

The Spoke'n Word

Volume 49, Number 3

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

June/July 2019



*Don't miss out ... Register soon for our annual
TFCE (The Flattest Century in the East)
September 8, 2019*

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SUPER CYCLE SHOPS

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

BIKEWORKS

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

BLACKSTONE BICYCLES

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

BRUMBLE BIKES

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

LEGEND BICYCLE

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

NBX BIKES

www.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

PEDAL POWER BICYCLE SHOP

879 West Main Rd
Middletown, RI 02842
401-846-7525
www.pedalpowerri.com

PROVIDENCE BICYCLE INC.

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

PROVIDENCE BICYCLE INC.

150 Lambert Lind Highway,
Warwick, RI 02886
401-773-7733

RECYCLED BICYCLE

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

SCOTTEE'S WESTPORT BICYCLE

1125 State Rd
Westport, MA 02790
508-636-RIDE (7433)
www.westportbicyclema.com

SIROIS BICYCLE SHOP

893 Landry Ave
No Attleboro, MA 02760
508-695-6303
www.siroisbicycle.com

W. E. STEDMAN CO.

196 Main St
Wakefield, RI 02880
401-789-8664
westedman.com

TEN SPEED SPOKES

18 Elm St
Newport, RI 02840
401-847-5609
tenspeedspokes.com

TRAVIS CYCLE INC.

1 Oak St
Taunton, MA 02780
508-822-0396
www.traviscycle.com

UNION CYCLE

77 Pleasant St
Attleboro, MA 02703
508-226-4726
unioncycle.com

VICTORY CYCLES

155 Black Plain Rd
Exeter, RI 02822
401-539-7540

YESTER'YEAR CYCLERY

330 Hathaway Rd
New Bedford, MA 02746
508-993-2525
yesteryearcyclery.com

YOUR BIKE SHOP

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



MOVING?

If you're planning to move, please let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Alfredo Sosa at:

membership@nbwclub.org

or mail: **NBW Membership, PO Box 41177, Providence, RI 02940-1177**

The Spoke'n Word is the official publication of the Narragansett Bay Wheelmen and is published in January, April, June, August, and October each year. Contributions must be received by the 5th of the month before the month of issue and will become the property of the newsletter. Submissions may be edited as deemed appropriate by the editor, Monica Foulkes
email: editor@nbwclub.org

MEMBERS' PASSWORD

NBW website: nbwclub.org
Members' page access (case-sensitive):
User name: mem66
Password: 2flatS

NBW email discussion list:
<http://groups.yahoo.com/group/nbwclub/>

Cover: Lakeville Ride, April 14, 2019.
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 printing usually show glimpses of a typical NBW ride, i.e. ...

- Action! Try for riders moving—we like shots that tell a story. Tell me who your subjects are, if you know.
- 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



What are your strategies for leaky tires? Generally, there are three strategies: pump them back up, patch them, or replace them. Pumping them back up again is the quick solution, assuming you have a pump. Patching them takes a little bit more time and effort. Patching the inner tube without examining the tire for the cause can lead to a second patch very soon. Replacing the tire interrupts your ride, unless you carry a spare tire and

tube. Hopefully you pick the right strategy, otherwise you are faced with the same leaky tire again, and it's time for a different strategy.

Thinking about leaky tires is a good way of talking about some of the issues the NBW has been facing of late. Some of those issues have been By-Laws, Sunday rides, Rhody Roundup, NBW Merchandise and the Executive Board.

Let's start with a simple one. The **NBW By-Laws** govern our club. The original By-Laws started with the formation of the club, and periodically they need to be revised to bring us up to speed with the times, or current issues. On page 2 of this issue you will see some proposed By-Law revisions for those reasons. These By-Law changes were spearheaded by Janice Velozo and Mark Dieterich. The NBW will vote on these changes at the annual meeting and volunteers' banquet in October. The full board of the NBW recommends that these changes be adopted. These bylaw changes are a "pump them back up" fix.

Another simple one is **Sunday Rides**. The Sunday ride series represents the best of NBW's rides covering nearly 50 years. Sometimes rides need to be updated. Updates happen because of suggestions from club members, or the touring board. Updates cover situations like ride start parking, road conditions, riding safety, simplification of the route, and improvements to the quality of the ride. These updates require subsequent modifications to the maps and GPS routes. Sometimes routes are retired because they no longer fit our needs. It seems every year a new route is proposed by a club member to the touring board, and added to our repertoire. Rod Breault and the Touring Board take care of the Sunday Ride series. These changes are in the category of a "pump them back up" fix. Putting a little air in the tires every now and then is normal, and part of riding a bicycle.

