

# The Spoke'n Word

Volume 47, Number 5

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

October/November/December 2017

nbwclub.org



## *TFCE September 10, 2017 Hixville rest stop volunteers*

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## SUPER CYCLE SHOPS

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

### BIKEWORKS

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

### BLACKSTONE BICYCLES

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

### BRUMBLE BIKES

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

### LEGEND BICYCLE

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

### NBX BIKES

www.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: TFCE Sep 10, 2017  
Hixville checkpoint volunteers  
Photo: Lennin Tabora.

## 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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Once a year I get to say this - TFCE Volunteers, job well done! Thank you. TFCE requires a tremendous effort by the NBW. The reward for that effort is the smiles on the riders as they finish, and the thanks the riders give the volunteers.

This year was the NBW's 46th annual TFCE. There have been few constants in TFCE over the years: great volunteers, PB&J's and a hundred mile course that goes through the towns of Tiverton, Little Compton, Westport & Dartmouth. Other than those three things, everything about TFCE has changed and evolved over time.

Bicycles and riders have changed a lot since the first TFCE. Forty-six years ago bicycles were less expensive, less durable and much heavier. Forty-six years ago a typical rider wore shorts, or cutoffs and a t-shirt. Only the pro's had bicycle shorts with pads and bicycle jerseys. Bicycle helmets were just coming on the scene. Riding a 100 mile bicycle ride in the 1970's was an eye opener, and the NBW TFCE was one of the first organized century rides around.

Why do we do TFCE? I am not sure what the original reasons were, but for 46 years we have been doing it, and it is expected of us. There are many return riders, and many return volunteers whose only activity during the year with the NBW is TFCE. I suppose one other constant about TFCE is how many repeat riders we have, and how many repeat volunteers we have.

One compliment we received this year was from **Joseph Nai**, who inquired about his time in 1984. His TFCE in 1984 was "one of the greatest rides I have ever been on". This year we had a father and son do their first TFCE together (**Fred Bebe Jr and Fred Bebe III**), mirroring the first TFCE that he did with his father 40+ years ago (**Fred Bebe and Fred Bebe Jr**).

I think we all have our own favorite TFCE rider stories and compliments. If you get a chance, please email them to me at [president@nbwclub.org](mailto:president@nbwclub.org). Here is one from club member **Robert Rose** ...

*"Another sterling effort on the TFCE. Please convey to the crew, my appreciation for everything that each of the volunteers did to make the TFCE the outstanding event that it is.*

*It is ironic that as I was getting into my car to leave, I noticed a flyer on my windshield. It was for a charity ride - \$60 registration, \$300 mandatory fund raising goal. Club organized events such as the type that NBW provides, allow cyclists to participate at a reasonable fee. No car payment required.*

*Sometimes we take things for granted and after 46 years maybe many feel that way about TFCE - it will always be there. That windshield flyer certainly made me think about what a good thing we have here."*

The NBW has three events coming up. Our **annual meeting and volunteer's banquet** will be October 28th and all are invited. NBW volunteers will be receiving a complimentary invitation. On December 3rd, the **Stennings** will once again host the "**NBW Holiday Party & Amos House Benefit**". Lastly, **Perky Nellison** will be hosting the Annual **New Year's Day** ride in Little Compton again this year. More details on all these events can be found elsewhere in the SNW.

Ride safe, Ted

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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)**



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



**Saturday, October 28, 2017 at 6 pm  
Pawtucket Country Club  
900 Armistice Boulevard  
Pawtucket, RI**

*All volunteers will receive an email invitation and must RSVP by October 14 to [NBWbanquet@gmail.com](mailto:NBWbanquet@gmail.com)*

*If you volunteered this year but do not receive an invitation by October 6,  
please email Kris Brown at the above email address.*



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

**Fred Bebe Jr.**

In 1978 Fred rode with the NBW, with his father Fred Bebe Sr., an early member of the club. Photo taken at the NBW New Year's Day Ride hosted for many years by Ray Lafazia in Little Compton.

Fred Jr. now rides with the NBW with his son Fred Bebe III. Note the riding shoes, which Fred says were his Kung Fu slippers! Also note the rather classy NBW t-shirt. Bike was a Gitane.



*Fred has kindly contributed more photos from the 1970's club rides. They will be posted on the website in the photo gallery archive as soon as your editor has scanned them.*

*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](mailto:membership@nbwclub.org) (no paper prints please). Or contact Monica Foulkes—[editor@nbwclub.org](mailto:editor@nbwclub.org)—if you would like her to scan your original photo.*



*NBW Holiday Party  
to benefit Amos House*

*Sunday, December 3, 2017,  
from 1:00 PM*

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

Help us keep up this NBW tradition ... enjoy a holiday gathering after the Dec 3 Cranston ride while making a gift to someone who will appreciate your support. Amos House, in Providence, has food, shelter and social service programs that have helped thousands of people in need.

Cyndi & John will provide the food, but asks NBW members attending to bring a dessert.

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

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

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

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

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

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

*In 3.7 miles turn Right onto Hunters Crossing Drive*

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

*tel: Cyndi 401 374 7649*

*John 401 316 0493*

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

Name: .....

Address: .....

