

# The Spoke'n Word

Volume 48, Number 4

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

August/September 2018

*The Tiverton 50 in July... is great New England riding.  
Are you ready for September 9 TFCE?*



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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.brumbalebikes.com

### LEGEND BICYCLE

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

### NBX BIKES

www.nbxbikes.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

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879 West Main Rd  
Middletown, RI 02842  
401-846-7525  
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### PROVIDENCE BICYCLE INC.

725 Branch Ave  
Providence, RI 02903  
401-331-6610  
www.providencebicycle.com  
And

### PROVIDENCE BICYCLE INC.

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Warwick, RI 02886  
401-773-7733

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1125 State Rd  
Westport, MA 02790  
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196 Main St  
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401-789-8664  
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18 Elm St  
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401-847-5609  
tenspeedspokes.com

### TRAVIS CYCLE INC.

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Taunton, MA 02780  
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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  
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### YESTER'YEAR CYCLERY

330 Hathaway Rd  
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yesteryearcyclery.com

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459 Willett Ave  
Riverside, RI 02915  
401-433-4491  
and  
51 Cole St  
Warren, RI 02885  
401-245-9755  
yourbikeshopri.com

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## 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.

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*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



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## 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/>

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Cover: Tiverton 50, July 8. If you know this tandem couple, let me know and I'll send the original shot. Photo: Monica Foulkes

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## 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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## The Three C's

The NBW's newest members, and the Three C's. What are the Three C's? The Three C's are the reasons why the new members join us. The NBW's newest members join us for: *camaraderie, cause and challenge*.

The most often cited reason for joining our club is *camaraderie*. Most bicyclists are social animals;

they enjoy riding with others. The camaraderie of the club makes it easy for new club riders to broaden their riding horizons from their own familiar riding areas. Riding with others you learn so much more. Many join the club because of their friendships with other club members.

Many new club riders cite *cause* as the reason they join the NBW. They like what the NBW does with its advocacy, and the club's consistent presence on the road.

*Challenge* is the third C. Many riders join the NBW either because they have participated in a TFCE or intend to do so. Others cite personal goals of more regular fitness, or higher levels of fitness. Some cite charity ride goals such as the MS, Tour de Cure, Ride Round Rhody or the Pan Mass Challenge. Some riders just want to lose weight or use riding to reduce stress.

My question to you, is why did you join the NBW? Was it for some of the Three C's, or some other reason? How are we doing as a club, are we meeting your goals?

The NBW tries to maintain camaraderie with a year-long series of Sunday rides. We try to make the ride as much of a social experience as we can via communicating the rides in advance via *The Spoke'n Word*, and the weekly

emails. The camaraderie of a Sunday morning start is something special with friends arriving early, saying hello, swapping stories and then listening to our ride announcer describe the ride particulars and get people off in groups by speed. Lastly, we have our social tent, at the end of many rides but now the end of your Sunday with the NBW.

The NBW tries to maintain cause through our presence on the road, our advocacy and charitable donations. There is a lot the NBW does behind the scene with all the stakeholders in the road and cycling communities.

The NBW tries to maintain challenge with its mix of Sunday rides that cover all of RI, SE Massachusetts, parts of central Massachusetts and Eastern Connecticut. Our library of routes can challenge any rider. Club members can challenge themselves every Sunday by riding in new areas and improving whichever part of their cycling they choose.

Going forward the Three C's represent why cyclists join the NBW, and define how the NBW needs to operate for its members.

Ted Shwartz  
NBW President

Best wishes to Lennin Tabora for a good recovery; we hope you will be riding again with us soon.

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## Club Officers & Other Important People

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### 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  
*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:* R. Paiva, R. Silvia, J. Satterlee, D. Baldwin, T. Shwartz, R. Breault  
*Ride scouts:* Bob Paiva, John Satterlee, Ted Shwartz  
*Map & GPS creators:* 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

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

In May Carleen McOsker and Monica Foulkes toured Normandy and Brittany, a beautiful and historic area of France. Riding in the sea mist along a bike path on Omaha Beach before climbing up through the cliffs towards the American Cemetery was a very moving experience.