Let's next talk about two more problematic areas for the NBW: **Rhody Roundup** and **NBW Merchandise**. The **Rhody Roundup** is being shelved for 2019. The event has gotten old and attendance has been declining for many years. Rhody Roundup has not been appealing to newer members. The thinking is to find out what members are looking for in a summer ride event and incorporate that into a new event for the summer 2020 season. In the meantime, we have the social tent to pick up the slack. The social tent runs for the warm weather months, and is enjoyed by all riders during the summer season. Bladimir Rodriguez is doing a great job with the social tent. The changes to Rhody Roundup are in the category of "replacing the tire" fix, once we know what sort of tire we want. We all know that sometimes we have to replace a tire.

The **NBW Merchandise** program has been put on a temporary hold. It has not been working well for a number of years, and it's time to re-examine the needs and desires of the NBW and its membership with a merchandise program. Times have changed, members needs have changed, and the clothing program has not. We know we have a leaky tire with this program, and it's time to figure how and what we want to do here. The category here is either "fix a flat" (once we know what is causing it) or "replace the tire". The answer on this one is TBD.

Lastly, the club is in need of new blood. We have four elected positions with the NBW; president, vice-president, treasurer and secretary. **I will be stepping down as President of the NBW when my term ends February 1, 2020.** I have been president for 8 years. It is time for someone new. Call this strategy a "replace the tire". Any member of the NBW is eligible to run for an elected position. The election takes place at the Annual Meeting in October.

In summary, what the NBW does best is its Sunday ride series. The touring board gets feedback constantly and is always fine-tuning it. Periodically we need to update our By-Laws. Over time, events and programs (Rhody Roundup and Merchandise) get old and need to be re-examined. Sometimes programs will be patched, sometimes they will be replaced, sometimes they will be retired.

Safe summer riding,
Ted

**REMEMBER—JULY AND AUGUST
SUMMER RIDES START ... 9 AM**

CHECK THE RIDE SCHEDULE

Proposed amendments to the By-Laws

The Board of Directors propose the following amendments to the NBW By-Laws. These amendments will be put forward for members voting at the October 26, 2019 Annual Meeting. The existing text is shown. Text to be changed is displayed in "strike-through". Proposed changes and additions are in boldface/italics.

Article II, Members, Section 1. Qualifications. The members of the Association will be such persons who meet such qualifications and requirements as may be established by the Board of Directors from time to time. ***Up-to-date annual membership dues will determine if a person is a qualified member of the Association.*** The Board of Directors will be the sole judge of the qualifications of the members and its determination as to whether a person is or is not a member will be final.

Article II, Members, Section 4. Place: Notice. Meetings, annual or special, will be held at such place as is designated by the Board of Officers. ~~Written notice~~ ***Publication*** of each meeting of the members, annual or special, will be given in the members' newsletter, ***website and other electronic notification being utilized***, preceding the scheduled date of the meeting. The meeting will not be scheduled for a date earlier than 10 days after the mailing of the members' newsletter in which the notice appears.

Article III, Board of Directors and Board of Officers, Section 2. Board of Directors: Purpose. The Board of Directors will oversee the financial activities of the Association and will review the projected expenditures for the upcoming six month period and audit the actual expenditures of the prior six month period. ***The Board of Directors will also serve as an advisory board to the Board of Officers as requested by the Board of Officers.***

Article III, Board of Directors and Board of Officers, Section 4. Board of Directors: Meetings. Regular meetings of the Board of Directors will be held ***at least*** twice each year. Special Meetings of the Board of Directors may be called, and on the written request of seven directors will be called, by the President upon five days' notice. Meetings will be held at such place as is designated by the President. A majority of the members of the Board of Directors will constitute a quorum for the transaction of business and the act of a majority of the members present at a meeting will be the act of the Board of Directors.

Article III, Board of Directors and Board of Officers, Section 6. Consent votes. Any action required or permitted to be taken by the Board of Directors or the Board of Officers may be taken without a meeting if a consent ~~in writing~~, setting forth the action so taken, is signed by all the directors or officers, as the case may be.

Article IV, Officers, Section 4. Financial Controls. Expenditures of Association funds must be made pursuant to items in approved budgets. Off-budget items may be approved specifically by the Board of Officers. Expenditures up to \$1,000 may be approved by the President in an emergency but must be presented to the Board of Officers at or before its next meeting. All requests for payment must be put in writing together with the reasons for such. The Treasurer or ~~his~~ ***a*** designee shall be responsible for disbursement of all funds in accordance with the by-laws.

[The following is a proposed new Section]

Article IV, Officers, Section 5. Term Limits. ***Elected Officers will serve in their elected position for no more than five years. This rule will not apply if it will result in an elected position going unfilled.***

Article V, Committees. The Association will have such committees as the Board of Directors and Board of Officers may from time to time appoint. ***A By-Law Review Committee will be established to annually review the By-Laws to ensure compliance with RI Corporation laws and regulations and make and review recommended changes to the By-Laws.*** Chairmen of the committees will be appointed by the President with the approval of the Board of Officers.