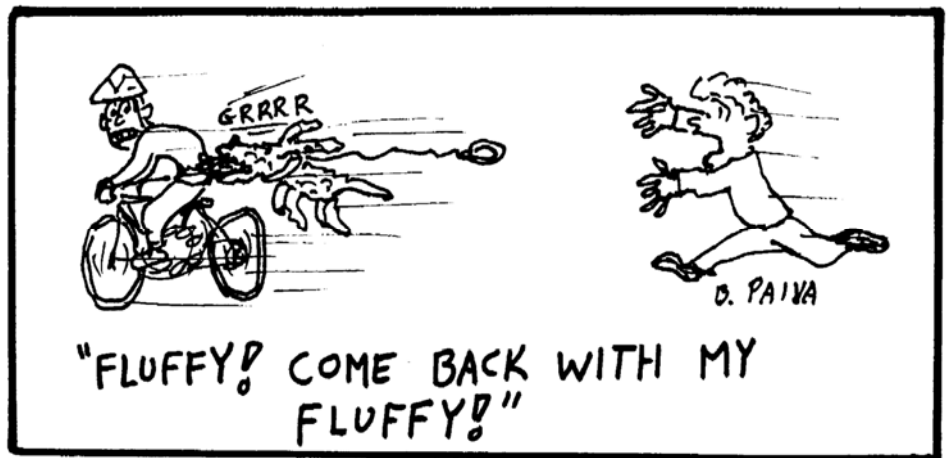
Amount: \$ .....

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

## Welcome New Members

Ute Anderson, E. Freetown, MA  
Fredisvindo Bebe, Tiverton, RI  
Greg Bowser, Harrisville, RI  
Susanne Bussell, Cherryfield, ME  
Phillip Chaves, Rumford, RI  
Kevin Clark, Mansfield, MA  
Jesse Crandall, Milford, MA  
Joseph Cruz, Smithfield, RI  
Andrew Daigle, Portsmouth, RI  
Michelle Davidson, North Attleboro, MA  
Paul Del Guercio, Newport, RI  
Marc Ferolito, Bristol, RI  
Robert Ferschke, Woonsocket, RI  
Jerry Frechette, Cumberland, RI  
Gordon Gibson, Portsmouth, RI  
Penny Guyer, Warwick, RI  
Brent Holden, Medway, MA  
Michael King, Providence, RI  
Geoff Leatham, Wyoming, RI  
Karen-Ann Lima, Greenville, RI  
Charles Mahoney, Providence, RI  
Michael Martin, Portsmouth, RI  
Eleanor McCarter, Mansfield, MA  
Benjamin Milligan, Providence, RI  
Ronald Morrissey, Middletown, RI  
Ryan Ouellette, Sharon, MA

David & Lisa Palmer, Sagamore Beach, MA  
Lorinda Rose, Westport, MA  
Robert Serinsky, Providence, RI  
Amy Snyder, East Greenwich, RI  
Tom Treleven, Eden, WI



## 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:* Steven Kahan  
*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:* Kris Brown  
*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

### 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, GPS file.
- \* Share the road with motorists and pedestrians—obey all traffic laws.
- \* Volunteer to arrow a ride—see Chip Kent <[arrows@nbwclub.org](mailto:arrows@nbwclub.org)>



TFCE 2017—finish at U Mass Dartmouth. Time for a selfie on the grass.

TFCE, September 10, 2017

A perfect day this year right from the start, so there were fewer no-shows because of weather. Roads were busy but accident-free as far as I know. Riders seemed well-behaved and happy (happy until Lucy Little Rd, but that's just a personal grievance about Lucy Little—Ed). Photos by M. Foulkes and L. Tabora. If you would like to contribute photos please send to [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org) and I'll include some of them in the gallery I'm creating for the website.



Left: Approaching Hixville rest stop.  
Right: Adamsville rest stop.  
Below: Horseneck Rd (no one stopped at the brewery).



Below: GPS problem on Drift Rd.



Right: Little River Bridge is always a popular stop.



Oct/Nov/Dec 2017



Above: Steve Rodrigues was flying approaching Padanaram.  
Left: Lovely view of Padanaram harbor (unless you're too tired by then to notice).



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## 2017 TFCE Volunteers

Al Jeffries  
Beverly Gordon  
Carleen McOsker  
Heide Hallemeier  
John Swyers  
Juergen Hallemeier  
Lydia MacManus  
Mark St Amour  
Mary McCauley  
Stephen Rodkey  
Larry Rollins  
Sue Rollins  
Dianne Robillard  
Gil Peel  
Michael Miller  
Ted Shwartz  
Linda Pietras  
Paula Bissell  
Pete Bissell  
Sammy Mercier  
Susan McCalmont  
Paul Beaulieu  
Billy Gajda  
Janice Velozo  
Bonnie Hirsh  
Wendy Davis  
Roxanne Gordon  
Ute Anderson  
Barbara Porter  
Steve Chang

DeeDee Chang  
Artie Abelowitz  
Lennin Tabora  
Rick Schwartz  
Rick Harkins  
Michelle Cortes-Harkins  
Gary Archer  
Bob Brown  
Craig Mace  
Gib Conover  
Gill Mello  
Jeff Medeiros  
John Ho  
Keith Enos  
Kris Brown  
Lee Sproul  
Mike Klek  
Mike Vigorito  
Pat Lang  
Raf Cardenas  
Raul Silvia  
Rene Fleurent Jr  
Glenn Loy  
Jim Mumma  
Karen Mumma  
John Foster  
John Stenning  
Cyndi Stenning  
Larry Shwartz  
Louise Shwartz

