

The Spoke'n Word

Volume 48, Number 3

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

June/July 2018



Join us for our annual New Rhody Roundup July 22
Sign up for the chicken barbecue after the ride, page 5

Summer rides start at 9 AM in July and August (ex Rhody Roundup)

Highlights

President's column ... 1
Spring photos ... 2
New members ... 3
GPS files/online membership ... 4

Rhody Roundup barbecue ... 5
VT House weekend ... 6
TFCE Volunteers requested ... 7

Athlete's Kitchen ... 8
NBW Merchandise ... 9
Touring ... 10
Ride Schedule ... 11

SUPER CYCLE SHOPS

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

BIKEWORKS

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

BLACKSTONE BICYCLES

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

BRUMBLE BIKES

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

CHANGED YOUR ADDRESS?

The US Post Office will not forward your newsletter to you if you change your address. Update your address in your membership account at **imAthlete.com**. Easiest way is to start from your weekly email from our President, Ted Shwartz. Under the section "About your membership" you can see your member code and the link to go to imAthlete.com to change things in your member account.

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: Chicken barbecue, Rhody Roundup,
July 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



Summer is upon us, the best time of the year to ride a bicycle. The best rides finish safely, and more importantly they start safely. Safe starts are everything.

Our summer rides attract the large crowds. Large crowds with uphill starts are OK, the pack thins quickly. Large crowds with flat starts are something else; there can be a problem with rider behavior.

We have several rides with flat starts this summer: **BikeWorks, Scramble Metric, Joe Medeiros, Tiverton Fifty, Tom & Pat's Half Century, Myles Standish & Diamond Hill One.** A crowd of cyclists on the road draw attention, and bad behavior draws complaints. Here is what happens. Club riders take off, excited, bunched up, all over the road, passing each other, ignoring traffic and generally giving the NBW a bad name. Start safer, take your time for the first few miles until the pack spreads out. It's hard for cars to safely pass 150 plus cyclists bunched up all over the road.

This summer we have 175 riders with us that are new to the club since fall 2017. Those 175 riders may be new to bicycling, they are new to the club, and the club is new to them. First impressions are everything. Please give them the benefit of courtesy. Talk to the new riders, explain how we do things. Make them welcome. Explain how club rides work, and come to the social tent after, all are invited. We were all new to the club once and think of how many friends we have made because of the NBW and its Sunday ride series. Recently I heard of two club members going to **L'Eroica** in Italy for a bike trip—they met each on the **Drummond Double.**

In the weekly email I recount our newest riders' reasons

for joining the NBW. Here are some of them: to explore, group rides, TFCE, TFCE rider for many years, meet new riders, try new routes, companionship, great rides and big group, to become more active, centuries, for an adventure, safe rides, to be challenged, social rides, to ride with the pack, new to the area. **Lennin Tabora** said join, etc... Do these new riders have any different reasons for joining the club than you did?

Your longest rides, your fastest rides, and your hottest rides all come in the summer time. Your longest, fastest and hottest rides are also the time that you become most at risk to yourself and others. Sometimes, when you are pushing yourself too hard on these rides, your best riding company is in back of you, and not in front. Start safe, finish safe, and then go off to the social tent.

Bladimir Rodriguez will be running the "**Social Tent**" after rides this season. The best rides finish safely and in the social tent. All club members are welcome, as well as club members-to-be. Bring a chair, have a cold drink and relax a bit after the ride with your friends. Everyone rides the same speed in the social tent.

The "**Social Tent**" is absolutely critical to the NBW. In the "**Social Tent**" we relax and socialize after a ride. More importantly we pass on the culture and values of the NBW riders to the new riders, and perhaps the next generation of volunteers and club officers. Recently I heard of another club that was facing declining membership, electing to try a social tent to address that very real problem.

Our friend and supporter **Matt Bodziony**, of **NBX Bikes**, always says "Ride, for the fun of it". I might add, "Ride Safely" too.

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 Velozo, 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
Arowers/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
Social Tent organizer: **Bladimir Rodriguez**
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

When the going gets tough ...