Lakeville Ride,
April 14.
Riders pass various points
around Assawompset Pond
three times as they leave and
return to Lakeville.



NARRAGANSETT BAY WHEELMEN THE FLATTEST CENTURY IN THE EAST September 8, 2019

1800 RIDERS

The Narragansett Bay Wheelmen's 48th one-day tour through the scenic coastal shoreline, forests and marshlands of southeastern Rhode Island and Massachusetts.

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

SAFETY

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

WHEN

Sunday, September 8, 2019 ... **RAIN OR SHINE!**
Check in begins at 7:00 am and closes promptly at 8:00 am. The course opens at 7:00 am and riders must return by 5:30 pm

WHERE

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

REGISTRATION

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

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

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

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

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

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

No refunds will be given.

T-SHIRTS

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

SAG WAGONS

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

SPORTS MASSAGE

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

FOOD

Food will be available for purchase after the ride.

HOTELS

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

More information at: nbwclub.org

Questions: tfce@nbwclub.org



HELP WANTED

48th NBW-TFCE

The Flattest Century in the East

September 8, 2019



Volunteers are needed for:

- Registration
- T-shirt distribution (start late morning)
- Check points
- Parking detail
- SAG drivers
- Sales table
- PB&J sandwich-making
- Cleanup
- Logistics

*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 us 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.*



Welcome New Members

David Abbott, Seekonk, MA
Gamal Abdalla, Cranston, RI
Barry Araujo, Buzzards Bay, MA
David Atkins, Arlington, VA
Lynne Ayzajian, Wilmington, MA
Carol Bailey, Guilford, CT
Ed & Judi Barth, Centerville, MA
David Bock, Warwick, RI
Michael Bogutt, Riverside, RI
Stephen Burbridge, East Greenwich, RI
Steven Calci, Coventry, RI
Al Clark, Hingham, MA
Randy Clarkson, Westport, MA
Carol Collord, Medway, MA
Julian Colonia, Pawtucket, RI
Paulo Correia, Fall River, MA
Michael Costa, West Kingston, RI
Jack & Lori Crimmins, Newport, RI
Bryan Dague, Norton, MA
Bryanna Dague, Concord, MA
Louis Deflice, Groton, CT
Scott Demello, Tiverton, RI
Daniel Dickerman, Carolina, RI
Joshua Dygon, Warwick, RI
Charles Eaton, Providence, RI
Susan Else, Peterborough, NH
John Farley, Portsmouth, RI
Finlay & Mary Melvin Ferguson, Ivoryton, CT

Chris & Patrick Francomano, Plainville, MA
Christine Galib, Pittsfield, MA
Christopher Gazerro, Providence, RI
Cynthia Grandfield, Fall River, MA
Janice Gray, Hopkinton, MA
Jack Gregory, Sharon, MA
William Hill, Charlestown, RI
William Hulsman, Warwick, RI
John Hussey, Chestnut Hill, MA
Bruce Hyman, Cumberland, RI
Glenda Kaija, East Greenwich, RI
Peter Killea, Middletown, RI
Julia Klubuk, Buzzards Bay, MA
Susan Kohler, Mechanicville, NY
Diana Kortright, Mansfield, MA
Carl Krekorian, Wakefield, RI
Rebecca Kuklinski, Wareham, MA
Karen Laurie, Cranston, RI
Frederick Lecour, Dudley, MA
Dave Libbey, Grafton, MA
Thomas Link, Cincinnati, OH
Elcio Maciel, Forestdale, MA
Michael Manley, Fairhaven, MA
Thomas McCarthy, Saundertown, RI
Beth McDermott, Watertown, MA
Kelly McGarry, Exeter, RI
Elizabeth McGowan, Wilmington, MA
Connie & Myles McGreavy, Warren, RI

Kyle Medina, Bristol, RI
Judy Melanson, Little Compton, RI
Brett Menne, Middletown, RI
Sean Milano, Wellesley Hills, MA
Rene Mora, Brookline, MA
Angelica Moraes, Hyannis, MA
Chris Pardus, Jamestown, RI
Bo Perry, West Warwick, RI
Jerry Phelps, Greenville, SC
Michael Reyes, Cranston, RI
Jason Rossi, Lancaster, NH
Dave Sampson, Ashland, MA
James Sheehy, Wakefield, RI
Paul Slusarz, Barrington, RI
Peter Slusarz, Amherst, NH
Dawn & Robert Sprague, Centerville, MA
Tom Stanton, Norton, MA
Jay Trojan, Lincoln, RI
Juan Velez, Lincoln, RI
Steven Venincasa, Westboro, MA
Richard Vermette, Yarmouthport, MA
Helder Victorino, Dartmouth, MA
Amy Wolfe, Cumberland, RI
Chris Wraight, Southborough, MA
Cesar Yepes, East Boston, MA
John Zicko, Franklin, MA
Don Ziniti, Cumberland, MA

NBW Membership

Our membership registration and renewal process is online through imAthlete.com. Single yearly memberships (\$20) only are available (no family memberships or two-year memberships are possible).

