

The Spoke'n Word

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

August/September 2017

nbwclub.org



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SUPER CYCLE SHOPS

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

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459 Willett Ave
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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: First groups on the early roads of the BikeWorks Ride, April 30 2017.
Photo: Rick & Michelle Cortes Harkins.

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



Riding Graceful - Riding Mindful - Riding with Thanks

Riding with grace - is there a more beautiful way of describing a great bicycle ride? There are rides where we are one with our bodies, our mind, our bicycle, our friends and our surroundings. We pass through the city and countryside taking nothing more than memories, leaving nothing behind in our wake.

Riding mindful of our surroundings - the best cyclists are mindful of their surroundings. They ride with a pace that suits them and their surroundings. Sometimes they ride faster and sometimes slower. Mindful of where the best moments are, and when concentration is needed most. Mindful that they are not the only user of the road.

Riding with thanks for the opportunity to do something we so enjoy - it's not something we should take for granted. The opportunities of time, good health, good roads, good routes and the work of prior cyclists and advocates are all reason for thanks. The best way we can show our thanks is to ride in a manner that will allow future cyclists the same opportunity to give thanks.

With all that being said, Ride Graceful, Ride Mindful, Ride with Thanks, and most importantly Ride Safe.

Perspective

We are in the midst of a beautiful summer riding season. **Rhody Roundup** will have happened before you read

this letter, and **TFCE** shortly thereafter. Our fall riding season is everything summer is, with just a little less daylight, a little less heat, a lot less in traffic and much more color.

The NBW is part of a larger cycling community. Through the years the cycling community at large has fought for better road access, road safety, road rights and road improvements. The progress made by national organizations (LAB, Rails to Trails, Adventure Cycling, IMBA, etc.), regional organizations (RIBike, MassBike, NEMBA, etc.) and local organizations (WRWA - aka the Woony, South Coast Bikeway, etc.) is ongoing. Our bicycling is better because of their actions

It is important to keep in perspective the role that we as individuals play, and the NBW plays in our local communities. For better or worse, the perspective of the non-cycling community is from the last bicycle rider they see, and with 1400+ members, chances are it was us. As club president two of my least favorite duties are being yelled at by police chiefs for unsafe riders, and town leaders for riders throwing trash. We really are much better than that, but some riders on club rides make us look bad.

The alternative to being better is losing the approval of communities and the ability to have large groups ride through them. Our Sunday summer rides are the largest regularly run bicycling events in New England. Let's keep them going.

The reality is not every ride is perfect, but there is always the opportunity, and there is always the next ride. Ride Graceful, Ride Mindful, Ride with Thanks, and most importantly Ride Safe.

Ted Shwartz

NBW Membership

Our membership registration and renewal process is now online through imAthlete.com

NEW MEMBERS ONLY: Sign up through this link to 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

CURRENT MEMBERS: Your renewal will be automatically triggered by imAthlete.com. You will receive email from <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 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

Welcome New Members

Roger Andrus, Vero Beach, FL
Jennifer Bacon, Middleboro, MA
Jiuyang Bai, Providence, RI
Stephen Baker, Plainville, MA
Ailton Barbosa, North Providence, RI
Bronte Barnitt, Bristol, RI
Joe Boivin, Tiverton, RI
Peter Brown, Naples, FL
Luke Bruneaux, Providence, RI
Karen Chapman, Warwick, RI
Jessica Chen, Cumberland, RI
Randy Collord, Medway, MA
William Contreras, Providence, RI
Patty Deangelus Hathaway, Cranston RI
Steven Delmaestro, Hillsborough, NJ
Zachary Engstrom, Providence, RI
Karen Fikri, Portsmouth, RI
Jesse Ganes, Brooklyn, NY
Nancy Gillooly, Pawtucket, RI
Janet Hadley, Newport Beach, CA
William Hathaway, Fall River, MA
Patrick Hess, Barrington, RI
Zaneta Hunter, Woonsocket, RI
Katherine Jansen, Hollis, NH
Kathleen Kellett, Trumbull, CT
Angus Kingon, Warren, RI

Nick Luisi, Cumberland, RI
Joseph Lyons, Providence, RI
Mark S. Mackenzie, Manchester, NH
Lea Macnider, North Attleboro, MA
Kathryn Masi, West Warwick, RI
Elaine Mccann, Upton, MA
John Mccoy, Cumberland, RI
Bill Mceleney, Cranston, RI
Lynn Mclaughlin, Warwick, RI
Jeffrey Mead, Portland, CT
William Miller, Washington, DC
Sarah Mitchell, Pawtucket, RI