Photo: Descending to Arromanches-Bains, Normandy.

Other members are, we know, touring far and wide this year. Send a photo from your latest tour, with names and places to editor@nbwclub.org

*Photos printed as space is available.*



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### **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](http://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](mailto: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](mailto:president@nbwclub.org)

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

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## Volunteer needed Arrower/Paint Coordinator



Hello NBW members,

I plan to leave my position as the Arrower and Paint Coordinator by the end of this year. I'm looking for a volunteer/volunteers to take over for me. I will be glad to help with the details of this position to make the transition as smooth as possible.

If you are interested in this position, please contact me at: [arrows@nbwclub.org](mailto:arrows@nbwclub.org)

Or call me at 508 579-1785

Thank you, Chip Kent

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## Welcome New Members

Jack Beggs, Pawtucket, RI  
Erik Berrio, Pawtucket, RI  
Michael Blackwell, Sun City, CA  
Harry Bock, North Providence, RI  
Leonard Bradley, Cumberland, RI  
Mick Cochran, Jamestown, RI  
Richard Comforti, Westerly, RI  
Kathryn Converse, Uxbridge, MA  
Mike Costello, Providence, RI  
Anthony D'Acchioli, Warwick, RI  
Bill Davis, Wakefield, RI  
Ron Ezekian, Mansfield, MA  
Thomas Harrop, Warwick, RI  
Christine Hendrick, West Kingstown, RI  
Rick Hilton, Coventry, RI

Ed Kammerer, Saunderstown, RI  
Darryl Keith, Wakefield, RI  
Keith Landry, Rehoboth, MA  
Roland Lavoie, Greene, RI  
Norine Lux, West Warwick, RI  
Harry Marsh, Barrington, RI  
Patrick McCrann, Barrington, RI  
W. Charles McGovern, Auburn, MA  
Greg Moreau, Lincoln, RI  
Stephanie Morrison, Cumberland, RI  
Chris Napa, Riverside, RI  
Andrew Neville, Cranston, RI  
Dena Nunez, Cranston, RI  
Dana Palka, Smithfield, RI  
Michael Pearis, Pawtucket, RI

Steven Pereira, Fairhaven, MA  
Brian Peterson, Warwick, RI  
Brian Powrie, Providence, RI  
Jon Roth, New Bedford, MA  
Brian Rua, Barrington, RI  
Jules Ryckebusch, Lantana, TX  
Leah Schumacher, Providence, RI  
Kristen Seery, Pawtucket, RI  
Lisa Sherman, Wakefield, RI  
William Smith, East Greenwich, RI  
Elizabeth Steinhour, Fall River, MA  
Brian Thalmann, Greenville, RI  
Erin Thibeault, Cranston, RI  
Michael Worden, Rumford, RI

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## Free Bike Shuttle over the Bridges



Clare Woodhead, of Bike Newport, reminds us of the new, free RI Bridge Bike Shuttle, a project to get bicyclists across the Newport Pell and Jamestown Verrazano Bridges. Partners Bike Newport, RI Turnpike & Bridge Authority, Discover Newport and the YMCA.

On Saturdays through the summer of 2018, there will be a **free shuttle service** for people and bicycles—with pickup and drop off on either side of the Jamestown and Newport bridges—in North Kingstown, Jamestown, and Newport.

For information: [ribridgebikeshuttle.com](http://ribridgebikeshuttle.com)

For rides, events in the Newport area: [bikenewportri.org/events](http://bikenewportri.org/events)

FYI—There is also the hourly RIPTA buses for \$2/passenger in these areas, with each bus capable of transporting 2 bicycles at a time.

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](mailto:tfce-volunteers@nbwclub.org)**



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

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



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# Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD—May 2018

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## Sports Nutrition: #ScienceNotOpinion

Performance starts with *fueling*, not training! The best way to fuel for top performance seems to be a debatable topic these days. To keep on top of the science regarding food, exercise & performance, I look to SCAN, the Sports & Cardiovascular Nutrition practice group of the Academy of Nutrition and Dietetics (AND). Here are some tidbits of information from this year's 35th annual meeting in Keystone CO, May 2018 (#SCANSymposium).