NEW MEMBERS ONLY: Go to our website for [imAthlete](http://imAthlete.com) 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, every week the President's email to all members gives you your membership status and your code. Use this code to make address or other changes to your account.

Questions: membership@nbwclub.org

Club Officers & Other Important People

NBW OFFICERS (Terms begin February 1)

President: Ted Shwartz, president@nbwclub.org
Vice President: John Nery, 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 2016: John Nery
Volunteer of the Year 2017: Chip Kent
Volunteer of the Year 2018: John Stenning

OTHER CLUB FUNCTIONS

TFCE Chair: Ted Shwartz
TFCE Volunteers:
Arrowers/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 creator: Ted Shwartz
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: open...events@nbwclub.org
NBW merchandise sales: open...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



Volunteer Needed Arrower/Paint Coordinator

Hello NBW members,

I had planned to leave my position as Arrower and Paint Coordinator by the end of last year, but no one has volunteered to replace me. This is a crucial job at the very heart of our club. Please consider volunteering.

I will be glad to help with the details to make the transition as smooth as possible.

If you are interested in this position, please contact me at arrows@nbwclub.org or call me at 508-579-1785 or see me at rides.

Thanks,
Chip Kent

Lakeville Ride,
April 14.
Brisk sunny spring
riding around the
lakes.



Reminder GPS Files for NBW Rides

GPS files for all scheduled NBW rides are available to NBW members. You need to set up a RidewithGPS account (free) to access NBW rides then link to the NBW account; instructions and links for each week's GPS files are sent to all members every week in the President's weekly email. If you don't receive this email check that your address is correct in your member account (or sometimes your email provider may be putting it in your "spam" or "junk" folder).

Questions to president@nbwclub.org

NBW Wheeler Dealer

See website for latest listing

For Sale: 2011 Trek touring bike. Size 54 cm. In good shape. Can text photo. \$550. Contact Ted Jablonski, 508-864-3535

For Sale: Cervelo R3SL 2008 upgraded. Size 56cm. Groupset Ultegra 6700 Compact 50/34 Dura-Ace shifters. Bontager Race wheels. 6800 Ultegra brake calipers. I will miss this one but not using as have a new bike. This R3SL was the lightest frame at that time! No pedals. \$1,100. Contact: Gary Stafford, cyclingsessions909@gmail.com

For Sale: Specialized, mens, tarmac disc pro. 2019, size 54, di 2, d fly setup, ultegra group, brand new, no miles, 16 lb 8 oz. black, disc brakes, latest firmware. \$5999. Call 508-410-8671, ask for AL

Non-NBW Rides and Charity Events

See website for latest listing

Jun 8-9—Bike MS Ride the Rhode, Univ of Rhode Island. 35-100 miles over 2 days. Housing avail at URI. Contact: www.bikemsrhodeisland.org

Sep 7—Kelly Brush Ride, powered by VBT Vermont Bike Tours. Middlebury, VT. 100, 50, 20, 10 mile rides. VT's largest charity ride supports adaptive sports & Ski safety. Contact: kellybrushfoundation.org/

Sep 14—Cycle for Life, Cystic Fibrosis Foundation. Westport Rivers Vineyard, MA. 62, 23, 12 miles, easy riding. Contact: fightcf.cff.org/RIcycle

Sep 28—Susan G. Komen Impact Ride, Attleboro, MA. 100, 62, 25 easy to moderate rides in southern New England. Contact: KomenNewEngland.org/ImpactRide

Sep 29—Ocean State Tour de Cure, Univ. of Rhode Island. 100, 62, 30, 15 mile rides following the RI coast and country roads. Contact: www.diabetes.org/oceanstate

Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD

Energy Bars: Which ones are best?

Athletes have many questions about energy bars:

Q. Which ones are best?

A. That depends on your taste buds. The best energy bars are the ones you enjoy eating, settle well for a pre-exercise energy booster, and fulfill your dietary needs.

Q. Are they better than Fig Newtons or other traditional foods?

A. Like Fig Newtons, they are a source of carbohydrate to fuel your body and nutrients to invest in your health. They are pre-wrapped and convenient to toss into a gym bag or backpack without crumbling.

Q. Are they just glorified cookies?

A. For the most part, yes. For athletes, little is wrong with a few (sugar-containing) cookies/energy bars when balanced into an overall healthy eating pattern. Sugar (carbohydrate) in a sports diet fuels muscles. As a fit person, your muscles take up the sugar and use it to power your workouts. Please focus more on what comes with the sugar: whole grains? protein? fiber?