Brian Mulford, East Greenwich, RI
Barbara Packer, North Dighton, MA
Marc Paquette, East Freetown, MA
Billie Rankin, Newport, RI
Walter Rodin, Hyannis, MA
Timothy Scholz, Rochester, MA
Terry Short, Warwick, RI
Todd Snodgrass, Cumberland, RI
Klete Squires, Wrentham, MA
Judy Sullivan, Cumberland, RI
William Trimble, Providence, RI
Noe Vite, Boston, MA



Interested in a bike tour of Cuba?

NBW member Bladimir Rodriguez, experienced international bike tourist, is planning a bike tour of Cuba in January, 2018. Current plans are to depart January 6. Contact Bladi if you are interested at: intercontinentaltravel@hotmail.com

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: Ted Shwartz
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: Steven Kahan
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

Letter to the Editor ...

Dear NBW Spoke'n Word Editor,
I read with interest member, Bob Melucci's, letter to the editor in the Spoke'n Word's April/May edition. I agree with him 100%. I have been a NBW member for eight years and enjoy participating in the Flattest Century and other rides in southeastern Massachusetts and Cape Cod. I spend four months on Cape Cod and eight months in South Florida each year. I have been noticing the decline of the Spoke'n Word for several months. I am disappointed upon learning that the Spoke'n Word will be phased out. Like Bob this septuagenarian (old enough to be familiar with the use of a slide rule!) likes the feel of a real volume in his hand, and not a Kindle or other tablet. The same is true with the Spoke'n Word. I frequently forward my Spoke'n Word to the officers of my Florida cycling club, The Everglades Bicycle Club. They are impressed. In a related matter...I am concerned with NBW's moving to the use of the Garmin GPS course mapping instead of the traditional "lining" of the bike routes. I can

site several examples of accidents directly related to distracted cycling caused by GPS devices and, if you can believe it, the use of cell phones while cycling! One's head should be up when cycling, not buried in a GPS device or a phone. See you on the roads.

Mike Schuster

Note from the Editor ...

This, and the previous letter referred to, were the first your Editor has heard that our newsletter "will be phased out". I got the same reaction from our President. Since the matter has been raised by Messrs. Melucci and Schuster, however, it may be time for members to think about how the club's communications can best serve its members in these fast-moving times. We do have our weekly email from the President to report time-sensitive news, as well as our website and email list. A paper "newsletter" is perhaps an anachronism. What do you think? Please send your opinions to president@nbwclub.org



... 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). Or contact Monica Foulkes—editor@nbwclub.org—if you need her to scan your original photo.

Lee Sproul

In 1977, Lee toured the former Yugoslavia with Miles Sydney and Fred Time. This photo was taken on the route from Trieste to Lake Bled. Lee joined NBW in 1971, the year the club was formed. He was member #17 (but had to relinquish that when the membership grew to four digits).



... More mountains



NBW members are continuing the tradition of cycling around the world. Here's Flavio Salas supporting the Colombians riding Stage 17 of the 2017 Tour de France (the Galibier stage).

NBW Wheeler Dealer
See website for latest listing

Calendar of Other Rides
See website for latest listing

For Sale: Fuji Altima, carbon fiber bicycle, frame size 55 cm, Shimano Di2 Ultegra electric shifting. Pristine. Bought through dealer/friend at great price. Bike is "pretty" and I love the Di2 (22 speed) shifting. Problem for me and reason for sale is the frame is just too big for me. A real opportunity to ride Di2 if the frame fits you. Price \$1500 firm. Contact Jim Mumma (Bristol) at jim-karynmum@aol.com

For Sale: 2012 Specialized Ruby Elite Compact bicycle, frame size 54 cm. Excellent condition. Bicycle Blue Book: "This high-tech women's-specific ride sports Specialized's super-light and comfortable FACT 8r-carbon frame with a full-carbon fork - a stellar setup that gets up to speed with ease, corners like a champ and also takes the sting out of rough roads for ride-all-day fun. Plus, this super roadster boasts Shimano's reliable 105 drivetrain and a compact crankset that always offers the perfect gearing." \$1,000 firm. Kate Imbrie (401) 433-4502 or kimbrie@gmail.com

