

The Spoke'n Word

Volume 48, Number 2

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

April/May 2018



Time to start thinking about TFCE! September 9, 2018 is the date.
Members' registration opens April 1; open registration May 1
We're looking for volunteers to join our busy, happy team on September 9

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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

RECYCLED BICYCLE

(A Full Service Shop)
26 Mill Street.
Woonsocket, RI 02895
401-636-0960
www.myrecycledbicycle.com

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: Adamsville check-point, TFCE Sep 10, 2017. Photo: M. Foulkes

Want your photo in the Spoke'n Word?

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

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

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

President's Message



*The chorus of Queen's song
"Bicycle Race"*

*"Bicycle bicycle bicycle
I want to ride my bicycle bicycle
bicycle
I want to ride my bicycle
I want to ride my bike
I want to ride my bicycle
I want to ride it where I like"*

Spring time is here, and we all
want to ride our bicycles...

No more snow, no more ice, no more cold weather starts, no more "B" bikes. It's back to starting at 10:00 AM. **NBX Bikes** officially started the NBW spring season with their 2018 Rhode Island Bike Show on March 25 at our Spring Opener Ride. We can guarantee 10 am starts, let's see what the weather brings us as spring moves into summer.

The NBW board met in February for the annual budget meeting. At this meeting the full Board reviewed revenues and expenses for calendar year 2017 and made plans for calendar year 2018. **Effective April 1st, NBW annual dues will increase to \$20/year.** How we go about the business of the NBW, is a function of our charter...

"Our club's charter is Community. Adventure. Giving Back. These expressions are truly what the Narragansett Bay Wheelmen are all about.

It is in our charter to promote and encourage safe recreational cycling in Rhode Island and Southern New England."

Historically the NBW operates many activities at a deficit: Sunday Rides, Social Tents, The *Spoke'n Word*, Advocacy, Rhody Roundup and the Volunteers' Banquet. Two activities are break-even: Vermont House and Maine House. We only have one activity where we generate a surplus: TFCE.

The surplus from TFCE is used to fund the Sunday Ride Series, *The Spoke'n Word*, Advocacy, Rhody Roundup and the Volunteers' Banquet. For many years costs have been increasing steadily in all these activities. You might not realize that the NBW needs to spend over \$5 per member just for the insurance we need to operate rides. You might not realize that *The Spoke'n Word* costs over \$17 annually for members who receive a printed and mailed copy. Membership has been pegged at \$15/year for many years, going back to at least Bill Clinton's presidency, which is when I joined the NBW.

It was the Board's decision that now is time to increase membership dues, to help cover some of those increased costs. This way we can continue to present the same activities to membership, still print and mail *The Spoke'n Word* (to those who choose to have it mailed), and still support advocacy as we have done in the past. When I joined the NBW in 2000 I thought that the \$15/year well worth it.

Effective April 1st, NBW annual dues will increase to \$20/year.

Ted Shwartz
NBW President

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: Margaret Vigorito, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Todd Wise, Janice Veloza, Ray Foulkes
Membership Secretary: Alfredo Sosa, membership@nbwclub.org,
PO Box 41177, Providence, RI 02940-1177
Rides Coordinator: Rod Breault, touring@nbwclub.org
Advocacy Chair/LAB representative: Mark Dieterich, advocacy@nbwclub.org
Volunteer of the Year 2015: Gil Peel
Volunteer of the Year 2016: John Nery
Volunteer of the Year 2017: Chip Kent

OTHER CLUB FUNCTIONS

TFCE Chair: Ted Shwartz
TFCE Volunteers: John Nery
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, John Satterlee, David Baldwin
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Map & GPS creator: Ted Shwartz, Alfredo Sosa
Ride liaison w/police depts: Steven Kahan, police-liaison@nbwclub.org
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
NBW merchandise sales: Rick & Michelle Cortes Harkins, sales@nbwclub.org
Social events organizer: Kris Brown, banquet@nbwclub.org
Interstate liaison: vacant
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

Advocacy

Mark Dieterich, advocacy@nbwclub.org

May is Bike Month — Bike to Work Day is May 18

RIBike

Providence Bike to Work Day May 18, 7-10 am, Burnside Park, Breakfast and Vendors

Events/updates will be posted at ribike.org/events

Future plans include pop-up lanes and pop-up bike corrals; "Discover RI by Bike" tours: food, history, picnics, maybe a Bike to Beer or Brewery Tour, and a Bike to Brunch, Smart Cycling classes and Bicycle Adventures.