Today's overwhelming assortment of energy bars offers an option for every dietary niche, be it vegan, kosher, low FODMAP, nut-free, etc. Below is a list that categorizes the bars and might help you find ones that suit your dietary preferences. The key is to remember that energy bars are not meal replacements, but rather emergency food that comes pre-wrapped. Be sure there are some banana peels and apple cores in your wastebasket, and not just wrappers.

Additive-free (that is, no added vitamins or minerals): Clif Mojo & Nectar, Epic, Good Greens, Gnu, Honey Stinger Waffle, Kashi, KIND, Larabar, Optimum, Peak Energy, Perfect 10, PowerBar Nut Naturals, ProBar, Pure, Raw Revolution, Red Square Power-flax, RX, thinkThin, Trail Mix Honey-bar, Zing

Budget friendly: Nutri-Grain, Nature Valley Granola, Kashi Chewy, Quaker Chewy

Caffeine-containing: Better than Coffee, Clif CoolMint Chocolate, Clif Peanut Toffee Razz, Honey Stinger Caffeinated, Peak Energy Plus, Picky Bar Game-Set-Matcha, Verb

Dairy-free (see also Vegan): Bonk Breaker, BumbleBar, Clif Builder's & Nectar, Enjoy Life, GoMacro, KIND,

Larabar, Perfect 10, Picky, RX, thinkThin Crunch, Vega Endurance

Enriched/Fortified with added vitamins: Balance, ZonePerfect

Fiber, high (grams fiber): Fiber One Chewy (5-6g), Gnu Flavor & Fiber (12g), NuGo Fiber d'Lish (12 g), Oat-mega (7g), Quest (13-14g), thinkThin Protein and Fiber Bar (5g)

GUT-Friendly, Low FODMAP: Fody, GoMacro Peanut Butter Protein Replenishment, EnjoyLife Dark Chocolate (and some other flavors), GoodBelly, Happy

Gluten-free: Bonk Breaker, BumbleBar, Elev8Me, Enjoy Life, Enjoy Life, EnviroKidz Rice Cereal, Fody, Good Belly, GoMacro, Hammer, KIND, Lara, Picky, PowerBar Protein Plus, Pure Protein, ProBar, RX, Quest, Raw Revolution, That's It Fruit, thinkThin, Truwomen, Zing, 88 Acres Seed and Oat.

Low-carb: OhYeah! One, Pure Protein, Quest, Keto

Kosher: GoMacro, Extend, Larabar, Pure Fit, ReNew Life Organic Energy, thinkThin, Truwomen

Nut-free: Don't Go Nuts, Enjoy Life, Freeyumm, Go Raw, Honey Stinger Waffle, Jumpstarter Bodyfuel, Luna Bar Lemon Zest, That's It, 88 Acres Seed & Oat

Organic: Cascadian Farm, Clif, Pure, GoMacro, Red Square Powerflax

Peanut-free: Clif, Truwomen (some flavors), Enjoy Life

Protein Bar (Your choice of soy, whey, egg, or blended protein source) (grams protein): Clif Builder (20g), Gatorade Whey Protein Bar (20g), GoMacro Protein Replenishment (10-12g) Honey Stinger Protein (10g), Lenny & Larry's Muscle Brownie (20g), NuGo (10-12g), Oat-mega (14g), PowerBar ProteinPlus (30g), PowerCrunch (13g), Pure Protein (20g), Quest (21g), RX (12g), thinkThin Protein (20g)

Raw: Good Greens, Pure, Raw Revolution, Vega Whole Food Raw Energy Bar

Recovery bar (3-4 g carb to 1 g protein ratio): Clif, KIND Breakfast Protein, PowerBar Performance, Picky, RX

Continued on next page ...

Soy free: BumbleBar, Clif Nectar, Enjoy Life Chewy, GoRaw, KIND, Larabar, NuGo Fiber d'Lish, Oat-mega, Picky, ProBar, Pure, Quest, Raw Revolution, Vega Endurance, Zing

Vegan: (grams protein) Clif (most flavors; 11g), Clif Builder's (20g), Go Macro (11g), Good Greens (10g), Hammer Vegan (15g), Larabar (5g) Picky (7g), Pure Organic (4g), ProBar (8-11g), thinkThin High Protein (some flavors are vegan; 13g), Truwomen (12g), Vega (10g), 88 Acres Seed & Oat (6g)

Women's bars (fewer calories; added calcium, iron, and folic acid): Healthwarrior Chia, Iron Girl Energy, Larabar, Luna, PowerBar Pria, Truwomen

40-30-30 Bars: Balance, ZonePerfect

My suggestion for the best bars: Google homemade energy bars and you will see many yummy, healthy, cook-free and simple-to-make options. These are likely the best bars, in terms of taste, positive ingredients, and lack of litter. Enjoy!