Sally Shwartz  
Laura Silvia  
Monica Foulkes  
Ray Foulkes  
Ben Averill  
Tom Riley  
Lauren Montieth  
Mike Norigian  
Perky Nellisen  
Andy Daigle  
George Kuzmowycz  
David Baldwin  
Fred Definis  
Ellen Lafazia  
Gayle Raposa  
Jan Jankowski  
Jean Hibbert  
Leslie Baker  
Margaret Vigorito  
David Carroll  
Matt Moritz  
Paul Slinko  
Paula Raposo  
Susan Jarvis  
Terry Skinkle  
Alfredo Sosa  
Sue Barker  
Noel Field Jr  
Arthur Deascentis  
Jan Harbutiak

Bill Luther  
Don MacManus  
John Rohland  
Luke Brissette  
Robert Price  
Sondra Spencer  
Jim Berry  
Rod Breault  
Mark Dieterich  
Don Paiva  
Louise Paiva  
Patty Hathaway  
Sue Chiavaroli  
Bob Paiva  
Pat Stark  
Rob Doane  
Jack Amaral  
Dennis Cohen  
Bill Weir  
Bob Ladino  
Jo-Ann Del Vecchio  
John Nery  
Mike Emma  
Pauline Nery  
Jocelyn Keith  
Ray Naughton  
Robert Rose  
David Michel

### Mechanic Services donated by NBX Bikes

All effort was made to ensure the accuracy of the list of people who volunteered to make the TFCE a success. If you volunteered and are not listed, please let Matt Moritz know—email [tfce-volunteers@nbwclub.org](mailto:tfce-volunteers@nbwclub.org)—so he can apologize for the oversight and update the records.



2017 TFCE  
Registration was chilly!  
Ted Shwartz, Gayle Raposa,  
and Alfredo Sosa greet riders  
cheerfully, assuring them it  
would warm up later. It did—we  
had gorgeous bright Indian  
Summer weather.



## Rhody Roundup, July 23 2017

A warm day, easy riding to the shore followed by half a chicken at the barbecue tempted the usual large crowd to our annual event at Yawgoo Bakes, Slocum RI. Organized again this year by Liz Masterson.



Liz gets her chicken last.

Chicken is ready!



As usual, the beer tent was popular after the ride while you wait for the chicken to grill.

## NBW Wheeler Dealer

See website for latest listing

**For Sale: Pearl Izumi Women's Thermal Cycling Tights.** Small. Black. Never worn; still have tags. Paid \$125; asking \$60. Contact sboulet@charter.net

**For Sale: Garmin Edge 705.** Practically brand new in the box. Only used a couple of times. Want to sell to get an easier model. Paid \$500; willing to sell for \$200. Contact sherri.boulet@fmr.com

**For Sale: Look with Ultegra components.** Carbon fiber bike in prime condition. Frame size 54 cm. Manufactured in France. After market flat handle bar; drop bar can be reinstalled. Selling this marvelous bike because of back problems. Price \$550. Contact Gene Mihaly at eugene@mihaly.org

**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

### Talking About Food...

Food is fuel and food is medicine. Food brings people together and is supposed to be one of life's pleasures. Shared meals are a vehicle for building relationships, enjoying conversations, and nourishing the soul.

Unfortunately in today's society, too many athletes and fitness exercisers alike report they have *no time* to enjoy meals. Sports parents struggle to gather their student athletes for a family dinner; practices and games inevitably interrupt the dinner hour. And even when seated at the same table, some family members may be eating just salad while the rest of the family enjoys steak. So much for eating out of the same pot.

Today's food conversations commonly refer to *good* food, *bad* food, *clean* food, *fattening* food. We all know athletes who don't do sugar, gluten, white flour, or red meat, to say nothing of cake on birthdays, ice cream cones in summer, or apple pie on Thanksgiving. We live with abundant food, but we have created a fearful eating environment with our words. This article invites you to pay attention to how you think and talk about food. Perhaps it is time to watch your mouth, so you can start to change the current culture that makes food a source of fear for many athletes.

### Good food vs. Bad Food

*"I eat only healthy foods —lots of fresh fruits and vegetables—and I stay away from stuff in wrappers with ingredients I can't pronounce."* While this may seem like a noble stance towards being a responsible caretaker for your body, it raises a few red flags for me.

One, a diet of only healthy foods can be a very unhealthy diet. For example, apples are a healthy food, but a diet of all apples is a very unhealthy diet.

Two, a diet with only unprocessed food eliminates refined or lightly processed grains that are enriched with vitamins and iron, nutrients of importance for athletes. For instance, "all natural" breakfast cereals like Puffins and Kashi offer only 4% to 10% of the Daily Value for iron, as compared to iron-enriched cereals like Wheaties, GrapeNuts, and Bran Flakes and that offer 45% to 100% of the recommended intake. If you eat very little red meat (a rich source of dietary iron), do not cook in a cast iron skillet (a meat-free source of iron), and eat only "all natural" grain foods, you could easily have an iron-deficient diet. This shows up in anemia and needless fatigue. A survey of female runners (ages 18-22) reports 50% had anemia, often undiagnosed.