Follow RIBike on Facebook or sign up for their Cycle Tracks newsletter for future updates. You can register for the newsletter at:

<http://ribike.us10.list-manage2.com/subscribe?u=a5907d1967bdc77314925a443&id=cfdb5990a1>
Or email info@ribike.org

Bike Newport

Bike to Work Day in Newport, May 18, will be a full day of activity at City Hall, 43 Broadway, Newport. Bike Commuter Breakfast in the morning, Bike-Friendly Progress announcements in the afternoon, Community Bike Ride around the City Center and down to the Volvo Ocean Race in the evening. Check for updates at bikenewportri.org

Bike Newport will be hosting bike parking and bike fun at the Volvo Ocean Race, **May 12-20** — come experience "Love the Ocean? Ride a Bike!" at the Exploration Zone.

Plus, encouraging and informative classes for people of all ages, skills and riding interest at the Bike Garage, 62 Broadway, Newport.

Bike Newport, 62 Broadway, Newport, RI 02840
Tel 401-619-4900



Annual Memorial Day Weekend In Southern Vermont

Friday, May 25 to Monday, May 28, 2018

at the Blue Gentian Lodge, Magic Mountain Rd,
Londonderry

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

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

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

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

Kate Imbrie



Members are mourning the loss of NBW member Kate Imbrie, who died March 13, 2018 in a bicycle accident in Florida. Kate was NBW Secretary from 2014 to 2018 and an enthusiastic and valued volunteer who worked for the club in many activities. Members who rode with her will remember her bright, friendly personality and love of all things outdoors—skiing, kayaking and, of course, bicycling the back roads of New England that she loved. Kate lived in Barrington, RI, and wrote for the Providence Journal for 24 years.

Photo taken on Tom & Pat's Half-Century Ride, May 2015, at the top of a long climb in Coventry, RI. As usual, Kate looked fresh as a daisy after the climb and ready for more. Photo by Alfredo Sosa,

Reminder GPS Files for NBW Rides

GPS files for all scheduled NBW rides are 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, with instructions, and is also available on our website in the members' section.

Questions to president@nbwclub.org



NARRAGANSETT BAY WHEELMEN THE FLATTEST CENTURY IN THE EAST 47th Annual—September 9, 2018

1800 RIDERS

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

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

SAFETY

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

WHEN

Sunday, September 9, 2018 ... **RAIN OR SHINE!**
Check in begins at 7:00 am and closes promptly at 8:00 am. The course opens at 7:00 am and riders must return by 5:30 pm

WHERE

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

REGISTRATION

TFCE is limited to 1,800 riders (usually it is filled by the first week in May). The fee for registration is \$31.50 per person for NBW members and \$44 for non-members.

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

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

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

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

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

No refunds will be given.

T-SHIRTS

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

SAG WAGONS

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

SPORTS MASSAGE

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

FOOD

Food will be available for purchase after the ride.

HOTELS

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

More information at: nbwclub.org

Questions: tfce@nbwclub.org



HELP WANTED

47th annual NBW-TFCE

The Flattest Century in the East

September 9, 2018

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 John Nery with time available, contact name and email address at

tfce-volunteers@nbwclub.org



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

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



NBW Merchandise



VINTAGE NBW CYCLING JERSEY

SHORT SLEEVE

Yellow "ocean" design

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 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)



NBW CYCLING SOCKS

Specify white or black

Sizes: S, M, L, XL, XXL

\$6 per pair.

Add \$1.50 postage

FROM RICK AND MICHELLE ...

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

NBW Wheeler Dealer

See website for latest listing

Non-NBW Events Calendar

See website for latest listing

For Sale: Truck Bed Crossbar Bike Rack. Fits 2 bikes. Locking quick release included. Will fit any truck bed that measures 64 inches or less. Designed to lock into the bed rail for bike security. \$70 OBO. Contact Lou Schmitt, 401-578-2241 or email lou.schmitt@verizon.net.