Nancy Clark, MS, RD counsels both casual and competitive athletes in the Boston area (Newton, 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. For her popular online workshop: www.NutritionSportsExerciseCEUs.com.



Recipe for Homemade Energy Bars from Nancy Clark's Sports Nutrition Guidebook

Sweet and Crispy Nut Bars

These bars can be made with almonds, peanuts, sunflower seeds, or other chopped nut or seed of your choice. Whether eating them for breakfast on the run, a pre-exercise snack, or an afternoon treat, you'll enjoy these crispy bars.

When measuring the honey, add a little more than the 1/2 cup, so the mixture sticks together better. You'll need to pack the ingredients firmly into the pan; otherwise the bars will fall apart (but the crumbs are tasty—especially in yogurt or sprinkled on top of your morning bowl of cereal).

- 2 cups uncooked oats
- 2 cups Rice Crispies or puffed brown rice cereal
- 1 cup peanuts (preferably chopped briefly in a food processor) or slivered almonds
- 1/2 cup (heaping) honey
- 1/2 cup peanut or almond butter
- Optional: 1/2 teaspoon salt

1. Lightly coat a 9 by 13-inch baking dish with cooking spray.
2. In a large bowl, combine the oats, Rice Crispies, and peanuts or slivered almonds.
3. In a medium microwavable bowl, combine the honey and nut butter. Microwave for 2 to 3 minutes, stirring occasionally.
4. Slowly pour the nut butter mixture over the cereal, stirring until all the ingredients are well coated.
5. Transfer the mixture into the prepared pan and press firmly while still warm. (Butter your fingers so the mixture does not stick to them.) Cool to room temperature.
6. Cut into 20 bars and store them in an airtight container. (If you keep the bars in the refrigerator, they will be sturdier because the nut butter hardens.)

Yield: 20 servings
Nutrition information: 3,400 total calories; 170 calories per serving; 24 g carbohydrate; 5 g protein; 6 g fat

NBX/Spring Opener, March 24, 2019

Good weather for March this year saw a large crowd ready for Spring riding. Our ride was hosted again by NBX Bikes, who offered hot coffee and food after the ride, plus a chance to see this year's selection of bikes and accessories.



(above) In the crowd that cheered off the riders we were happy to see Lenin Tabora and hear about his recovery.

(right) Ted Shwartz took a high view of the start, then went in the tent to organize the NBW info table when riders returned.



Riders may have spotted the Hornbine School many times on NBW rides. Some riders may even have stopped (from June to September it's open on Sundays twice a month—they have a website). Patty Hathaway and a group of our "touring" riders stopped on the Spring Opener, and sent us this photo. Here's more on this old one-room schoolhouse, courtesy of Wikipedia:

"The Hornbine School is located in southern Rehoboth, on the west side of Hornbine Road, opposite Baker Street and the Hornbine Baptist Church. It is a single-story wood frame structure, with a front-facing gable roof, clapboard siding, and a brick chimney at the rear. The front facade, facing east, is three bays symmetrically arranged, with the entrance at the center and sash windows on either side. The side walls have four windows, irregularly placed.

The schoolhouse was built in 1862, and is the best-preserved period schoolhouse in the town. Originally one of fifteen district schools (it was district #10), it remained in use even as the town began consolidating its district schools in the 1920s, and finally closed in 1937. It was afterward converted for use as a private residence, and eventually fell into disrepair. It was acquired by the non-profit Hornbine School Association in 1968, which now operates it as a local history museum."

... and there's the old two-hole privy at the back!

From the Touring Committee

Rod Breault, touring@nbwclub.org



One of the challenges in writing this column, for me, is the delay between the writing and the reading of the column by members. It is tempting to talk about the rides of the last two months, the weather encountered and "occurrences" that accompanied those rides.

The problem is, of course, that by the time this column is read (I'm sure EVERYONE in the club reads this piece), all of that is old history. Most will have only a dim memory of how many rides got rained out, or were accompanied by delightful weather, not that we've had much of delightful spring weather. See how hard it is to not write about the past?

So, I'll try to keep my focus on the future while writing, though a few mentions of past events will, I'm sure, creep in.

The touring board has been at work on the riding schedule and I am proud to announce that the board has tentatively set up rides through the end of 2019 and even a bit into 2020. Later in this issue, you can view the "Tentative Ride Schedule" for the months of August and September: A further look ahead can be obtained by clicking on the "NBW 10 Year Ride Planner" link in Ted Shwarz's weekly email to members. Bear in mind that this publication is truly "tentative" after July.