Yes, many hard-to-pronounce and unfamiliar words like niacinamide, ferrous sulfate, and ascorbic acid are listed among the ingredients of many grain foods. These are the scientific names for the same vitamins in pills. There's a reason why they were added to foods in the first place. Adding folic acid to grains has reduced the risk of having a baby with a birth defect. B-12 is important for vegans. Will the trend to avoid enriched and fortified foods come back to bite us? How about choosing the best of both?

### Bad food vs. Fun Food

When athletes feel compelled to confess their nutritional sins to me (*"I eat too many bad foods—chips, French fries, nachos..."*), I quickly remind them there is no such thing as a bad food (or a good food, for that matter). Is birthday cake really a bad food? Is a hot dog at a baseball game going to ruin your health forever? Should you not make cookies with your children on a snowy day?

Those so-called *bad foods* are actually *fun foods* that taste yummy and can fit into an overall balanced diet. Rather than critiquing a single food, please judge your diet by the whole week, month, and year. Halloween candy is a fun treat in the midst of a steady intake of fruits, vegetables, lean meats and wholesome grains. So is pumpkin pie with ice cream.

Depriving yourself of fun foods creates *good* and *bad* foods, as well as a really bad relationship with food. Eating a fun food is not cheating. The problem arises when you restrict fun foods, only to succumb to devouring not just one cookie but all 24 of them. Binge-eating burdens you with not only excess body fat, but also (self-imposed) guilt for having broken your food rules, and disgust with yourself for having pigged out.

Eating the *whole thing* means you like that food and should actually eat it more often, rather than try to stay away from it. Contrary to what you may believe, you are not addicted to cookies. You are simply doing "last chance" eating. *Last chance to have cookies* (or so you tell yourself) *because they are a bad food and I shouldn't eat them at all.*

There's a more peaceful way to live. Try balancing a cookie or two into your daily menu. After all, you need not have a perfect diet to have an excellent diet. A reasonable goal is 85-90% quality foods; 10-15% "whatever."

### Healthy diet vs. A single ingredient

Salt, sugar, and saturated fat seem to be today's food demons. Rather than look at each ingredient, I cannot encourage you enough to look at the entire food (and your entire diet). Take sugar, for example. Are the 3 grams of sugar in Skippy peanut butter really a source of evil? What about the 10 grams of refined sugar in chocolate milk? That ("evil") sugar quickly refuels muscles after a hard workout. That's why chocolate milk is an effective recovery food. After a hard workout, when you are tired and thirsty, but not yet hungry, the sugar in chocolate milk offers a quick energy boost that normalizes your low blood glucose and replenishes depleted muscle glycogen. While some athletes focus on chocolate milk's 10 grams (40 calories) of added sugar, I invite you to welcome its high quality protein (needed to repair muscles) and abundant vitamins and minerals that invest in your good health. The fit bodies of athletes can metabolize sugar much better than the unfit bodies of couch potatoes.

### The bottom line

You want to enjoy an excellent diet, and not strive for a "perfect" (but very strict) diet. You can win good health and perform well with a balanced diet, filled with a variety of foods, and enjoyed in moderation.

*Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create winning food plans. Her best-selling **Sports Nutrition Guidebook**, and food guides for marathoners, cyclists and soccer are available at [nancyclarkrd.com](http://nancyclarkrd.com).*



# Cycling Sessions

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

**W**e are required to share the roads with all vehicles; it is part of the sport. Over the years, I have seen a tremendous increase in road traffic, and for those behind the wheel, patience is at an all-time low.

In my cycling career (coming close to 20 years), the last five years have changed significantly. Not only have the number of drivers on the road increased, this influx includes large vehicles at significantly higher speeds. Rides now require added caution and the need to be on the defense always—on the lookout for drivers who are not paying attention and/or unwilling to slow down.

In the US, roads are not always designed with a shoulder for riding; road conditions are getting worse instead of better. Therefore, there has never been a better time to confirm your understanding of the “rules of the roads” and think about the following tips.

Keep in mind rules may vary based on the time of day and where you choose to ride. However, here are some recommendations that apply across the board:

1. **Be aware of your environment.** Look ahead, and around the corners. Pay attention to what is ahead before you get close. When leading a group, call out the potholes, debris, and signal turns.

2. If you plan to ride solo in a shaded area, in the afternoon or early evening, **equip your ride with a red blinky light.** This will make you 4 times brighter even on shaded days. Group rides should also include one or two participants with blinky lights. Remember—you can never be too safe.



3. **In late afternoon when heading west** the sun gets lower and drivers may be challenged to see you. This is another scenario where a red light will come in handy when riding into the sun. Remember, if you are having trouble seeing chances are drivers in cars are as well.

4. **When turning, signal in advance.** Your placement in relation to a line of traffic is also important. When turning left, you should be next to the first car in the left turn lane. Make eye contact with the drivers and point to the left so they know your intention.



5. **Bright yellow** gloves, socks, or florescent clothing are pieces that are good investments and will make it easier for you to be seen.

6. When planning a ride, especially a solo effort, try to **avoid tight two-lane roads.** On group rides these roads are a safer option as groups are easier to spot than a single rider. Luckily, we have many choices in New England, so choose quiet less-traveled roads with good shoulders.

7. **When a vehicle is approaching a group from behind,** call “car back” and single up the group if possible. Once completed wave the car up if clear.