• In your search for sports nutrition information, Leslie Bonci RD CSSD wants you to find #ScienceNotOpinion and #FactsOverFallacy. Here's some of what science supports:

- Exercising in a fasted state leads to muscle breakdown. Think twice before eating nothing before morning exercise.
- The keto diet does not enhance performance, but rather leads to a down-regulation of the enzymes needed by carbohydrates to fuel a surge or a winning sprint at an event.
- Whole30 and Intermittent Fasting are just two more fads to add to the list of unsuccessful diets. You never want to embark upon a diet you won't maintain for the rest of your life. Otherwise, diet backlash (binge eating, weight gain) takes its toll. Learn how to eat smarter, not diet harder!
- Carb-phobia refuses to go away, despite the plethora of research supporting the performance benefits of a carb-based sports diet. #Don'tDreadTheBread.

• Omega-3 fats (DHA, EPA) found in oily fish (salmon, tuna, mackerel) are related to brain health. Animal research (rats, mice) suggests giving intravenous DHA within an hour after brain or spinal cord injury contributes to better outcomes regarding recovery. Would the same help athletes? Could DHA help with reducing the damage done by brain injuries? According to Michael Lewis MD, athletes, war fighters and others at high risk for getting concussed should consider taking 3,000 mg. EPA + DHA per day as a protective strategy.

Omega-3s can also help treat depression, and that might help reduce suicides. Among soldiers with adequate levels of omega-3, the suicide-rate was 62% lower than soldiers with low blood levels of DHA.

• Should athletes take anti-oxidant supplements? Likely not, according to exercise physiologist Scott Powers PhD of the University of Florida in Gainesville. The body has a natural balance of pro-oxidants and anti-oxidants. An imbalance can lead to muscular fatigue and molecular damage. Anti-oxidant supplements can down-regulate the body's natural production of anti-oxidants, and that can blunt the training response. Athletes can ingest a performance enhancing balance of anti-oxidants (including vitamins C & E, zinc, carotenoids, and

polyphenols) via all sorts of colorful fruits and vegetable :blueberries, strawberries, tart cherry juice, grape juice, broccoli, spinach, carrots....

• The Academy of Nutrition and Dietetics, along with the American College of Sports Medicine and Dietitians of Canada, have created guidelines on nutrition for athletes. But what about nutrition for fitness exercisers and weekend warriors? If that's you, exercise physiologist Asker Jeukendrup PhD of [www.mysportscience.com](http://www.mysportscience.com) suggests you match your nutritional guidelines to your athletic goals. That is, are you exercising to lose weight? build muscle? finish an Ironman Triathlon? or just to invest in better health?



When it comes to fueling *during* extended exercise, Jeukendrup stated the recommendations are similar for both athletes and less fit people: For exercise that lasts from 60 to 90 minutes, you want to maintain high energy by consuming from 30 to 60 grams of carbohydrate (120 to 240 calories) per hour of exercise. If you are a weekend warrior who exercises hard for more than two hours, you want to target 60 to 90 grams carb (240 to 360 calories) per hour. You might have to start at the low end of the calorie range while you train your gut to tolerate that much fuel. (The gut is trainable!). You'll discover that exercise is much more fun when you have high energy!

• An estimated 35 million Americans are older than 65. By 2030, 70 million Americans will exceed the age of 85. Unfortunately, as we age, we lose muscle strength. That loss is associated with frailty and falls. Because the daily diet of an estimated 25% to 40% of older people lacks adequate protein, muscle loss gets exacerbated.

Research suggests that older people, including athletes, should increase their protein intake to 1.4 g to 1.6 g/kg per day, and up to 40 grams after hard exercise. Exercise physiologist Robert Murray PhD ([www.sportsscienceinsights.com](http://www.sportsscienceinsights.com)) reports this could help boost the muscle-building response to exercise. If you are an older athlete who weighs 150 pounds (68 kg), this means 95 to 110 gram protein per day. That's about 25 grams, four times a day—much more than in a bowl of oatmeal or a handful of nuts!