For Sale: Two Rocky Mounts Tie Rod Bike Mounts. 1 silver, 1 white. Will fit 99% of the roof rack crossbar shapes out there. Locks included \$65 each OBO. Call Lou Schmitt, 401-578-2241 or email lou.schmitt@verizon.net

For Sale: 2017 Cannondale Women's Synapse Disc Brake 105 11-speed bicycle. Size 51 cm. Purchased July 2016 - approx 1,000 miles on the bike. Great condition. To take a look/test ride, it is available at Stedman's Bike Shop, Wakefield, RI (To be clear, this is a sale by a private person and not a Stedman's sale). Call/text for more info, Kayla 401-374-1243

2018 Events have just started coming in. We list other club's events and also charity rides for free. (no commercial rides). Send Date, Title, Contact info to webmaster@nbwclub.org

July 22, 2018 - 30th Annual Cycle for Shelter. To benefit Emmaus, a non-profit housing and human services org for homeless. Start Northern Essex Community College, Haverhill, MA. 20/40/62/100 mile routes to seacoast of NH & south thru North Shore of MA. Food, music, massages after ride. More info at www.emmausinc.org or tel: 978-241-3425.

Aug 7-10, 2018 - Charity Treks' Burlington VT to Portland ME AIDS Vaccine Bike Trek. 4 days, 325 miles (single day ride available). Fully supported. Up to 100 cyclists. 100% of donations benefit AIDS Vaccine Research. More info at www.charitytreks.org

NBW Special Events Committee announces
the 11th annual
Maine House Getaway Long Weekend



Thursday May 17 - Monday May 21, 2018

Accommodations:

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

Meals: Family style – with attendees sharing in meal preps and/or clean up

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

Cost: **Queen size bedroom: \$170 per person (only 6 rooms available)**
Men or Women Dorm style bedroom: \$150 per person
(includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

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

Welcome New Members

Donna Antkowiak, Sutton, MA
Kenneth Baker, No Providence, RI
Jackie & Vincent Beltrani, Pleasant Valley, NY
David Bliss, Milford, MA
Ann Boland, Old Saybrook, CT
Betty Bourret, Smithfield, RI
Tony Branco, New Bedford, MA
Denise & Ronald Brochu, Blackstone, MA
Donald Cardosi, Tiverton, RI
Ricardo Cruelles, Providence, RI
Robert Dansereau, Cumberland, RI

Jenn Dugan, Woonsocket, RI
James Gross, Weymouth, MA
Randy Kulman, Wakefield, RI
Henry Lopez, Seekonk, MA
Mary Lynch, West Greenwich, RI
Thomas Mullen, Coventry, RI
James M. Mumma III, Dartmouth, MA
Maggie Rizzi, Tiverton, RI
Candi Seaman, Avon, CT
Olivia Spence, Providence, RI
Steven Wright, Providence, RI



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

Touring in the 1990's. Lee Sproul sent this photo taken in Normandy, France, of Bob Wood, Jeanne Petrarca and Bob Paiva, stopping for lunch at a hospitable-looking bistro.

Hope you used the snowy days to dream and plan your tours in 2018.

Contact Monica at editor@nbwclub.org if you have an old photo for this section. She will scan and return your original print). Or send a jpg file by email. Dates, place, names are helpful.



NBW Membership \$20 per year as of April 1, 2018

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

NEW MEMBERS ONLY: Go to our website for imAthlete link:

nbwclub.org/about/membership.html

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 (\$20) will be available (no family memberships or two-year memberships are possible).

**Questions: membership@nbwclub.org
Or see a Board member at any Sunday ride for help**

Remember ... Ride Safely

- 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 on the right.
- Check for arrows 150 ft **before** an intersection
- Watch for sand on the road, esp. at corners
- When you get off your bike **get off** the road. Do not stand in the road at intersections
- 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 any doubts
- Before a ride, become familiar with the map or GPS file
- Share the road with motorists and pedestrians. Obey all traffic laws.

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com, with Suzie Piccarillo

Spring is in the air, more or less. Along with the birds singing is the sound of heavy breathing on the Sunday NBW rides.

Cabin fever has reached a pinnacle and with it lots of nervous energy. What can you do to reduce that heavy breathing and hear those birdies on the ride?

Aerobic Capacity (AC) intervals to the rescue! Most of us rely on anaerobic efforts (ACC) for almost all intense efforts because our aerobic capacity is not optimally trained. We skip the AC Zone 3 and go from Zone 2 to Zone 5.

What is the difference between AC level Zone 3 and ACC level Zone 5? The AC Zone 3 is what gets you through the long rides, the steady state efforts. It functions up to sustainable threshold and does not burn matches.

Anaerobic (ACC) efforts stress the glucose and use up the ATP in your muscles. Think of this system with a small tank like the NOS button on a rally car. Push it too much and you blow up. It takes time for the ACC system to recover as well. Most use even lower levels of sub tempo and jump all the way up to anaerobic for those hard efforts. The trouble with that is the aerobic system never really turns on and the matches get lit.