8. **Be on the lookout for cars coming behind you** on a narrow road. Focus forward prior to attempting to pass. If a car is coming towards you on the opposite side of the road, and a car is also behind you, signal that car to stay back. In my experience, drivers are appreciative of these warnings from cyclists.

9. This may sound like common sense (the same rules apply to cyclists and drivers)—**do not run red lights** at four-way intersections and stop and stop signs.

10. As mentioned on #7, **be friendly with drivers.** Help them safely pass you or a group. Treat them respectfully—the way you want to be treated. Good feelings travel quickly!

It is not your imagination, drivers are more aggressive than ever. In some cases, drivers consider cyclists a hindrance, an obstacle... something that is slowing them down! On top of that they are more distracted than ever with texts and who knows what else! Stay safe and most importantly, be a positive cyclist. On group rides lead by example; don't engage with angry drivers. All it takes is one good experience to change a driver's mind... I think we all agree we can use all the happy drivers we can get!

**Cycling Sessions  
Performance**

**Gary Stafford**  
Endurance Coach and Spin Instructor  
[cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)  
4015957078

Rhode Island

## 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](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*

### 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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# Advocacy

Matt Moritz, [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)

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Good advocacy for any purpose requires large investments of time by both volunteers, like our club members, and professionals to be effective. Each year for the past four years, the NBW board has donated \$30,000 to various advocacy organizations around the region and country. If it were all directed to one organization, it would barely cover the efforts of one professional in one region or state, never mind across the three states in which the club conducts rides and the average of 12 organizations to which donations are directed.

The funds for these donations comes from member's dues and TFCE registrations. With approximately 1000 members, members' direct financial contribution to the club corresponds with 33% of the total funds donated. Continuing the math, on average, each club member is directly responsible for approximately \$10 per year in donations to advocacy organizations. Less than \$4, about \$4000 in total, supports the three statewide advocacy groups for our riding territory.

Your membership in the club is a no brainer. You get great weekly rides 51 times a year. You get great camaraderie after many rides at the Social Tent. You get additional smaller group rides during the week throughout the year. You get the opportunity to spend long weekends in Maine, New Hampshire and Vermont at unheard of prices for an all inclusive weekend. And most importantly for some, you are guaranteed a spot and a discount to ride in the TFCE.

Membership in your regional and state level bicycle advocacy organization should equally be a no-brainer. Those staff and volunteer hours are making sure that the hobby and recreation you enjoy continues to be possible and develop. Advocates make sure we don't lose access to the road in the pursuit of moving more motor vehicles. Professional advocates work for meaningful laws to help guide drivers around us, and give us standing when drivers fail to do so. Just as importantly, advocates are constantly on watch, maintaining relationships with road builders so that our favorite routes don't get destroyed thoughtlessly to the benefit of those who aren't riding a bicycle.

When having conversations with road-builders and elected officials, advocacy organizations are only as strong as they can show themselves to be. Most of the time, that strength is represented by the number of members who support that organization's mission by paying dues. Becoming a member, therefore has 2 direct benefits, you give strength in numbers to the organization to work on your behalf, and your financial contribution allows that organization to pay professional staff salaries, to develop programs and to keep continuous engagement with our government.

There are other opportunities for supporting bicycle advocacy, of course. There are national organizations, whose work is invaluable at that level. But those national organizations just as much need strong local advocacy groups, so that when there's a vote in Congress, or a need to create a 2,600 mile long connected greenway, they can count on strong local groups to represent their members. National groups like Rails to Trails conservancy, IMBA and NEMBA can't work on supporting trail development without strong local advocacy with which to partner on trail development.



You might think that surely these organizations can survive with donations from wealthy individuals, charitable trusts, grants and service contracts. While those sources can be extremely valuable in allowing an organization to expand its reach and do even more work, they don't usually pay for the time of the professional staff. Those funders want to pay for programs that have direct impacts in the community, lately in education, health and economics. Bicycles have ties to all of those, but making that argument to those funders is hard, and requires huge amounts of time.

And as you already know, especially if you've volunteered for the club, it takes a lot of work and a lot of people, sometimes with up front investment, to successfully execute something as seemingly simple as a free weekly bike ride, let alone anything more complicated.

As the current Board President of the RI Bike Coalition, I know that very few NBW members are also members of RI Bike, the statewide advocacy organization. I suspect that if I had the membership lists for Bike Newport, Bike Walk Connecticut and Mass BIKE, a similar finding would emerge: NBW members, while enthusiastic bicycle riders, have a very low membership rate in bicycle advocacy organizations.

If you are not currently a member of your local and state advocacy organization, what's stopping you? Is \$4 per year all that good bicycling conditions are worth to you? Join your state advocacy group and support continued access and improvements to bicycling as a recreation, sport and transportation.

State-wide Advocacy  
Bike Walk CT, [bikewalkct.org](http://bikewalkct.org), \$35/year  
Mass BIKE, [massbike.org](http://massbike.org), \$40/year  
Rhode Island Bicycle Coalition, [ribike.org](http://ribike.org), \$40/year

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# From the Touring Committee

Don Chiavaroli, [touring@nbwclub.org](mailto:touring@nbwclub.org)

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**I** have written about change at least one time. This will be the second time. Change is difficult for many of our fellow cyclists to accept. In life, the only constant is change. We can dig our heels in and resist it, or we can embrace it, we can accept it, or we can get out of the way. No matter which one you choose, change will happen anyway. We all get older. We

lose muscle mass, our eyesight weakens, our hearing is not as good and for some, our hair gets grey and for others it falls out. We do not like it, but it happens and in many cases, we accept the change and do not even give it a second thought.