Yours for the asking: Cold Weather Cycling Gear. I am no longer in need of cold weather gear: Long sleeve jersey w/3 back pockets L. Gloves L. Pants L. Booties 8-1/2. Helmet cover. Ear covers. Another milepost has been reached as I am no longer in need of cold weather gear; I am again a little boy in an endless summer. If you are thinking of a bike tour, I have maps, prices, itinerary etc.
If interested contact Bob Melucci at rjmelucci@me.com

Aug 14, 2017. Dave Hebert's annual Martha's Vineyard tour.
Meet at Whales Tooth parking lot, New Bedford, MA. Take the New England Fast Ferry at 9 am. Return: 8:15 departure from Oak Bluffs. Dave plans on riding 60 to 70 miles. Ride has rolling hills. 11 to 14 mph. Smaller rides on your own. Dave will pass out maps. Ferry reservations are recommended. Contact Dave for more information at davidhr711@gmail.com

Sept. 23, 2017 - 9th Annual Miles for Megan bike ride to benefit the Megan L Cordeiro Memorial Foundation. 12.5, 25 or 62 miles, along the Sakonnet River in Tiverton and Little Compton. Registration www.milesformegan2017.kintera.org.

Sept. 23, 2017 - Tour de South Shore. McCourt Foundation for Alzheimers & MS. 20, 50 mile bike rides. Wompatuck State Park, Hingham, MA. Registration mccourtfoundation.org/events/tour-de-south-shore.



VOLUNTEER 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

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

To many, coffee and bicycles are like a marriage made in heaven, whether you drink your Joe before or half-way into your group ride with the boys and girls. The two just work together, like fast friends. It's funny that we don't fill our water bottles up with coffee on those cold mornings. Perhaps the taste of hot coffee in a melting plastic water bottle is just not the same. Never mind hot coffee on your shorts..



In case you did not get the memo, coffee contains a magic stimulant called caffeine. Caffeine has its bad press out there, but good news as well. Besides how nice a hot coffee in the morning feels, coffee and caffeine provides antioxidants that help you whether you exercise or are a crazy hammerhead cyclist.

I refer to a study from The Science Journal Alimentary Pharmacology & Therapeutics: "Coffee contains a range of biologically active ingredients beyond caffeine, including anti-oxidative and anti-inflammatory agents such as chlorogenic acid, kahweol and cafestol, and there is evidence that these many confer protection against liver fibrosis," the study said. It also concluded that chlorogenic acid in coffee is "likely important" because it has been shown to inhibit glucose absorption in the gut and improve glucose metabolism, which would go a long way toward explaining why coffee appears to lower the risk of type 2 diabetes and help prevent inflammation, fibrosis, and scarring of the liver which can lead to cirrhosis" For endurance athletes, efficient glucose metabolism is a big thing. Efficiency in burning calories allows you to maintain energy levels throughout the event. We have all felt the bonk from not eating enough on a long ride or eating too much. Use your imagination when the latter happens.

What if you stop half way during a long ride at a café? As long as you don't stay too long, a coffee will reignite clear thinking, which is valuable due to the fog one can get in a 4 hour or more ride. Long rides can slow down reaction time, which you kind of need flying down a road at 30 miles an hour with Lycra between your skin and anything else! Coffee can bring reaction speed up again.



Benefits for coffee and an active life:

- Increase fat loss by actively turning on fat cells to be available for energy.
- Improves performance. Many studies demonstrate a powerful ergogenic effect allowing higher intensities and repeat efforts.
- Decreases muscle burn providing an advantage.
- Improves your system to mitigate free radical damage due to hard exercise by providing antioxidants.

Coffee goes well with the bicycle and with the brain and the body. Be sure not to drink it all day or the effects will diminish.

Coffee and bicycling are like the sun and the beach. Coffee on the ride may create more pee stops, but nature is what we journey in, so we might as well share with nature a bit...

A promotional graphic for "Cycling Sessions Performance". It features a silhouette of a cyclist on a bicycle. The text includes the name "Gary Stafford", his title "Endurance Coach and Spin Instructor", his email "cyclingsessions909@gmail.com", his phone number "4015957078", and the location "Rhode Island". The background shows a close-up of a bicycle wheel and a person's leg pedaling.

Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD July 2017

Bread: Good, Bad—or Yummy?

