUB MEMBERS ONLY. See the announcement elsewhere in this newsletter.

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**July 2, 2017**

♥ **Joe Medeiros Ride**

17/25/47/63 miles

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

*Route* North Dartmouth, Freetown, New Bedford

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

*Drive Time* 30 minutes from Providence

*Description* This ride was nurtured by Joe Medeiros, a former club vice president. Under Joe's guidance, this gently rolling ride through the rural countryside between Fall River, New Bedford and Freetown was improved and extended to 63 miles. July and August rides start at 9:00 AM

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**July 9, 2017**

**Tiverton Fifty**

21/33/51 miles

**Sunday** 9:00 AM *Map No.* 105 *Arrower:*

*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.

July and August rides start at 9:00 AM

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**July 16, 2017**

**Miles Standish State Forest**

23/50 miles

**Sunday** 9:00 AM *Map No.* 57 *Arrower:* R Edgren

*Route* Wareham-Marion-Carver-Plymouth

*Directions* START: Town Hall/High School complex, Wareham, MA. Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.

*Drive Time* 45 minutes from Providence

*Description* This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 23 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest, which we eliminated, but left it on the map in case you really want to go off road.

July and August rides start at 9:00 AM

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**July 23, 2017**

**\*\* New Rhody Roundup**

13/25/35/43 miles

**Sunday** 10:00 AM *Map No.* 164 *Arrover:* M & R Foulkes

*Route* Slocum-Charlestown-Narragansett-Wickford

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

*Drive Time* 30 minutes from Providence

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

All routes head south towards the ocean at Narragansett and will use some part of the South County Bike Path - please use caution on the bike path, and by the ocean in Narragansett where you will encounter some beach traffic. The 13 and 25 mile routes are flat; 35 and 43 mile routes have hills on the return from Narragansett.

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

Larry and Sue Rollins will lead a beginner's ride on the 25 mile loop. Please see the announcement earlier in the newsletter for more details.

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**July 30, 2017**

**Middleboro-Homestead**

23/49/69 miles

**Sunday** 9:00 AM *Map No.* 173 *Arrover:* R Price, R Edgren

*Route* Middleboro, Bridgewater, Halifax, Hanson, Hanover, Pembroke, Plympton, Norwell

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

*Drive Time* 60 Minutes from Providence

*Description* This new ride was developed by long time NBW member Rob Price to explore some inland areas of Boston's South Shore that the club doesn't frequently ride.

July and August rides start at 9:00 AM

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**August 6, 2017**

**Hill & Gully Rider**

30/45/65 miles

**Sunday** 9:00 AM *Map No.* 76 *Arrover:*

*Route* Gloucester, Pomfret, CT, Thompson, CT, Charlton, MA

*Directions* Start at W. Gloucester Elementary School, 111 Reynolds Rd (Rt. 94), Chepachet, RI. Take Route 44 west. About 5 miles past Chepachet, turn left on Rt. 94 (there's a lake on the right). The school is a mile up the road on your right.

*Drive Time* 40 minutes from Providence

*Description* This ride features spectacularly scenic and challenging riding through magnificent rolling countryside, including two high, open ridges with unsurpassed views and long descents.

July and August rides start at 9:00 AM

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event

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

Presorted Standard  
US Postage  
PAID  
Providence, RI  
Permit No. 527

### Deadline for the next issue is July 5

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

Tentative Future Ride Schedule—SUBJECT TO CHANGE—comments to Don Chiavaroli, [touring@nbwclub.org](mailto:touring@nbwclub.org)

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Aug	Sun 6	76	Hill & Gully Rider	W Gloucester	30/45/65	
	Sun 13	129	Diamond Hill One	Cumberland	16/32/48	R Breault
	Sun 20	52	Mattapoisett Ride	Mattapoisett, MA	14/31/49	D Robillard, M Miller
	Sun 27	117	Purgatory Chasm	Uxbridge, MA	23/31/54	C Kent
Sep	Sun 3	32	Providence Bicycle	Providence	11/35/58	B Rodriguez
	Sun 10		**TFCE			TFCE crew
	Sun 17	168	Don & Raul's Fall River	Seekonk, MA	21/33/51	D Chiavaroli
	Sun 24	3	Oneco Pond	Sterling, CT	17/29/45	
Oct	Sun 1	130	Cape Caper	Bourne, MA	24/40/62	R Edgren
	Sun 8	167	Border Crossers	Cumberland	22/42/65	A Sosa
	Sun 15	74	Fall Foliage Tour	Glocester	20/40/64	
	Sun 22	172	NBX Ride	Narragansett	24/37/50	
	Sun 29	81	Cranberry Metric	Raynham, MA	20/38/65	

\*\*Special Ride

#### *Interested in a bike tour of Cuba?*

Bladimir Rodriguez, experienced international bike tourist, is organizing a bike tour of Cuba in January, 2018. Current plans are to depart January 7.

Contact Bladi if you are interested at:  
[intercontinentaltravel@hotmail.com](mailto:intercontinentaltravel@hotmail.com)