Consider the weather. It is October already and most of the “good” riding days are behind us. Sure, Indian Summer may bring us a few more choice days before the month ends but the chill in the morning air reminds us that the seasons are changing and in a few short months winter will be at our door step. If you like living in New England, we accept the changes in the seasons.

How riders navigate our rides is changing. Based on two rider surveys, we were surprised to learn that 40% of respondents used no navigation other than to follow the rider in front of them. The remaining respondents used a combination of arrows, GPS, maps, and cue sheets.

On our club rides, we now offer GPS navigation. This is a change from past practices. There is a learning curve to it, but once you get over the rookie mistakes, it is very reliable. The routes and cue sheets can be changed very quickly to reflect road closures and other hazards. If arrows get paved over, we do not have the surprise factor and the arrower does not have to recheck the route the day before the ride. Winter rides are difficult to arrow and we have only 25-30 riders who show up, so this year we will not arrow the “Simple Arrow Ride”. GPS, maps, and cue sheets will be available. This “test” is an opportunity to see if this is a change we want to gradually phase in for winter rides or for longer rides where it is difficult to get arrowers.

When we schedule a new ride, everything is changed and the cyclists do not seem to care. After all, no one has ridden it before, rider turnout is high and for the most part the ride is well received. These new rides are not perfect the

first time out and we will change things like roads, turn directions, paint color etc. before we schedule it again.

Are you getting the idea? Change is all around us and we did not even consider the changes in entertainment, communications, transportation, and medicine. So, the decision to accept change or not is a personal one. Each must decide for themselves, but change is constant.

And the last word on change ... I will be stepping down from the Touring Committee as of October 31. For me, lifestyle changes will not permit me to be an effective participant on the committee. In the past 4 years we have incurred many changes. 8 new rides have been developed by club members. Can you name them? If not, go to the NBW Maps by Number web page and rides #166-173 are all new rides. We have rolled out “Ride with GPS” navigation. This is a pretty big change. We have wrestled with numerous parking venue changes as restrictions by merchants and municipalities have made several of our longtime start locations no longer available. Despite these changes, the club endures.

I extend my thanks to the members of the Touring Committee who have been dedicated to assembling the schedules to provide diverse riding conditions, routes, and locations for the club. They have made my job easy.  
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](mailto: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:**

Aug 6 *Hill & Gully*—Flavio Salas, Ramiro Vergnaud  
Aug 13 *Diamond Hill One*—Rod Breault  
Aug 20 *Mattapoissett*—Dianne Robillard, Mike Miller  
Aug 27 *Purgatory Chasm*—Chip Kent  
Sep 3 *Providence Bike*—Bladi Rodriguez  
Sep 10 *TFCE*—Gil Peel, Dianne Robillard, Mike Miller  
Sep 17 *Don & Raul's Fall River*—Don Chiavaroli  
Sep 24 *Oneco Pond*—Paula & Pete Bissell

## 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>October 1, 2017</b>	<b>♥ Cape Caper Ride</b>	24/40/62 miles	
<b>Sunday</b>	10:00 AM	Map No. 130	Arrower: R Edgren
<i>Route</i>	Bourne, Falmouth, Woods Hole		
<i>Directions</i>	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.		
<i>Drive Time</i>	50 minutes from Providence		
<i>Description</i>	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.		

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<b>October 8, 2017</b>	<b>Border Crossers</b>	22/42/65 miles	
<b>Sunday</b>	10:00 AM	Map No. 167	Arrower: A Sosa
<i>Route</i>	Franklin-Millville-Burrillville-North Smithfield-Lincoln		
<i>Directions</i>	MERCYMOUNT CTRY DAY SCHOOL, 35 Wrentham Rd, Cumberland, RI. Entrance via Fisher Rd into parking lot. Take 95N to 146N, to 295N (towards Boston). Take Exit 11 (Rt 114/Cumberland) and turn Left from the Exit onto 114N. Stay on 114 until the T-junction with Rt 121 - Bear Right on 121, then Right on Fisher Rd (sign says Mercymount) to the parking lot.		
<i>Drive Time</i>	20 minutes from Providence		
<i>Description</i>	This ride was created by Alfredo Sosa to use many of NBW's roads in northeastern RI. The route features a lot of rolling terrain, farms, woods, and very small roads. The idea is to avoid cars as much as possible. We travel through Franklin, Millville, Burrillville, North Smithfield, Lincoln and Cumberland. Beautiful roads also offer a challenge to the rider; each route definitely "punches above its weight."		

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<b>October 15, 2017</b>	<b>Fall Foliage Tour</b>	20/40/64 miles	
<b>Sunday</b>	10:00 AM	Map No. 74	Arrower: L Brissette
<i>Route</i>	Glocester, Hampton, Eastford, Putnam		
<i>Directions</i>	Start at Ponagansett High School, Anan Wade Rd, Glocester, RI. Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). At the fork where Rt. 6 splits from Rt. 101, stay to the right on 101. Turn right on Anan Wade Rd, two miles past the junction of Rts. 101 and 102. School is one mile on the left.		
<i>Drive Time</i>	35 minutes from Providence		
<i>Description</i>	Fall in Connecticut. One of our prettiest fall rides on quiet, lovely backroads. There are ridges, some climbs and fast downhill. Thanks to Bob Paiva for extending this ride.		