Many athletes and recreational exercisers are staying away from bread these days: *It's a waste of calories. ... It's fattening. ... It's inflammatory.* These active people often struggle with denying themselves of this pleasurable food: *I tell the waiter to remove the breadbasket so I don't devour the whole thing. ... No more sandwiches for me; I eat just salads. ... On Sundays I cheat and eat a bagel! ...*



Perhaps you are feeling confused about the role of bread in your sports diet? After all, eating (white) bread these days is commonly viewed as nutritionally incorrect. Here are some facts to resolve some of the bread confusion.

Myth: Bread is fattening.

Any food can be fattening when eaten in excess. You “get fat” when you repeatedly overeat total calories for the day. The calories can be from avocado, yogurt, grilled chicken, potato chips, Oreos, M&Ms—or bread (white, whole wheat, sour dough, or multi-grain). The myth that bread is fattening; carbs are fattening is just that, a myth. You have my permission to enjoy bagels, sandwiches, and garlic bread alongside pasta for dinner. As long as the portions fit within your calorie budget for the day, you will not gain undesired weight by eating bread.

“But when I eat pasta and bread for dinner, I always gain 2 or 3 pounds by the next morning” whined one of my clients. She didn't realize when athletes load-up on carbohydrates, they store in their muscles about three ounces of water with each one ounce of carb (glycogen). The scale does go up due to water-weight—and performance also goes up! You will have a far better workout after a pasta/bread meal than, let's say, a no-carb chicken Caesar salad.

Now, if you eat too much bread—such as the whole breadbasket within a few minutes of settling into a restaurant, you can indeed consume excess calories. The problem is not with the bread, but with your relationship with bread. If you feel as though you have no control over, let's say, the warm, crusty rolls in front of you and you quickly devour them, you may believe that bread is “addicting.” Next time, you might wonder if you should ban the waiter from even bringing the crusty rolls to your table—but that would be a shortsighted solution.

The smarter solution is to eat bread daily. Obviously, you really like bread; that's why you want to eat all of it. Depriving yourself of this little pleasure leads to “last chance eating.” You know, “This is my last chance to eat bread so I'd better eat it all.” You'd be better off taking the power away from bread by eating it more often.

Myth: White bread is a bad food, a nutritional zero.

In general, the less processed a food is, the more nutrients it has. Hence, whole wheat breads (and pasta) are preferable to the refined versions. But white bread is not poison nor a nutritional zero. Before you cast stones at white bread, you need to look at the whole day's diet: *Is it balanced or unbalanced?* Today's Dietary Guidelines suggest half of your grain-foods

should be whole grains; the other half can be refined, enriched grains (bread, rice, pasta, etc.).

While some nutrients (fiber, magnesium and zinc) get lost in the milling of whole wheat into white flour, other nutrients have been added back. Since 1941, white flour has been enriched with thiamin, riboflavin, iron, and niacin in amounts equal to whole-wheat flour. Your job is to eat a variety of foods (vegetables, fruits, nuts yogurt) so you consume nutrients that might have been processed out of the whole wheat.

No grain—not whole wheat nor quinoa—is a powerhouse food. When you enjoy bread (or wrap) with hummus, turkey, cheese, lettuce and tomato, you'll get more nutrients from the filling than from the bread, regardless if it is whole wheat or white. Bread is better known for fueling the muscles, than for being a source of nutrients. If your diet is 85-90% nutrient-dense you won't be risking your health by selecting white bread or wrap.

In general, no breads or grain-foods are as nutrient-rich as green leafy vegetables, berries, lean meats, or dairy foods. Enjoy grains for their carbohydrates that help fuel muscles. The carbohydrate (starch) in bread ends up as muscle glycogen (fuel) or blood glucose (brain food). Yes, you can also fuel your body with a lunchtime salad, but you will have to eat a mighty big salad to get enough carbs. If you are on a food budget or don't have time to munch through a pile of veggies, you could far more easily fuel yourself with a sandwich made with whole wheat bread, peanut butter & banana.

If you exercise for about one hour a day at moderate intensity and want to fuel your muscles adequately, you should target about 2.25 g carb/lb. body weight. For someone who weighs 150 pounds, this comes to ~340 g carb a day. By dividing that into three meals (with 100 g carb/meal) + 1 snack (with 40 g Carb) you can see that a PB & J sandwich (70 g carb) easily beats a salad with chickpeas (25 g carb)!

Myth: Wheat is inflammatory.