• The health risks of yoyo dieting are more harmful than the (short-lived) benefits of weight loss. Julie Duffy Dillon RD (host of the Love Food podcast) reminds us that weight cycling (yoyo dieting) contrib-

*Continued on next page ....*

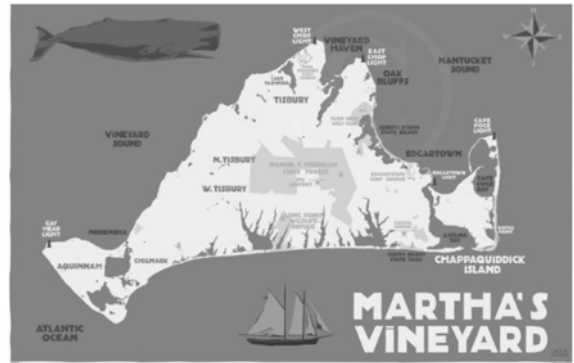


*Athlete's Kitchen continued ...*

utes to malnutrition, muscle loss, reduced metabolic rate, and feelings of deprivation. The binge-eating that occurs upon "blowing the diet" is linked to fat gain, inflammation, elevated blood pressure, and insulin resistance—to say nothing about disordered eating. Dieting is the #1 predictor of who will develop an eating disorder.

- According to sports dietitian Nanna Meyer PhD RD of the University of Colorado in Colorado Springs, climate change is here. It's time for athletes to think more about how we can be good Food Citizens and take better care of the earth that we enjoy. This could be by eating locally grown foods, choosing more plant foods, buying sustainably farmed fish, using fewer plastic water bottles, eating less food in wrappers, and buying from local farmers. Eat with integrity and with respect for the planet!

Nancy Clark, MS, RD 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 marathoners, cyclists and soccer players offer additional information. They are available at [www.NancyClarkRD.com](http://www.NancyClarkRD.com). For her popular online workshop, see [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com).



**Dave Hebert's Annual VJ Day Martha's Vineyard Tour  
Monday, August 13**

Using the MV Ferry from New Bedford

Contact Dave at: [davidhr711@gmail.com](mailto:davidhr711@gmail.com)



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

1986—John Rohland racing at Ninegret Park, Charlestown, RI.

From a 1984 newspaper clipping John sent, "Rohland utilized a nice piece of strategy to complete a one-man breakaway with six laps to go, burying the field in the process". Way to go John!

Contact Monica at [editor@nbwclub.org](mailto: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.



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# Cycling Sessions

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

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One of the most important things all of us strive for whether we ride competitively or recreationally, is to feel comfortable on the bicycle. Nothing can derail a good day's ride like lower back pain, shoulder or neck pain, while in the middle of a long ride. It is important to understand that riding a bicycle will develop your cardio and build up power in your legs and endurance, but it will not provide adequate core strength.

It is important to actively include core exercises and yoga to help your body even out its strengths. Bicycling is easy on the body compared to something like running, but tightness and overuse injuries can develop. A proper bike fitting can alleviate some of these problems; however, many muscle imbalances can develop due to the repetitive movements in cycling.

An activity that I have found to be a fantastic complement to cycling is yoga. Now, you may be thinking yoga is just for flexible people. Not true at all! With a power yoga class, one gets to open the super tight hip flexors that often time results from cycling. Yoga opens and balances the muscles, tendons and even the organs - which in turn, facilitates the movement of energy in the body. There are back bends and releases, core strengthening movements and active lengthening exercises that challenge your fitness, and humble you. By engaging the body in a very methodical way, both pulling and pushing muscles are strengthened and loosened. This allows more diverse muscle engagement while performing any activity. Back pain has several causes, for many improper muscle balance forces the body to compensate, putting strain on smaller muscles, eventually causing pain and injury.