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**October 22, 2017**                      **NBX Ride**    24/37/50 miles

**Sunday**    10:00 AM            *Map No.* 172                      *Arrower:* J Stenning/R Gallo

*Route*            Narragansett, S. & N. Kingstown, Exeter, Richmond, Charlestown

*Directions*    Start at NBX Bikes 922 Boston Neck Road (Rte 1A), Narragansett, RI. From Providence, take I-95 south to Route 4. Continue on Route 4 as it becomes Route 1, then turn left at the intersection of Rte 138 (Where Rte 138 goes right to URI) onto Bridgestone Road. After 1.4 miles, turn right, at the traffic light, onto Route 1A south. NBX Bikes will be ahead one mile on your right. Parking is limited at NBX, so park on the grass and in the lot at NBX and at Brinkleys Ice Cream and Cakes across the street (they will be closed for the season). Overflow parking is available at Domenic Christofaro Park 0.9 miles north of NBX on the same side of Rte 1A (you passed it on your way to the shop). The ride goes right by the park, so if you are running late, you can start there if you wish.

*Drive Time*    40 Minutes from Providence

*Description*    This new ride was developed by the folks at NBX Bikes to take the place of the old Caster's (now NBX) Halloween Ride. The Caster's ride endured for many years, but the popularity of the ride resulted in numerous parking problems. This ride covers familiar territory for many of us and new territory for others. We ride many of these roads, but this ride has several of them riding in the opposite direction-a totally different view. All three routes travel on Route 138 from URI and climb up to the lights on Route 1, so please exercise caution and ride single file. The good news is that we go DOWN Bridgestone Road!

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**October 29, 2017**                      **Cranberry Metric**    20/38/65 miles

**Sunday**    10:00 AM            *Map No.* 81                      *Arrower:* R Edgren

*Route*            Lakeville, Assawompsett, Middleboro, Bridgewater

*Directions*    NOTE: WE HAVE RETURNED TO OUR OLD START  
Start at the Staples plaza on Route 44 in Raynham, MA, near the junction of Routes 44 and 24. Park away from the stores.

*Drive Time*    25 minutes from Providence

*Description*    Enjoy this spectacular and relatively flat ride originated by Judy Northrup, updated by Don Chiavaroli and Raul Silvia. Scenic country roads, ponds, and cranberry bogs abound throughout the ride. Long ride goes by Mattapoisett and Marion harbors.

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**November 5, 2017**                      **Taunton-Sharon Tour**    20/29/49 miles

**Sunday**    10:00 AM            *Map No.* 92                      *Arrower:* J Harbutiak/L Sproul

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

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

*Drive Time*    40 minutes from Providence

*Description*    This is a flat, easy ride along Massapoag and Winneconnet Ponds with some nice stretches of the remaining farmland in Easton and Norton. Formerly called the Sharon Tour.

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**November 12, 2017**                      **Fall River Fifty (aka Chourico)**    18/27/47 miles

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

*Route*            Fall River, Assonet, Lakeville, Berkley

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

*Drive Time*    30 minutes from Providence

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



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**November 19, 2017**                      **Winter Newport Island Circuit Tour**                      19/29 miles

**Sunday**      10:00 AM      *Map No. 64*                      *Arrower:*

*Route*              Newport, Middletown, Portsmouth

*Directions*      Start from Fort Adams State Park, off Harrison Ave in Newport, RI. Get there by going through downtown Newport along the harbor, staying on Thames St. Turn right onto Wellington Ave and follow the signs to Fort Adams. You will go past the Ida Lewis Yacht Club. Turn Right on Harrison Ave. then right again at the next stop to remain on Harrison Ave. Fort Adams entrance is on the right. Use the first parking lot on the left.

*Drive Time*      45 minutes from Providence

*Description*      This is a new route of an old favorite, updated by Pete Rice, which is designed to keep us off busy roads and is especially suited to late fall and early spring rides. The short ride travels the famous Ocean Drive with its majestic bay and ocean views, and then continues up Bellevue Avenue past the mansions. The longer ride heads further up the island past Middletown's farmlands and beaches.

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**November 26, 2017**                      **Scituate Reservoir Ride South**                      10/23/37 miles

**Sunday**      10:00 AM      *Map No. 84*                      *Arrower: B Paiva/P Stark*

*Route*              Scituate, North Scituate

*Directions*      Start at the town common on West Greenville Rd (Route 116), No Scituate, RI. To get there, take Route 6 West from I-295. Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

*Drive Time*      20 minutes from Providence

*Description*      An old favorite ride around Rhode Island's largest lake. Somewhat hilly, with many old villages and factory-mill locations.