We had a tough start to riding in 2018, presaged by an incredibly cold New Year's Day Ride (see photos in the April issue). Sunday after Sunday was doomed to bad weather, even in the deceptively mild February. Our Spring Opener in March, hosted by NBX Bikes, had the traditional sleety day, of course. Many photos received by your editor were, predictably, dark. Here's a photo record of our so-called Spring season. Kudos to all who rode in it.



[left] Mar 11, 2018, Ville Ride (or "Vile" Ride). Bob Paiva, Lee Sproul.
Photo: Ted Shwartz

[below] Mar 25, 2018, NBX Spring Opener. Front group returns in the sleety rain. Photo: Monica Foulkes



[left] Apr 8, 2018. Fish Road. Weather *slightly* better, but Steve Rodriguez and Paul Rider still bundled up in a cold wind. Photo: Monica Foulkes

[below] Apr 15, 2018. Grt. Grandma's Farm. Oh this was bitterly cold—this was the whole group of noble hardmen who rode. Photo: Chip Kent



[left] Apr 29, 2018. West-erly was another damp, cool ride to the Watch Hill lighthouse. I see Pat Stark braving it out on the left. Photo: Ted Shwartz



Drummond Double Father's Day, June 17, 2018

For NBW members only
By pre-registration only: contact tshwartz@gmail.com

Details:

- 200 miles
- starts at 4:00 AM
- must have lighting, reflective safety vest or sash
- must have completed a century prior to Drummond Double
- route details will be provided with pre-registration

Welcome New Members

Ed Adams, Middletown, RI
Jack Allen, Attleboro, MA
Keith Andrews, North Kingstown, RI
Martha Baldwin, Westport Point, MA
Robert (Bob) Barnes, Johnston, RI
John Barylick, Little Compton, RI
Paucic Baxter, East Greenwich, RI
Robert Beaudry, West Greenwich, RI
Jean Beebe, Quincy, MA
Rod & Lisa Beittel, Jefferson, MA
Paul Bergeron, Glendale, RI
Marc Bernier, Halifax, MA
Harvey Blanchette, Dighton, MA
Barry Blatt, Foxboro, MA
Rachel Brier, North Smithfield, RI
Jacques Brunswick, New York, NY
Kristen Carlson, Foster, RI
Jane Carter, Barrington, RI
Katie Chapman, East Providence, RI
Rita Choi, Felton, DE
Jhony Colonia, Pawtucket, RI
Elizabeth Coughlin, North Dartmouth, MA
Jason & Mitchell Cupp, North Attleboro, MA
Doug Czarnomski, Cumberland, RI
Lyle Czuchra, North Dartmouth, MA
Robert Dais, Pawtucket, RI
Michael Daley, East Sandwich, MA
Noreen Daponte, Westport, MA
Mary Pat Denci, Saundertown, RI
Louise Desjardins, New York, NY
Christine Desmarais, Warwick, RI
Thomas Dickinson, Barrington, RI
David Duhaime, Mansfield, MA
Rex Dyer, Summit, NJ
David Eisenberg, Needham, MA
Robert England, Felton, DE
Scott Ferreira, Portsmouth, RI
Constance Foster, Somerset, MA
Peter Fucci, Manville, RI
Ted Furtado, Riverside, RI