To help remediate these issues a couple of yoga poses can be easily added to your daily routine. The **pigeon** pose is one of my favorite poses. Pigeon uses gravity to open-up the hip flexors. The flexors remain tight with sports like running and cycling. Here is the pose:



July 8 Tiverton 50  
Summertime after-ride discussions at the social tent.  
Photo: M Foulkes

Another pose that can be done prior to cycling is the **bridge**. Bridge fires up the back muscles, quads and abs. By firing the lower back, equalization is achieved with the smaller and larger muscles, and strength is increased. This is also a back bend the other way.



Breathing and focus are the real secrets of yoga that add value to your cycling ability. By learning to listen to your body, you will perform better. Breathing into the pain and using your breath will help you stay focused, and provide you with some more of those important molecules called oxygen. The greatest gift is a balanced, aligned body with better energy flow, or prana. At the end of the day it is all about health, and balancing an endurance sport that is very specific with yoga is a smart move!

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](mailto:cyclingsessions909@gmail.com)



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## NBW Merchandise

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### 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](mailto:sales@nbwclub.org) to check if your item is in stock

Make check payable to "NBW" and mail with order to:

**NBW/Rick and Michelle Cortes Harkins, 99 10th Street, Providence RI 02906**

Questions? Email to: [sales@nbwclub.org](mailto:sales@nbwclub.org)

*All club clothing is sold at cost*

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## Non-NBW Events Calendar

See website for latest listing

*We list other club's events and also charity rides for free. (no commercial rides). Send Date, Title, Contact info to [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)*

**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](http://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](http://fightcf.cff.org/site/TR/Cycle/74_Massachusetts_RI?fr_id=6963&pg=entry)



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## From the Touring Committee

Rod Breault, touring@nbwclub.org

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**A**fter a slow start in June, Mother Nature has finally turned up the heat in July. Starting off our peak riding season with a heat wave (okay, I know that we didn't actually reach the National Weather Service definition) has been a bit of a shock, especially after some of the cooler weather we had in June. The Joe Medeiros Memorial ride started off the month of July and as usual this ride came with blazing hot weather.

Despite the heat, some of our faster riders finished the 62 miler in record time. A really big thank you goes out to our social tent organizer, Bladi Rodriguez, and our hosts that day, Jan and Theresa. Jan scouted out the shadiest spot to set up the tent; which provided real relief from the sun and heat after the ride.

For August, the scheduling committee has lined up some of the classic Club rides; the ever hot Miles Standish ride, and the challenging Providence Bicycle ride. September brings us some flatter rides in Seekonk, Taunton and Mattapoisett, but also the more challenging Ray Young's ride, which we haven't ridden in three years.

Offering some mercy to our riders, the scheduling committee has slated the Border Crossers ride in late October this year. Some previous run dates were in July and August and featured really hot days. Hopefully, we can have a cooler day for this year!

I know that you may be hearing this from others, but it bears repeating that in the hot days of August and (sometimes) September, it's important to stay hydrated. Bring an extra bottle of water, but also don't forget just how much electrolytes our bodies can lose while riding in these conditions. There are many brands of electrolyte replacements available: buy some, bring them on your rides and, most importantly, USE them!

During the Joe Medeiros ride, I witnessed a near collision between two cyclists; one rider was coming to a stop when he was overtaken and passed on the right by another cyclist. As the first rider slowed to a stop, he headed to his right to get out of the traffic lane and that was the moment when he was passed on the right by the other cyclist, nearly colliding.

Passing any vehicle on the right—whether it is a car, truck or cyclist—is hazardous and should be avoided. I can just hear the groans from readers (because I mention this so often at ride starts), but please, call out when overtaking another rider; it costs nothing and can make everyone's ride that much more pleasant.

And what about rear view mirrors? I see many of our riders without them. It seems to me to be a very inexpensive way to improve your safety while cycling. I've been wearing one for so long now that I feel I can't ride without it. It makes it easy to look back for traffic, overtaking riders or to see if you've left your riding buddy behind.

So, get your bike out, bring lots of water and electrolytes, get a rear view mirror, call out greetings to other riders (and even passersby) and ride safely. Let's have another great summer of cycling.

