

## 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>June 3, 2018</b>	<b>BikeWorks Swansea Ride</b>	16/25/50 miles	
<b>Sunday</b>	10:00 AM	Map No. 160	Arrower: D Paiva
<i>Route</i>	Swansea, Dighton, Freetown		
<i>Directions</i>	NEW START: Start at the SWANSEA MALL, 161 Swansea Mall Dr, Swansea, MA. Park near former Apex Store. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to turn left onto Rt 118 North (Swansea Mall Dr). Turn left at the first light on Rt 118 into Swansea Mall. Park near the former Apex Store. Ride will start out of the back of the Mall on Cousineau St.		
<i>Drive Time</i>	15 minutes from Providence		
<i>Description</i>	A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 25 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store (across Rt 118 from the Mall) after the ride for shopping and refreshments.		

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

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

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

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**July 1, 2018**

**♥ Joe Medeiros Ride**

17/25/47/63 miles

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

*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

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**July 8, 2018**

**Tiverton Fifty**

21/33/51 miles

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

*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

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**July 15, 2018**

**Tom & Pat's Half Century**

19/28/48 miles

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

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**July 22, 2018**

**\*\* New Rhody Roundup**

13/25/34/43 miles

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

*Route* Slocum-Charlestown-Narragansett-Wickford

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

*Drive Time* 30 minutes from Providence

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

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

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

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**July 29, 2018**

**Sturbridge Century**

19/37/48/58/104

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

*Route* Thompson, Woodstock, Sturbridge, Brimfield, Brookfield

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

*Drive Time* 40 minutes from Providence

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

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

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

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**August 5, 2018**

**Miles Standish State Forest**

23/50 miles

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

*Route* Wareham-Marion-Carver-Plymouth

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

*Drive Time* 45 minutes from Providence

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

July and August rides start at 9:00 AM

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event