Neil Goldberg, Westwood, MA
Maria Golden, Cranston, RI
Felix Gonzalez, Rumford, RI
Marc Hamlin, Cumberland, RI
Steven Harrington, Riverside, RI
Samuel Hawkes, Rehoboth, MA
Jennifer Heald, Westport, MA
Jack Helfgott, West Chazy, NY
Thad Henry, Chepachet, RI
Samantha Hogan, Providence, RI
Eric & Laura Hostage, Bethlehem, PA
John Houlihan, Franklin, MA
Brendan Hughes, Cambridge, MA
Curtis Jensen, Mattapoisett, MA
Linda Kahn, Newport, NH
Jared Kelly, Barrington, RI
Diane & Jeff Kendall, New York, NY
Steve Kloebler, Bristol, RI
David Krolick, Lincoln, RI
Jay Laffleur, Fall River, MA
Timothy Landreth, Hopkinton, MA
Andrew Lapre, Amherst, MA
Darren Leveille, Berkeley, MA
Bart Littlefield, Concord, MA
Gerald Maccurtain, Braintree, MA
Joseph Magri, Braintree, MA
Damon May, North Dartmouth, MA
Ginger McCabe, Attleboro, MA
Keith Mcclenning, Tiverton, RI
Daniel & Elisabeth Mcdowell, Tiverton RI
Brendan McNally, Tiverton RI
Bob Menendez, Portsmouth, RI
Rania Milman, Barrington, RI
Donna Morelle, Cumberland, RI
Kevin Motta, Hubbardston, MA
Bert Neales, Swansea, MA
Steve O'Neill, Bristol, RI
Mary Anne & Rob Pallack, Westport, MA
Matthew Parsons, Mystic, CT
Michael Pearis, Pawtucket, RI
Joann Perry, Lincoln, RI
Susan Petti, Tiverton, RI

James Pigeon, Lincoln, MA
Laurie Pohl, North Quincy, MA
Michael Provost, Putnam, CT
Richard Prull, Greenville, RI
Joan Reeb, Warwick, RI
Amy Richards, Newtown, CT
Debra Ritz, Mountain Top, PA
Jonathan Rothgeb, North Smithfield, RI
Peter Schwaller, Tiverton, RI
Jonathan Shapiro, Sharon, MA
James Sheldon, Dudley, MA
Mark Silverman, Westwood, MA
Susan Smith, Noxen, PA
Jonathan Stark, Barrington, RI
Tom Stefanik, Pittsfield, NH
Jim Sullivan, Westborough, MA
Wayne Tikkanen, Warwick, RI
Andrew Tine, Barrington, RI
Matthew Turner, Providence, RI
Bruce & Hazel Underhill, Jamestown, RI
John Valentine, Rehoboth, MA
Kirk Volk, Portsmouth, RI
Linda Ye, Warwick, RI
Kevin Zona, Rumford, RI



NBW members are always Touring ... are you adventuring this year?

Touring around the world is a long-standing NBW tradition, since the club's inception in 1971 (see the last SnW issue).

Continuing that tradition recently were these members, in this photo enjoying riding in Schoonhoven, The Netherlands.

Margaret & Mike Vigorito
Kris & Bob Brown
Patricia Lang & Keith Enos

Other members are, we know, planning their 2018 tours. Please send a photo from your latest tour, with names and places to editor@nbwclub.org

Photos printed as space is available.



NBW Membership

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).

TO CHANGE YOUR ADDRESS: Easiest way is to start from your weekly email from the President. Under the section "**About your Membership**" you can see your member code and the link to take you to imAthlete.com to change things such as physical or email addresses in your member account.

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

GPS Files for NBW Rides

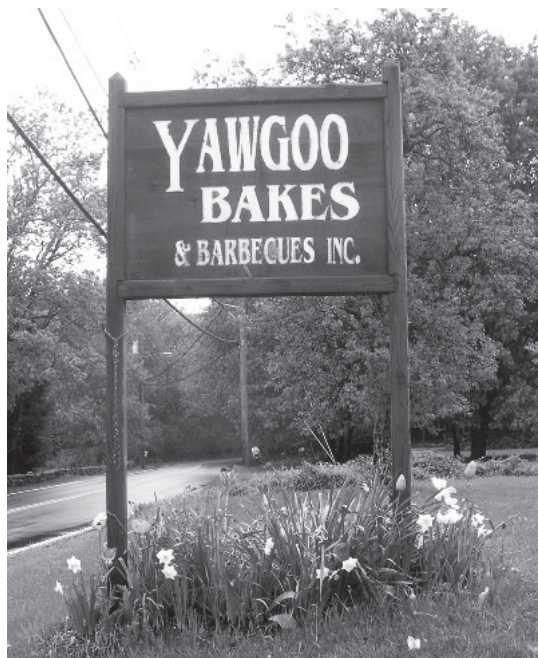
A year ago we announced that GPS files would be available to members for all scheduled rides, through an NBW account at RidewithGPS.com. Previously Don Chiavaroli and Ted Shwartz had provided GPS files for several years, and in 2017 Alfredo Sosa pioneered a formal service to members. Since then riders have increasingly taken advantage of GPS files, whether using smart phones or GPS-specific instruments such as Garmin, and our rides have been safer and smoother for it. Why not join the increasing number of NBW members using the service?