The aerobic system is as slow shutting down as it is to start up. What makes aerobic capacity workouts so important is that your hammer rides never really allow it to get strong. Yet this is the system that will keep you fresh, allows you to adapt to surges, and keeps you from accumulating fatigue and acute toxic metabolic issues that force you to fall off the group.

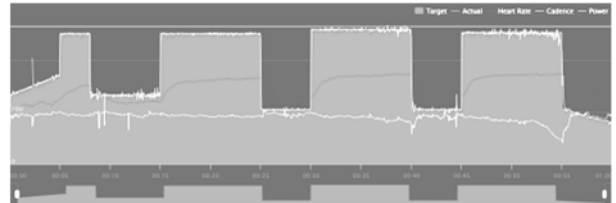


Considering the chance that this system is weaker let's focus on intervals that would build up the oxygen deficit limit which is another way of saying aerobic capacity. First a base train-

ing at low Zone 2 needs to be in place to provide the best results for us to push out the aerobic capacity engine.

Threshold (TH) and Sweet Spot (SS) workouts works best with short rest intervals as the aerobic system when once primed will stay on. Rest intervals that are too long can modify the workout to a more anaerobic workout.

Intervals of 5 to 15 minutes at SS and TH intervals with no more than 1 to 4 minutes are optimal to ensure some recovery while limiting pushing over the oxygen deficit. It is important to achieve a cadence of at least 85 rpm and relax the upper body and get into a groove. Continue through the interval with steady breathing.



Always do a buffering warmup before the intervals. Your first interval is almost always more anaerobic so stay at your HR or power number and avoid going over on the first one.

What should you do during the recovery intervals? It is best to keep the legs spinning which will keep the aerobic system primed. Active recovery provides a good way to clear metabolic acids in the legs and processes them.

So how do you determine the Zones? A simple way for HR is to ride a 30 minute effort with no stopping as hard as you can. Take the last 20 minutes and average your HR.

This should be around your Lactate Threshold heartrate (LTHR) for the bike. This would be the top end for your threshold intervals. The range would be that number and around 8 beats below that. So if your HR was 170bpm your range would be 162-170bpm. More to come in the next newsletter.

Remember, you can upgrade your fitness like you upgrade your bike for more fun cycling!

Gary coaches select enthusiastic cyclists who have a passion to improve themselves and are equipped with heart rate monitors and power meters. For info email him @ cyclingsessions909@gmail.com

From the Touring Committee

Rod Breault, touring@nbwclub.org



After serving four years as Rides Coordinator, Don Chiaroli has turned over the gavel (so to speak) to me. Most of you know me as the Sunday ride starter, but starting this year I have taken on this role with the Narragansett Bay Wheelmen. Fortunately for us all, I've been serving as a member of the scheduling group for the

last couple of years, so I hope the experience will allow for a smooth transition from Don's excellent leadership.

Looking over past touring committee reports for the April/May issue of the Spoken Word, it seems customary to make some comment about the weather conditions for the start of the year. I can say that we have had some unusual weather, especially for our Sunday rides.

We've had two rain outs, two snow/cold outs (is that a thing?) and several Sunday rides that were sparsely attended. In fact, by my estimate, we've had about 60 riders total for all eight rides in January and February, despite February being the warmest February on record!

The Triboro ride on Jan 14 and Feb 11 lived up to its reputation as well. The first date featured air temps of 20 degrees with 7 riders and the second date was one of the rain-outs. Maybe we should rename that ride the TriAnnual ride; it seems we only ride it once every three years! Many thanks go out to our new arrower, **Paul Slinko** for his efforts to get that ride arrowed

An interesting challenge for the touring group (and our map creators) is posed by the efforts of the States of Rhode Island and Massachusetts to repair our infrastructure, specifically the roads and bridges. Road closures have required the rerouting of Great Grandma's Farm Ride (in two places) as well as Our Lady, Queen of Martyr's Ride. I'm sure that all riders will be disappointed to miss the climb up Woonsocket Hill Road necessitated by repairs to the Rte 146 bridge on that road.

With that in mind, we welcome scouting reports from our members as to road conditions and road closures so we can avoid, as much as possible, panic detours the day of a ride.