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**December 3, 2017**                      **Cranston Holiday Ride Winter**                      9/18/29 miles

**Sunday**      10:00 AM      *Map No. 22*                      *Arrower: M Emma*

*Route*              Western Cranston, Scituate

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

*Drive Time*      15 minutes from Providence

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

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

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

Cyndi 401 374 7649  
John 401 316 0493

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**December 10, 2017**                      **Larry & Ted's Dartmouth Ride**                      12/17/31 miles

**Sunday**    11:00 AM            *Map No.* 155                      *Arrower:*

*Route*            South Dartmouth, Westport

*Directions*    Start at Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA. From I-195 going east, take Exit 12 (Faunce Corner Rd, Dartmouth). Right at exit. Go 1.2 miles. Turn Left at lights onto Rt. 6 E. Go 0.2 miles. Turn Right at first light onto Tucker Rd. Go 3.3 miles to Dartmouth High School on the left (road name changes to Bakerville at 2nd stop sign).

*Drive Time*    30 minutes from Providence

*Description*    Ride in one of the NBW's favorite areas, covering some familiar roads in South Dartmouth and Westport. The Horseneck beach bike path shown on the map may not be used if sand obstructs. Because the Town of Westport has banned the use of painted arrows on town roads, the route in Westport will not be arrowed once it crosses the town line. To successfully navigate the Westport portion, queue sheets, maps, and RidewithGPS navigational coordinates will be provided.

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**December 17, 2017**                      ♥ **Narragansett Point Judith**                      15/28/32 miles

**Sunday**    11:00 AM            *Map No.* 108                      *Arrower:*

*Route*            Narragansett, Galilee, Point Judith, Wakefield

*Directions*    Start at Salt Pond Shopping Center, Rt 208 (Point Judith Rd), Narragansett, RI. Take I-95 S to Rt 4 S (left exit) to Rt 1 S. Take Rt 108 S exit. Bear right at end of ramp. Shopping center is just ahead on right. Please park in the Stop & Shop parking lot - away from stores.

*Drive Time*    40 minutes from Providence

*Description*    Beautiful ride that explores the midpoint of Rhode Island's southern coast and marshlands. A highlight of the ride is pedaling beneath the Narragansett towers.

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**December 24, 2017**                      ♥ **Barrington Ride**                      11/17/26 miles

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

*Route*            Barrington, Seekonk

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

*Drive Time*    20 minutes from Providence

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

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**December 31, 2017**                      **Scituate Reservoir Ride South -REPEAT**                      10/23/37 miles

**Sunday**    11:00 AM            *Map No.* 84                      *Arrower:* B Paiva/P Stark

*Route*            Scituate, North Scituate

*Directions*    Start at the town common on West Greenville Rd (Route 116), No Scituate, RI. To get there, take Route 6 West from I-295. Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

*Drive Time*    20 minutes from Providence

*Description*    An old favorite ride around Rhode Island's largest lake. Somewhat hilly, with many old villages and factory-mill locations.

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January 1, 2018

New Year's Ride

~20/30 miles

Sunday 11:00 AM Map No. Arrows: P. Nellison

Route Little Compton

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

Drive Time: 50 minutes from Providence.

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

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♥ Beginners will love these rides.

\* Holiday Show'n Go

\*\* Special Event



Photo: Lennin Tabora

Always a welcome sight on the TFCE route, one of our SAG drivers checking on riders at the Hixville rest stop. No tired legs at this, the first rest stop. But later on the route SAG drivers often find a small group of tired riders with broken-down bikes or bodies at Adamsville, the last rest stop, waiting to be sagged back to the finish. All in a hard day's work for our tireless drivers.

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

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### Deadline for the next issue is December 1

Mailing label is your valid membership card; includes your number and expiration date  
 You can always check your membership number and expiration date in the Members' section of our website [nbwclub.org](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
Jan	Mon 1		*New Year's Day Ride	Little Compton, RI	~20/30 miles	Perky Nellison
	Sun 7	12	Simple Arrow Ride	Burrillville, RI	9/27	No Arrows
	Sun 14	66	Triboro Tour	Plainville, MA	17/28	
	Sun 21	115	Wickford Kingston	North Kingstown	14/28	
	Sun 28	101	Swansea Touisset Tour	Swansea, MA	13/29	
Feb	Sun 4	12	Simple Arrow Ride-REPEAT	Burrillville, RI	9/27	No Arrows
	Sun 14	66	Triboro Tour-REPEAT	Plainville, MA	17/28	
	Sun 21	115	Wickford Kingston-REPEAT	North Kingstown	14/28	
	Sun 28	101	Swansea Touisset Tour-REPEAT	Swansea, MA	13/29	
Mar	Sun 4	149	Fish Road	Tiverton	16/22/33	
	Sun 11	11	The 'Ville' Ride	Burrillville, RI	20/28	
	Sun 18	67	Our Lady, Queen of Martyrs	Woonsocket	20/28	
	Sun 25	28	NBX/Spring Opener	East Providence, RI	18/32/43	

\* Special Ride



This is the last Social Tent photo you'll get in 2017!  
 Photo: M. Foulkes

Flavio Salas and Ramiro Vergnaud ran one great tent after the Sep 17 Don & Raul's Fall River Ride. After a misty, cool start, the day turned out sunny and hot, so the watermelon, cut by Ramiro who obviously KNOWS how to deal with a watermelon, was very welcome after the ride. Indian Summer rides are always some of the most enjoyable rides and a large crowd turned out for this quiet, fast, easy one, designed by Don Chiavaroli & Raul Silvia.

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](mailto:donpaiva53@cox.net)