You need to set up a RidewithGPS account (free) and link it to the NBW account to access NBW rides; links and instructions are sent to you in the NBW President's weekly email. If you do not receive this weekly email, check your email address on your membership account at imAthlete.com

If your editor (madame luddite) can master this GPS thing on her smart phone, then you can! Try it.

Questions to president@nbwclub.org

Or ask around at Sunday's rides—you'll find many knowledgeable and helpful riders.



Sunday, July 22nd

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

~Rain or Shine~

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

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

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

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

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

Return this form by July 16th (check made payable to NBW) to:

Liz Masterson • 18 Haliburton Rd, Rumford, RI 02916 • 401-438-8926 • lizmasterson@rocketmail.com

Name: _____

Mailing Address: _____

Tel: _____ Email: _____

meal tickets: Adult: _____ Children 12 and under: _____

NBW Special Events Committee announces
The Vermont Fall Foliage Getaway Weekend



Thursday September 27 – Monday October 1, 2018

Accommodations:

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

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

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

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

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

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

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



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.



Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD—April 2018

Sports Supplements: Buyer Beware?

Definition of Sports supplement: *A food, food component, nutrient, or non-food compound that is purposefully ingested in addition to the habitually consumed diet with the aim of achieving a specific health and/or performance benefit.*

The global sports nutrition supplement market (including sports foods, drinks and supplements) accounted for \$28+ billion in 2016 and, with the help of rigorous advertising, is expected to almost double by 2022. How many of the products are moneymaking ploys marketed to uninformed athletes? Unfortunately, too many.

Due to the plethora of products that have infiltrated gyms, fitness centers and professional sports teams alike, I get questioned by fitness exercisers and aspiring Olympians: *Which of these supplements are actually effective?* Hands down, the most effective way to enhance sports performance is via your day-to-day sports diet, coordinated with a consistent training program. Eating the right foods at the right times creates the essential foundation to your success as an athlete.

That said, specific sports supplements could make a minor contribution to small performance improvements for certain elite athletes. If you wonder if the grass is greener on the other side of your sports diet's fence, here are some facts from the 2018 *IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete*.

- Supplement use varies across sports. It increases with the athletes' training level and age, is higher in men than women and is strongly influenced by perceived cultural norms. (For example, *"Everyone" on my team takes creatine, so I do, too.*)
- Before making any decisions regarding sports supplements, you want to get a nutritional assessment to be sure your diet supports your performance goals. No amount of supplements will compensate for a lousy diet. To find a local sports dietitian who is a Certified Specialist in Sports Dietetics (CSSD), use the referral network at www.SCANDpg.org.
- Despite the ads you see for a zillion sports supplements, very few have strong proof of directly enhancing performance. These include caffeine, creatine, specific buffering agents, and nitrate. Period.
- Very little research with supplements offers definitive evidence, in part because the research is rarely done with elite athletes under real life conditions. *Real life* includes 1) multi-day tournaments, competitions or events, 2) "stacking" supplements (such as mixing caffeine and nitrates) and 3) determining if an elite athlete responds the same way to a supplement as does a Division-3 collegiate athlete. *Real life* also includes your unique microbiome (the bacteria in your gut that influence your overall health and well-being). We do not yet know how much a microbiome, which varies 80% to 90% between individuals, influences the effectiveness of a sports supplement and contributes to different responses.

Supplements are used for many different reasons.

Here's a breakdown of supplements by categories.

1. *Supplements used to prevent/treat nutrient deficiency.* Nutrients of concern for athletes include iron (to prevent anemia), calcium and vitamin D (for bone health), as well as iodine, folate and B-12 for specific sub-groups of athletes, including vegans and women who might become pregnant. The basic supplement question is: If you are deficient, what led to that deficiency and what dietary changes

will you make to resolve the issue so that it doesn't happen again?