One of the reasons that our arrowed rides are so successful is the tremendous efforts of our volunteer arrowers. The arrowing of rides means that the volunteers are actually looking at road conditions while arrowing and we can reroute or detour as needed. Without our arrowers, our Sunday rides would be far less enjoyable.

If you haven't arrowed a ride, think about volunteering to do so. We are always happy to add to our pool of volunteers and can almost always partner a new arrower with a more experienced one. Contact **Chip Kent**, our arrower and paint coordinator to volunteer. He is present at almost every Sunday ride.

For the upcoming year, we already have one new ride planned for May 6. The ride will start in Woonsocket, RI and is hosted by the **Recycled-Bicycle Shop** on Mill St. Despite the name, this is a full service bike shop and the owner, **Craig Brassard** is welcoming all members to visit his shop after the ride. The route of the ride was scouted and planned by **Chip Kent**. It takes us onto roads that we don't usually use and to places and towns not usually seen, such as the Upton State Forest and the Whitehall Reservoir. I think this ride will be a winner.

With the Spring Opener on March 25th behind us at the time this column is published, we will have returned to our usual 10 AM ride starts and (hopefully) much better weather than we have seen in January and February. Spring is a great time to be getting bikes serviced for what we hope will be another great season of successful and safe riding.

I hope to see you all out there!
Rod

Ride Schedulers: *Chip Kent, Bob Paiva, Ted Shwartz, John Satterlee, Alfredo Sosa, Dave Baldwin*



Want to arrow a ride?

Chip Kent is our Arrowers/Paint Coordinator. You will see him frequently at rides and can reach him to volunteer to arrow a ride by emailing him at:

arrows@nbwclub.org

Chip provides the paint, map and instructions. Arrowing guidelines are posted on our website at: nbwclub.org/resources/nbw_arrowing_guide.pdf

Thanks to our most recent ARROWERS:

Jan 1 *New Year's Day*—Perky Nellison
Jan 14 *Triboro*—Paul Slinko
Jan 21 *Wickford Kingston*—John Satterlee
Jan 28 *Swansea Touissett*—Frenchy Amado
Feb 11 *Triboro (Repeat)*—Paul Slinko
Feb 18 *Wickford (Repeat)*—John Satterlee
Feb 25 *Swansea Touissett (Repeat)*—Frenchy Amado
Mar 4 *Fish Road*—Mike Emma
Mar 11 *"Ville" Ride*—Chip Kent
Mar 18 *Our Lady Queen of Martyrs*—Rod Breault
Mar 25 *NBX/Spring Opener*—Paul Slinko, Ivan Morera

NBW RIDE SCHEDULE

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

April 1, 2018	♥ Lakeville Tour	15/25/42 miles
Sunday	10:00 AM <i>Map No. 47</i> <i>Arrower: D Robillard/M Miller</i>	
<i>Route</i>	Lakeville, Freetown, Acushnet, Rochester	
<i>Directions</i>	Start at Assawompset School, 232 Main St (Rt. 105), Lakeville, MA. Take Rt. 44 E to Middleboro rotary, take a right on Rt. 18 for 4 miles to the traffic light at intersection of Rt. 18 and Rt. 105. Turn left, and the school is just ahead on your right.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is known for its cranberry bogs and lack of hills. This ride will be repeated on April 22	

April 8, 2018	♥ Fish Road -REPEAT	16/22/33 miles
Sunday	10:00 AM <i>Map No. 149</i> <i>Arrower: M Emma</i>	
<i>Route</i>	Tiverton, Sakonnet	
<i>Directions</i>	Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Road exit. Take a right turn off the exit; parking lot is on the right.	
<i>Drive Time</i>	35 minutes from Providence	
<i>Description</i>	Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.	

April 15, 2018	Great Grandma's Farm Ride	12/21/50 miles
Sunday	10:00 AM <i>Map No. 49</i> <i>Arrower: L Brisette</i>	
<i>Route</i>	Burrillville, Uxbridge, Pascoag, Chepachet, Gloucester, Smithfield	
<i>Directions</i>	NEW START: Raymond LaPerche School, 11 Limerock Rd, Smithfield, RI. Take Rt 146 N to the exit marked RI 123 W Breakneck Hill Rd. Turn left onto Breakneck Hill Rd, continuing for 2 miles. Turn left onto Limerock Rd. Continue for 1.9 miles, school is on the left.	
<i>Drive Time</i>	20 minutes from Providence	
<i>Description</i>	This challenging, but lovely, ride, designed by Luke Brisette, was the winner of our 1998 design-a-ride contest. It's a good hilly workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd (the two fascinating houses that everyone sees from Rt. 295 in Smithfield) and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) Thanks to Ted Schwarz for scouting out a new start location away from the traffic at the Lincoln Mall and for adding an option for avoiding the dreaded Burlingame Rd climb. Be aware that avoiding Burlingame Rd involves some off-road travel on the Smithfield Scenic trail!	