You'll note that the "New Rhody Roundup" is not on the schedule this summer. When Liz Masterson stepped down as club Vice President, she also stepped aside from organizing the New Rhody Roundup and we've not secured new leadership to take over. Another issue has been dwindling attendance at the meal, perhaps suggesting that some new venue may be needed as well. If anyone is interested in organizing a similar summertime event, please contact me at touring@nbwclub.org with your proposal.

We are fortunate to have a new ride to use in place of the Rhody Roundup. Member Gary Archer developed this ride, which we have named "The Friar Ride" as Gary is quite a Friar fan. Covering roads in Hope Valley, Richmond, Hopkinton, RI as well as Stonington and Voluntown, CT, this ride promises to give our legs a good workout! More details about this ride will appear in the Aug-Sept issue of *The Spoken Word*. This ride is currently scheduled for August 11, 2019.

I hope that the rain (I did say some history would creep into the column) will have stopped by the time you are reading this column and that we are all riding in beautiful summer conditions.

While enjoying the summer, be safe, use daytime blinky lights if you have them, get them if you don't. Ride defensively; watch out for and be wary of motorized vehicles. Alert riders ahead of you to the presence of overtaking vehicles (including yourself!).

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 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 7 *Oneco Pond*—David Baldwin
Apr 14 *Lakeville*—Dianne Robillard, Mike Miller
Apr 21 *Grt Grandma's Farm*—Luke Brissette
Apr 28 *CT Coastal & Ridges*—John Satterlee
May 5 *Westport*—Dianne Robillard, Mike Miller
May 12 *Grt Grandma's Farm (Repeat)*—Luke Brissette
May 19 *Plymouth Century*—Rob Edgren
May 26 *Speedway*—Paul Rider, Steve Rodrigues

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 2, 2019	Westerly Ride	26/36/50 miles
Sunday	10:00 AM <i>Map No.</i> 113 <i>Arrower:</i> Shwartz,	
<i>Route</i>	Westerly, Watch Hill, Niantic, Bradford, Ashaway	
<i>Directions</i>	START: Car pool commuter lot 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>	40 minutes from Providence	
<i>Description</i>	Along the southwest shores of RI are summer resort communities, colonial estates, and cove lined estuaries. Misquamicut Beach and Watch Hill have several fine Victorian hotels, the 1871 carousel and Coast Guard Station with lighthouse. Our thanks to Tina Williams for extending this ride and to Ted Shwartz for revising it.	

June 9, 2019	Norwich Metric	30/44/60/63 miles
Sunday	10:00 AM <i>Map No.</i> 69 <i>Arrower:</i> J Satterlee	
<i>Route</i>	Norwich, East Haddam CT	
<i>Directions</i>	WAL-MART, 220 Salem Turnpike, Norwich Ct. We have approval from Wal-Mart provided we park up by the road (Rt. 82) - park away from the store, please. Directions: From Providence, take I-95 South to Rt 102 South exit. Then take Rt 3 South to Rt 165 West to join Rt 138 West. Stay on Rt 138 West to I-395 South for about 11 miles to Exit 80. Head West on Rt. 82 for approx. 1/2 mile; turn left into Wal-Mart and first left into the parking area near the road.	
<i>Drive Time</i>	60 minutes from Providence	
<i>Description</i>	This hilly ride offers some beautiful scenery as it meanders along narrow roads lined with stone walls, large trees and historic colonial homes. Some of the descents will be blazingly fast -- USE CAUTION ON THESE DESCENTS! The 60 mile ride offers an option of taking a ferry across the Connecticut River that adds about 3 miles, or visiting Gillette Castle. The 45 and 60 mile routes travel through Devil's Hopyard State Park with a view of a beautiful waterfall. Thanks to Gil Peel and Mike Miller for scouting and updating this very old NBW ride -- and adding the shorter loops.	

June 16, 2019	♥ Scramble Metric	17/27/55/64 miles
Sunday	10:00 AM <i>Map No.</i> 88 <i>Arrower:</i> 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.	

June 23, 2019

South Shore Short Century

28/58/83/96 miles

Sunday 9:00 AM *Map No.* 171 *Arrover:* R Edgren

Route Kingston, Duxbury, Marshfield, Cohasset, Hull

Directions NEW START: Kingston Park N Ride 182 Summer St, Kingston, MA. From Providence, take I-195 East to exit 4, Rte 44 East. Travel 38 miles on Rte 44 East, staying left to merge onto Rte 3 N at exit 7. Take exit 10 from Rte 3N and turn left onto Tremont St. In 1/2 mile go straight into the Kingsbury Square parking lots. Look for the Big Y Supermarket, but park away from the stores after filling the Park N Ride lot just north of the Rockland Trust Bank.