2. *Supplements used to provide energy.* Sports drinks, energy drinks, gels, electrolyte replacements, protein supplements, energy bars, and liquid meals are commonly used to help meet energy needs before, during and after exercise. They are a convenient, albeit more expensive alternative to common foods. They aren't *magical* or *superior* to natural food. They are just easy to carry, standardized and eliminate decisions about which foods would offer, let's say, the recommended "ratio" of carbs, protein and fat.

3. *Supplements that directly improve performance.* Caffeine, creatine monohydrate, nitrate, sodium bicarbonate, and possibly beta-alanine are the very few performance enhancing supplements that have adequate support to suggest they may offer a marginal performance gain. If you choose to use them, be sure to test them thoroughly during hard training that mimics the competitive event. Choose a brand that is NSF Certified for Sport to minimize the risk of inadvertent doping due to contamination. Every year, athletes get suspended for failing a drug test after they unknowingly took a supplement with an illegal ingredient...

4. *Supplements that indirectly improve performance.* Some supplements claim to enhance performance indirectly by supporting the athlete's health and limiting illness. "Immune support" supplements that have moderate research to support their health claims include probiotics, vitamin D, and vitamin C. Supplements that lack strong support for their immune-enhancing claims include zinc, glutamine, Echinacea, vitamin E, and fish oil. Tart cherry juice and curcumin show promise. A supplement with strong evidence to indirectly improve performance by helping build muscle is creatine monohydrate. Questionable supplements without strong evidence for athletes include gelatin and HMB.

Adverse effects.

If some supplements are good, would more be better? No, supplements can cause harm. Too much iron can lead to iron overload. Too much caffeine increases anxiety. Supplements are linked to liver toxicity, heart problems and seizures. In the USA in 2015, dietary supplements contributed to about 23,000 emergency department visits. Manufacturers are not required to show safety or assure quality of a supplement.

Athletes beware—and try eating better to perform better?

Nancy Clark, MS, RD, CSSD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best selling Sports Nutrition Guidebook and food guides for marathon-ers, cyclists and soccer players offer additional information. They are available at www.NancyClarkRD.com. For her popular online workshop, see www.NutritionSportsExerciseCEUs.com.

References

Maughan R, Burke L, Dvorak J et al. IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete Intl J Sports Nutr Exerc Metab 2018, 28: 104-125.

<https://globenewswire.com/news-release/2017/01/10/904591/0/en/Global-Sports-Nutrition-Market-will-reach-45-27-Billion-by-2022-Zion-Market-Research.html>

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

All club clothing is sold at cost

Non-NBW Events Calendar

See website for latest listing

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

June 10 - Bikes Not Bombs Bike-a-Thon. Jamaica Plain, Boston. More info at bikesnotbombs.org

June 23-4 - Ride for Mental Health. New Paltz, NY. More info at www.rideformentalhealth.org

July 22 - 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 - 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

Sep 15 - RI Cycle for Life. For Cystic Fibrosis Foundation. 12, 24, 62 miles through Westport, Tiverton, Little Compton. Start Westport Rivers Vineyard. More info at: http://fightcf.cff.org/site/TR/Cycle/74_Massachusetts_RI?fr_id=6963&pg=entry

From the Touring Committee

Rod Breault, touring@nbwclub.org



At the time I am writing this, which is late April, I can see the leaves sprouting on the trees and the blooming of the forsythia bushes, sure signs that spring has finally arrived. By the time you read this, though, it will be June and we'll be heading into our prime riding season. Blue skies, warm temperatures, cycling shorts instead of tights

... what's not to like?

We had a pretty successful spring this year with really good attendance at the repeat of the **Fish Road** and **Lakeville** rides, April 8 and 22 respectively. Nearly one hundred riders were present on April 22; quite a respectable showing. Also debuting this spring, on May 2, was our new ride, **Re-Cycled Bike Ride**, hosted by the bike shop of that name and devised by our own Chip Kent. I'm looking forward to hearing comments about the ride.