If you are among the 1% of Americans who have celiac disease, or the 6% who have gluten sensitivities, you should stay away from bread and other forms of wheat. But for most of us, bread can be a positive part of a sports diet, not a trigger for inflammation. A crossover study with athletes who ate a gluten-filled or gluten-free diet showed no increase in markers of inflammation when the athletes consumed wheat. (Lis, Med Sci Sports Exer 2015)

Myth: White bread, like sugar, spikes blood glucose.

Surprising, the average blood glucose response to commercial white bread vs. artisan whole-wheat sourdough bread is similar. In fact, half the subjects had a higher rise in blood glucose with whole-wheat bread. (Korem, Cell Metab 2017).

The bottom line

White bread can be included an overall balanced sports diet. While minimally processed foods are always better than highly processed foods, you want to look at the whole diet and not vilify a slice of white bread. Just balance it with whole grains at the other meals.

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she counsels both fitness exercisers and competitive athletes, teaching them how to eat to win. Her popular Sports Nutrition Guidebook, and food guides for marathoners, cyclists and soccer are available at nancyclarkrd.com. For workshops, see www.NutritionSportsExerciseCEUs.com.

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.

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 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

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



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 vol-
unteers as well.*

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



NBW 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 the Newport Ski Club NSC—Richard Nery

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Margaret Hahn, who was our liaison with the Police Departments in the communities where the rides start, has stepped down as of August 1. The work that the Police Liaison does often goes unnoticed by the riders, yet this liaison makes sure that the local authorities are made aware of our planned rides so there is no backlash from the citizenry. We extend our thanks to Margaret for

her two years of service.

Fortunately, we have club members who will answer the call to volunteer. **Steven Kahan** has now assumed the responsibility of Police Liaison and we welcome him to this important assignment.

All of the new rides for 2017 have now happened and we hope you have enjoyed them. The South Shore Short Century and the Middleboro Heritage Ride were the two new ones. Nothing is perfect the first time around and where necessary minor changes are made to improve rides when needed. Safety is paramount in our ride planning and sometimes we need to make changes as traffic conditions and road congestion warrant.

Finally a few words on safety. Are you riding with front and rear lights? Are you turning them on? Flashing lights will catch motorists' eyes and may cause them to think twice about buzzing you. Approaching an intersection, many motorists look behind the cyclist for oncoming cars and do not even see you. A flashing front light will catch their eye and frequently cause them to stop while their brain figures out what it is. Highly visible LED lights are available that weigh about 50 grams, cost about \$25 and are USB rechargeable. Is your safety worth \$25?

How about a rear view mirror? Yes, you say they look dorky but we all said that about helmets 30 years ago and now we all wear them. A rear view mirror will give you advance warning about cars coming from behind so you can either move over or single up and of course announce "car back" to your fellow riders.

Finally, changing a flat? Make sure you and everyone in your party is off the road. The grassy shoulder, someone's driveway, or someone's lawn are places to change the flat—not on the road surface. If you are riding with others, ask one of them to stand facing the oncoming traffic, upstream of where you are doing the repair. This up stream rider

can signal traffic to move over or slow down to provide additional safety for the repair party. Also, should a motorist be oblivious, the rider can shout a warning to the repair party.

I will get off the soap box now. Get out and ride while the summer is still here.

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:

- May 28 *Westerly*—Ted Shwartz, Arthur Deascantis
- Jun 4 *CT Coastal & Ridges*—John Satterlee
- Jun 11 *For Pete's Sake*—Luke Brissette
- Jun 18 *Plymouth Century*—Rob Edgren
- Jun 25 *Scramble Metric*—Don Paiva, Mike Emma, R Foulkes
- Jul 2 *Joe Medeiros*—Abbey Courchaine
- Jul 9 *Tiverton 50*—Don Paiva, John Darcy
- Jul 16 *Myles Standish*—Rob Edgren
- Jul 23 *Rhody Roundup*—Ray & Monica Foulkes
- Jul 30 *Middleboro Homestead*—Rob Price, 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 - and our email list - <http://groups.yahoo.com/group/nbwclub/>. Informal mid-week rides are also organized via the email list.