April 22, 2018	♥ Lakeville Tour -REPEAT	15/25/42 miles
Sunday	10:00 AM <i>Map No. 47</i> <i>Arrower: D Robillard/M Miller</i>	
<i>Route</i>	Lakeville, Freetown, Acushnet, Rochester	
<i>Directions</i>	Start at Assawompset School, 232 Main St (Rt. 105), Lakeville, MA. Take Rt. 44 E to Middleboro rotary, take a right on Rt. 18 for 4 miles to the traffic light at intersection of Rt. 18 and Rt. 105. Turn left, and the school is just ahead on your right.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is known for its cranberry bogs and lack of hills. This is a repeat of the ride on April 1	

May 20, 2018

♥ **Plymouth Century**

26/57/105 miles

Sunday 8:00 AM *Map No.* 122 *Arrover:* R Edgren

Route Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton

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

Drive Time 10 minutes from Providence

Description We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor. Unfortunately, the Mayflower II is still in Mystic, CT undergoing restoration work. The ride back takes us through the rolling hills of Miles Standish Park.

100 mile riders start at 8:00 AM, all other riders at 10:00AM.

Larry and Sue Rollins will lead a beginner's ride on the 26 mile loop. Please see the announcement earlier in the newsletter for more details.

May 27, 2018

♥ **Westport**

13/26/44/49 miles

Sunday 10:00 AM *Map No.* 111 *Arrover:* R Edgren

Route Westport, Dartmouth

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

Drive Time 30 minutes from Providence

Description This ride is considered to be one of the club's best, rolling down the Westport waterway to scenic Horseneck Beach. Easy riding past rural farms. 50 mile extension by Gil Peel. As in years past, the town of Westport is not allowing us to paint arrows on the pavement. The route will be guided by signs, maps, cue sheets and GPS files when in the town of Westport

June 3, 2018

BikeWorks Swansea Ride

16/25/50 miles

Sunday 10:00 AM *Map No.* 160 *Arrover:*

Route Swansea, Dighton, Freetown

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

Drive Time 15 minutes from Providence

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

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

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Deadline for the next issue is May 5

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 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 touring@nbwclub.org

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Jun	Sun 3	160	BikeWorks Swansea Ride	Swansea, MA	16/25/50	
	Sun 10	59	Mystic Metric	Ashaway, RI	16/30/64	
	Sun 17	88	Scramble Metric	Seekonk, MA	16/27/55/64	
	Sun 24	95	Tri-State Century	Smithfield, RI	31/62/100	
Jul	Sun 1	62	Joe Medeiros' Ride	New Bedford, RI	17/25/47/63	
	Sun 8	105	Tiverton Fifty	Tiverton, RI	21/33/51	
	Sun 15	19	Tom & Pat's Half Century	Coventry, RI	19/28/48	
	Sun 22	164	New Rhody Roundup	Slocum, RI	13/25/34/43	M & R Foulkes
Aug	Sun 29	118	Sturbridge Century	W Glocester, RI	19/37/48/58/104	
	Sun 5	57	Miles Standish State Forest	Wareham, MA	23/50	
	Sun 12	156	Hope Valley Ride	Richmond, RI	18/28/40/56	
	Sun 19	129	Diamond Hill One	Cumberland, RI	16/32/48	R. Breault
	Sun 26	32	Providence Bicycle Ride	Providence, RI	11/35/58	B. Rodriguez



It was the coldest New Year's Day Ride that your Editor can remember but eight (8) NBW hard men rode 2018 in on January 1.....

It was 5 degrees with a 17 mph wind and, if truth be told, it was dangerous to be out there riding.

Ted Shwartz, John Nery, Ray Foulkes, Tom Riley, Ben Gauthier, David Potter, Richard Cordeiro and someone whose name your Editor cannot make out — fingers were too frozen to the bone to write—set off. Noel Field and Perky Nellison had arrowed. Perky stayed to make hot coffee for riders. Noel nobly drove a SAG wagon, which proved a life-saver when Ray Foulkes had two flats!