Coming up this summer are some old favorites and longer rides, metrics and centuries. Ted Shwartz and Raul Silvia have rerouted a bit of the **Plymouth Century**, scheduled for May 20, to avoid difficult traffic patterns in Berkley which should make that area safer. We are going to combine the **Scramble Metric** and the **Plymouth Century** on June 17 into the **Drummond Double** again this year if the ride generates enough riders. The Drummond Double is a Members only ride and needs pre-registration. See the notice elsewhere in this issue.

Not to be overlooked is our annual **Rhody Roundup**, an event that needs pre-payment if you want to eat barbecued chicken at Yawgoo Bakes after the ride. An announcement regarding that is in this issue as well.

And finally, a word of warning ... the top Century loop of the **Sturbridge Century**, scheduled for July 29, will not be arrowed. This portion will be available to club members on **Ride With GPS**. The Scheduling committee has taken this approach to ease the burden on our arrowers (this is a tough ride to arrow) and, historically, few riders do the full century ride.

It is shaping up to be a great summer for cycling. So get out there, ride, enjoy yourself, be safe, be courteous and say "Hi!" to your fellow cyclists. And don't forget: Rides start at 9 AM starting July 1!

Rod

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

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.



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:

Apr 1 *Lakeville*—Dianne Robillard, Mike Miller
Apr 8 *Fish Road*—Mike Emma
Apr 15 *Great Grandma's Farm*—Luke Brissette
Apr 22 *Lakeville (Repeat)*—Dianne Robillard, Mike Miller
Apr 29 *Westerly*—Ted Shwartz, Rod Breault, John Satterlee
May 6 *Re-cycled Bike*—Chip Kent, Bob Ferschke
May 13 *Great Grandma's (repeat)*—Luke Brissette
May 20 *Plymouth Century*—Rob Edgren
May 27 *Westport*—Rob Edgren

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.

June 3, 2018	BikeWorks Swansea Ride	16/25/50 miles	
Sunday	10:00 AM	Map No. 160	Arrower: D Paiva
<i>Route</i>	Swansea, Dighton, Freetown		
<i>Directions</i>	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.		
<i>Drive Time</i>	15 minutes from Providence		
<i>Description</i>	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.		

June 10, 2018	Mystic Metric	16/30/64 miles	
Sunday	10:00 AM	Map No. 59	Arrower: J Satterlee
<i>Route</i>	Ashaway, Mystic, Stonington		
<i>Directions</i>	Start from the car pool commuter lot on Rt. 3 in Ashaway, RI. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.		
<i>Drive Time</i>	45 minutes from Providence		
<i>Description</i>	This ride starts through North Stonington cow country and old farms, travelling beautiful country roads to Mystic and the Stonington coast. We are reverting to our old route (the casino has built a new road so is no longer a problem).		

June 17, 2018	♥ Scramble Metric	16/27/55/64 miles	
Sunday	10:00 AM	Map No. 88	Arrower: Emma/Foulkes/Paiva
<i>Route</i>	Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro		
<i>Directions</i>	NEW START: Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.		
<i>Drive Time</i>	10 minutes from Providence		
<i>Description</i>	The Scramble Metric is an old NBW favorite; it's scenic and fairly flat. The route travels north through the woods and farms of Norton, Wrentham and Norfolk, returning through Franklin and Sheldonville. The short loops of this ride are good rides for beginners. This ride, combined with last week's ride, constitutes most of the Drummond Double, scheduled today as well. The Double is for REGISTERED CLUB MEMBERS ONLY. See the announcement elsewhere in this newsletter.		