August 6, 2017	Hill & Gully Rider	30/45/65 miles	
Sunday	9:00 AM	Map No. 76	Arrower:
<i>Route</i>	Glocester, Pomfret, CT, Thompson, CT, Charlton, MA		
<i>Directions</i>	Start at W. Glocester 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.		
<i>Drive Time</i>	40 minutes from Providence		
<i>Description</i>	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		

August 13, 2017	Diamond Hill One	16/32/48 miles	
Sunday	9:00 AM	Map No. 129	Arrower: R Breault
<i>Route</i>	Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA		
<i>Directions</i>	We're returning to the original start for this ride at Diamond Hill Park, 4097 Diamond Hill Rd (Rt. 114), Cumberland, RI. Directions: Take Rt 95 North, then Rt 295 South. Take Exit #11, Rt. 114, Cumberland. At the end of the ramp, go right onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). The Park is 1-1/2 miles on the right, opposite the Ice Cream Machine. Please park in the gravel lot behind the concrete building in the parking lot know as the "Chalet" as events are going on there all the time		
<i>Drive Time</i>	20 minutes from Providence		
<i>Description</i>	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. July and August rides start at 9:00 AM		

August 20, 2017	♥ Mattapoisett Ride	14/31/49 miles	
Sunday	9:00 AM	Map No. 52	Arrower: D Robillard, M Miller
<i>Route</i>	Mattapoisett, Rochester		
<i>Directions</i>	Start at the Commuters' Parking Lot, North St, Mattapoisett, MA - off I-195 at the Mattapoisett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. IMPORTANT: We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, use Industrial Rd just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right). Do NOT park on street or sidewalks and do NOT NOT park in the coffee shop across the street from the commuter lot (you know this is a NO NO to park in the little coffee shop lot, so don't do it, please).		
<i>Drive Time</i>	40 minutes		
<i>Description</i>	This easy ride travels past Mattapoisett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars. July and August rides start at 9:00 AM		

August 27, 2017

Purgatory Chasm

23/31/54 miles

Sunday 9:00 AM *Map No.* 117 *Arrower:* C Kent

Route Uxbridge, Whitinsville, Sutton, Douglas

Directions 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.

Drive Time 40 minutes from Providence

Description 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.

July and August rides start at 9:00 AM

September 3, 2017

Providence Bicycle Ride

11/35/58 miles

Sunday 10:00 AM *Map No.* 32 *Arrower:* B Rodriquez

Route Providence-Smithfield-Glocester-N Scituate-Greenville

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

Drive Time 10 minutes from Providence

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

September 10, 2017

****TFCE**

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

Route

Directions

Drive Time

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

September 17, 2017

Don & Raul's Fall River Ride

21/33/51 miles

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

Route Seekonk, Rehoboth, Dighton, Berkley, Fall River

Directions NEW START: Briarwood Plaza, 2 Olney Street, Seekonk, MA. (Corner of County St and Olney St.). Take I-195 East to Exit 8 in RI. Turn Left at end of exit onto Warren Ave. After 1/2 mile, bear left to stay on Warren Ave. Travel straight thru two traffic lights (Warren Ave becomes County St.) Briarwood Plaza is 1 mile ahead on the right. Please park away from the stores.

Drive Time 10 minutes from Providence

Description This mostly flat ride meanders through Seekonk, Rehoboth and Dighton before crossing the Taunton River into Berkley. It then heads South to Fall River, gradually climbing to the Fall River Industrial Park, where it then plummets down Wilson Rd to North Main St. A dedicated bike path takes us back across the Taunton River into Somerset on the new Veterans Memorial Bridge, and then we meander back to the start. Stop by the Rise Café in Somerset for coffee and cookies (but hurry, it closes at noon); it is one of Don and Raul's favorites! Note: there are no food/water stops on the 20/33 mile routes.

September 24, 2017 **Oneco Pond Ride** 17/29/45 miles

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

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 1, 2017 **♥ Cape Caper Ride** 24/40/62 miles

Sunday 10:00 AM *Map No. 130* *Arrower: R Edgren*

Route Bourne, Falmouth, Woods Hole

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

Drive Time 50 minutes from Providence

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

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

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

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Deadline for the next issue is September 5

Mailing label is your valid membership card; includes your number and expiration date

You can always check your membership number and expiration date in the Members' section of our website nbwclub.org

Tentative Future Ride Schedule—SUBJECT TO CHANGE—comments to Don Chiavaroli, touring@nbwclub.org

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Oct	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	
Nov	Sun 5	92	Taunton Sharon	Taunton, MA	20/29/49	



Jo-Ann Del Vecchio hosts our social tent after the Scramble Metric, June 25 2017.

Volunteer to run a social tent—it's fun and you meet a lot of nice people who appreciate the cold drinks and watermelon after their ride! Contact Don Paiva at donpaiva53@cox.net