Rod

### **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 Arrows/Paint Coordinator. You will see him frequently at rides and can reach him to volunteer to arrow a ride by emailing him at:

**arrows@nbwclub.org**

Chip provides the paint, map and instructions. Arrowing guidelines are posted on our website at: [nbwclub.org/resources/nbw\\_arrowing\\_guide.pdf](http://nbwclub.org/resources/nbw_arrowing_guide.pdf)

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

- Jun 3 *BikeWorks*—Don Paiva, Don MacManus
- Jun 10 *Mystic Metric*—John Satterlee
- Jun 17 *Scramble Metric*—Mike Emma, Don Paiva, R. Foulkes
- Jun 24 *TriState Century*—Bladi Rodriguez, Chip Kent
- Jul 1 *Joe Medeiros*—Abby Courchaine
- Jul 8 *Tiverton 50*—Don Paiva, John Darcy
- Jul 15 *Tom & Pat's 50*—John Stenning
- Jul 22 *Rhody Roundup*—Ray & Monica Foulkes
- Jul 29 *Sturbridge Century*—Paul Rider

## 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>August 5, 2018</b>	<b>Miles Standish State Forest</b>	23/50 miles
<b>Sunday</b>	9:00 AM	Map No. 57      Arrower: R Edgren
<i>Route</i>	Wareham-Marion-Carver-Plymouth	
<i>Directions</i>	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.	
<i>Drive Time</i>	45 minutes from Providence	
<i>Description</i>	This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 23 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest, which we eliminated, but left it on the map in case you really want to go off road.	
	July and August rides start at 9:00 AM	

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<b>August 12, 2018</b>	<b>Hope Valley Ride</b>	18/28/40/56 miles
<b>Sunday</b>	9:00 AM	Map No. 156      Arrower:
<i>Route</i>	Hope Valley-Charlestown-Richmond	
<i>Directions</i>	Start at the Stop & Shop Plaza, Rt 138, Richmond, RI. Take I-95 South to Exit 3-A; go left at the exit and left into the plaza parking lot. Please park well away from the stores. (Note: This lot is just on the other side of Rt. 95 from our old start in the Chariho Plaza, which we have been told not to use.)	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	This popular ride was created by Tina Williams to include many of our favorite roads in this area. The basic ride is a scenic 18 mile loop, with the possibility of taking 3 extra loops. Choose 1, 2 or all 3 loops. Loop #3's return along Rt. 3 is one of RI's best downhills. This ride was formerly called the Hope Valley Extra, but we took out the challenging "hero" loop, so there is no extra this year. (For the truly brave, the "Hero Loop" of 68 miles is available on the NBW club section of Ride With GPS.)	
	July and August rides start at 9:00 AM	

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<b>August 19, 2018</b>	<b>Diamond Hill One</b>	16/32/48 miles
<b>Sunday</b>	9:00 AM	Map No. 129      Arrower: R Breault
<i>Route</i>	Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA	
<i>Directions</i>	Start at Mercymount Country Day School 35 Wrentham Rd., Cumberland, RI. (Access is via Fisher Rd) Directions: From Providence, take Rt 146 North, to Rt I-295 North. Take Exit #22, Rt. 114, Cumberland. At the end of the ramp, turn left onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). After 1.7 miles, bear right onto Rte 121 (Wrentham Rd.). Turn right onto Fisher Rd. Entrance to the school is on your left.	
<i>Drive Time</i>	30 minutes from Providence	
<i>Description</i>	This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses.	
	July and August rides start at 9:00 AM	

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**August 26, 2018**

**Providence Bicycle Ride**

11/35/58 miles

**Sunday** 9:00 AM *Map No. 32* *Arrover: B Rodriguez*

*Route* Providence-Smithfield-Glocester-N Scituate-Greenville

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

*Drive Time* 10 minutes from Providence

*Description* Sponsored by Providence Bicycle, this challenging ride soon leaves the city behind, heading north west. The 58 mile loop goes through Lincoln and North Scituate, crossing the Scituate Reservoir before returning through Greenville. 11 milers turn off in Lincoln to return through North Providence. 35 milers turn south in Smithfield. One of our favorite riding areas, with a new look!