June 24, 2018	TriState Century	31/62/100 miles	
Sunday	8:00 AM	Map No. 95	Arrower: B Rodriguez/C Kent
<i>Route</i>	Northwestern Rhode Island, Connecticut, Massachusetts		
<i>Directions</i>	The ride starts from in back of the Anna McCabe Elementary School, 100 Pleasant View Ave (Rt 116), Smithfield RI - on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. Directions: Rt I-295 N to Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto Rt 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.		
<i>Drive Time</i>	20 minutes from Providence		
<i>Description</i>	This is a challenging but very scenic century that affords spectacular views from several different ridge lines. 100 milers start at 8:00 AM, all others start at 10:00 AM		

July 1, 2018

♥ Joe Medeiros Ride

17/25/47/63 miles

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

Route North Dartmouth, Freetown, New Bedford

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

Drive Time 30 minutes from Providence

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

July 8, 2018

Tiverton Fifty

21/33/51 miles

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

Route Tiverton, Little Compton, Westport

Directions Start at the Tiverton Middle School, 10 Quintal Drive, Tiverton, RI. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school at the end.

Drive Time 35 minutes from Providence

Description An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

July and August rides start at 9:00 AM

July 15, 2018

Tom & Pat's Half Century

19/28/48 miles

Sunday 9:00 AM *Map No.* 19 *Arrower:* J Stenning

Route Coventry, Foster, Sterling

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

Drive Time 35 minutes from Providence

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

July and August rides start at 9:00 AM

July 22, 2018

**** New Rhody Roundup**

13/25/34/43 miles

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

Route Slocum-Charlestown-Narragansett-Wickford

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

Drive Time 30 minutes from Providence

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

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

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

July 29, 2018

Sturbridge Century

19/37/48/58/104

Sunday 7:00 AM *Map No.* 118 *Arrower:*

Route Thompson, Woodstock, Sturbridge, Brimfield, Brookfield

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

Drive Time 40 minutes from Providence

Description This challenging but scenic century ride takes back roads to Sturbridge from Gloucester. Then it's a hilly loop through Holland, Brimfield, Warren and Brookfield on quiet rural roads. (Note: This old map can be very confusing. Only the 58 milers may possibly have time to visit Old Sturbridge Village: they should follow the 100 mile route to Sturbridge Village then either retrace the route to pick up arrows in Southbridge, or turn right on Rt 20, then right on Rt 131 to pick up arrows. If you don't want to visit Old Sturbridge Village, follow the 50 mile arrows, turning right onto Rt 131 in Southbridge.)

This year, only the shorter loops will be arrowed. The 100 mile ride will be available as GPS files from Ride With GPS for club members. If you are one of the few riders that do the 100 miler, you'll need to plan ahead and get the GPS files downloaded to your device.

Century riders start at 7 am; others at 9 am.

August 5, 2018

Miles Standish State Forest

23/50 miles

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

Route Wareham-Marion-Carver-Plymouth

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

Drive Time 45 minutes from Providence

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

July and August rides start at 9:00 AM

Narragansett Bay Wheelmen
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Deadline for the next issue is July 5

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

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

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Aug	Sun 5	57	Miles Standish State Forest	Wareham, MA	23/50	R. Edgren
	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
Sep	Sun 2	89	Seekonk South Ride	Seekonk, MA	18/29/52	M. Foulkes
	Sun 9		TFCE			TFCE crew
	Sun 16	120	Ray Young's Ride	Smithfield, RI	12/19/23/33/55	
	Sun 23	92	Taunton Sharon Tour	Taunton, MA	21/29/49	
	Sun 30	52	Mattapoissett Ride	Mattapoissett, MA	14/31/49	
Oct	Sun 7	130	Cape Caper Ride	Bourne, MA	24/40/62	R. Edgren
	Sun 14	167	Border Crossers	Cumberland, RI	22/42/66	A. Sosa
	Sun 21	117	Purgatory Chasm	Uxbridge, MA	23/31/54	C. Kent
	Sun 28	172	NBX Ride	Narragansett, RI	24/37/50	



[left] May 6 Re-Cycled Bike Ride. A new ride hosted by Craig Brassard of the Re-Cycled Bike shop on Mill Street, Woonsocket, designed by Chip Kent and arrowed by him and Bob Fershke. Some new back roads and new hills met with favor from the good turnout of riders. Craig provided a surprise first social tent of the year, with plenty of sports bars, gels, drink powders.

Photo: Rob Price