Drive Time 60 Minutes

Description The South Shore Century has been one of the most popular of NBW's century rides with spectacular water views along Boston's South Shore, but the best scenery on this ride has been seen only on the longest loops. Ted Shwartz has recreated this ride by moving the start location. Now all loops are at the coast within one mile of the start. All riders will pass through Duxbury and longer loops pass through Marshfield (58 miles), Scituate and Cohasset (83 miles) and Hull (96 Miles). The return to the start is more inland. The longest loop is just short of a full century, but the beauty of this ride will more than make up for the missing four miles.

June 30, 2019

Re-Cycled Bicycle Ride

21/30/47 miles

Sunday 10:00 AM *Map No.* 174 *Arrover:* C Kent

Route Upton, Hopkinton, Millville, Uxbridge, Blackstone, Woonsocket, Hopedale, Mendon, Milford, Northbridge

Directions Start at Recycled-Bicycle Shop, 26 Mill St. Woonsocket RI (A bright green building on Mill St). From Providence, take RI Rte 146 N to RI 99 N to its end. Turn left onto Mendon Rd (Rte 122) at the traffic light. After .4 miles, go straight at the light onto Cumberland St.. After 1.5 miles, turn right onto Clinton St. In about 1/4 mile, park in the lot across the street from the shop. Extra parking is available in lots just past Mill St. on the right side.

Drive Time 25 Minutes from Providence

Description This new ride was developed by Chip Kent to be hosted by the Recycled Bike shop in Woonsocket RI. Starting near the Recycled-Bicycle shop on Mill St. we quickly leave the city of Woonsocket behind and travel on many quiet rural roads through many of the towns of southern Mass. All ride pass by Southwick's Zoo, enjoy the brisk downhill on fresh pavement after passing the Zoo. The long ride heads north to the Upton State Forest and circles the Whitehall Reservoir. The return passes through Hopedale with some great views of Hopedale Pond.

July 7, 2019

Hill & Gully Rider

24/30/45/65 miles

Sunday 9:00 AM *Map No.* 76 *Arrover:*

Route Glocester, Pomfret, CT, Thompson, CT, Charlton, MA

Directions Start at W. Glocester Elementary School, 111 Reynolds Rd (Rt. 94), Chepachet, RI. Take Route 44 west. About 5 miles past Chepachet, turn left on Rt. 94 (there's a lake on the right). The school is a mile up the road on your right.

Drive Time 40 minutes from Providence

Description This ride features spectacularly scenic and challenging riding through magnificent rolling countryside, including two high, open ridges with unsurpassed views and long descents.

July and August rides start at 9:00 AM

July 14, 2019

Tiverton Fifty

21/33/51 miles

Sunday 9:00 AM *Map No.* 105 *Arrover:* J Darcy/D Paiva

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 21, 2019

♥ **Joe Medeiros Ride**

17/25/47/63 miles

Sunday 9:00 AM *Map No.* 62 *Arrover:* T Scholz

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 28, 2019

Tom & Pat's Half Century

19/28/48 miles

Sunday 9:00 AM *Map No.* 19 *Arrover:* C & 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

August 4, 2019

BikeWorks Swansea Ride

16/25/50 miles

Sunday 9:00 AM *Map No.* 160 *Arrover:*

Route Swansea, Dighton, Freetown

Directions NEW START: Start at the SWANSEA MALL, 262 Swansea Mall Dr, Swansea, MA. Park near former Apex Store. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to turn left onto Rt 118 North (Swansea Mall Dr). Turn left at the first light on Rt 118 into Swansea Mall. Park near the former Apex Store. Ride will start out of the back of the Mall on Cousineau St.

Drive Time 15 minutes from Providence

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

July and August rides start at 9:00 AM

♥ Beginners will love these rides!

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

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

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Aug	Sun 4	160	BikeWorks Swansea Ride	Swansea, MA	16/25/50	
	Sun 11	175	The Friar Ride	Hope Valley, RI	22/34/59	G Archer
	Sun 18	129	Diamond Hill One	Cumberland, RI	16/32/48	R. Breault
	Sun 25	131	The 'Bridge' Ride	Burrillville, RI	16/28/44	
Sep	Sun 1	89	Seekonk Southern	Seekonk, MA	16/29/52	
	Sun 8		TFCE (registered ride)			TFCE crew
	Sun 15	172	NBX Ride	Narragansett, RI	24/37/50	B. Gallo
	Sun 22	167	Border Crossers	Cumberland, RI	22/42/66	A. Sosa, C Bonin
	Sun 29	52	Mattapoissett Ride	Mattapoissett, RI	14/31/49	D Robillard, M Miller
Oct	Sun 6	120	Ray Young's Ride	Smithfield, RI	12/19/23/33/55	

Plymouth Century, May 19, 2019

After a succession of rained-out Sunday rides were anyone's legs ready for 100 miles? A large number of riders thought so. A test of a 9 am start for century rides left just a few confused riders at 8 am and 10 am.