Providence Bicycle invite riders to stop by the shop after the ride to check out their latest gear.

July and August rides start at 9:00 AM

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**September 2, 2018**

**♥ Seekonk Southern Ride**

16/29/52 miles

**Sunday** 10:00 AM *Map No. 89* *Arrover:*

*Route* Seekonk, Rehoboth, Somerset

*Directions* 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

*Description* This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob Paiva .

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**September 9, 2018**

**\*\*TFCE**

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

*Route*

*Directions*

*Drive Time*

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

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**September 16, 2018**

**Ray Young's Ride**

12/19/23/33/55

**Sunday** 10:00 AM *Map No. 120* *Arrover:*

*Route* Greenville, Chepachet, Pascoag

*Directions* The ride will start from the 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.

*Drive Time* 20 minutes from Providence

*Description* This ride, and Ray Young, are so famous that the ride is written up in Howard Stone's book, "Short Bike Rides in Rhode Island." It's a scenic, rolling ride, with plenty of apple orchards and farmland.

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**September 23, 2018**                      **Taunton-Sharon Tour**                      21/29/49 miles

**Sunday**      10:00 AM              *Map No.* 92                      *Arrower:* J Swyers

*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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**September 30, 2018**                      ♥ **Mattapoisett Ride**                      14/31/49 miles

**Sunday**      10:00 AM              *Map No.* 52                      *Arrower:* D Robillard/M Miller

*Route*              Mattapoisett, Rochester

*Directions*      Start at the Commuters' Parking Lot, North St, Mattapoisett, MA - off I-195 at the Mattapoisett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, use Industrial Rd just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right). Do NOT park on street or sidewalks and do NOT NOT park in the coffee shop across the street from the commuter lot (you know this is a NO NO to park in the little coffee shop lot, so don't do it, please).

*Drive Time*      40 minutes

*Description*      This easy ride travels past Mattapoisett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

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**October 7, 2018**                      ♥ **Cape Caper Ride**                      24/40/62 miles

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

*Route*              Bourne, Falmouth, Woods Hole

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

*Drive Time*      50 minutes from Providence

*Description*      Explore the Cape on quiet back roads. We'll follow the Buzzard's Bay shore to Woods Hole, then on to Falmouth, heading back past ponds and pine woods, finishing with a run along the Cape Cod Canal. We schedule this ride to avoid heavy summer Cape traffic but still get some great fall riding weather. The long ride crosses railroad tracks several times - take care on the acute-angled crossings. Routes have been updated by Ed Foster, our Cape Cod representative. For those who don't want to cross the boardwalk in Sandwich, a GPS route can be downloaded from the club account at Ride With GPS

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

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**Deadline for the next issue is Sep 5**

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

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

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Sep	Sun 30	52	Mattapoissett Ride	Mattapoissett, MA	14/31/49	D Robillard/M Miller
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	
	Nov Sun 4	81	Cranberry Metric	Raynham, MA	20/38/65	
	Sun 11	169	Royal Mills Ride	West Warwick, RI	22/30/50	
	Sun 18	159	Fall River Fifty (aka Chourico)	Fall River, MA	18/27/47	
	Sun 25	64	Winter Newport Island	Newport, RI	19/29	
	Dec Sun 2	18	Coventry West Greenwich	Coventry, RI	15/28	
	Sun 9	22	Cranston Holiday Ride	Cranston, RI	9/18/29	
	Sun 16	93	Northern Border	Slatersville	12/28	
	Sun 23	90	Seekonk North	Seekonk, MA	13/18/25	
	Sun 30	25	Dartmouth Ride #1	N Dartmouth, MA	18/26	



***Bladi to the Rescue***

This year we tip our helmet to Bladi Rodriguez, who is running all the Social Tents. Greeting us after a hot Tri-State Century was the welcome sight of Bladi with ice-cold Passion Fruit drink, water, Gatorade, watermelon, sports bars, salty stuff and chairs in the shade of a tree to flop down.

Thank you Bladi.

Photo: M. Foulkes