

## 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 4, 2017</b>	<b>Connecticut Coastal &amp; Ridges Ride</b>	22/30/46 miles
<b>Sunday</b>	10:00 AM <i>Map No.</i> 60 <i>Arrower:</i> J Satterlee	
<i>Route</i>	Ashaway, Stonington, Mystic	
<i>Directions</i>	START: Start from the 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>	45 minutes from Providence	
<i>Description</i>	A scenic, though hilly, ride traveling to Mystic Seaport and Stonington Point. On the long ride the climb up Lantern Hill past Long Pond leads to an optional foot trail with a great view at the top of Lantern hill. Wintechog Hill offers a tough climb, but rewards with a smooth run to Clarks Falls. 30 and 46 milers detour to the ocean in Stonington. 22 milers cut back before the coast, heading back through Westerly. Thanks to Paul Martens and John Satterlee for revising this old ride.	

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<b>June 11, 2017</b>	<b>For Pete's Sake Ride</b>	19/24/47 miles
<b>Sunday</b>	10:00 AM <i>Map No.</i> 97 <i>Arrower:</i> L Brissette	
<i>Route</i>	Greenville, Slatersville, Nasonville, Wallum Lake, Pascoag	
<i>Directions</i>	The ride will start 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 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 rolling-to-hilly ride, traveling through old mill towns in northern RI. Long-time member Pete Petrocelli and his wife Jennifer contributed this ride.	

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<b>June 18, 2017</b>	<b>♥ Plymouth Century</b>	26/55/103 miles
<b>Sunday</b>	8:00 AM <i>Map No.</i> 122 <i>Arrower:</i> R Edgren	
<i>Route</i>	Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton	
<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>	We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor and the Mayflower (if they have time and the Mayflower II is back from restoration!). The ride back takes us through the rolling hills of Miles Standish Park.  100 mile riders start at 8:00 AM, all other riders at 10:00AM. Larry and Sue Rollins will lead a beginner's ride on the 26 mile loop. Please see the announcement earlier in the newsletter for more details.	

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**June 25, 2017**

♥ **Scramble Metric**

16/27/55/64 miles

**Sunday** 10:00 AM *Map No.* 88 *Arrower:* Paiva, Emma, Foulkes

*Route* Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro

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

*Drive Time* 10 minutes from Providence

*Description* 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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**July 2, 2017**

♥ **Joe Medeiros Ride**

17/25/47/63 miles

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

*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 9, 2017**

**Tiverton Fifty**

21/33/51 miles

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

*Route* Tiverton, Little Compton, Westport

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

*Drive Time* 35 minutes from Providence

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

July and August rides start at 9:00 AM

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**July 16, 2017**

**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 turn, take next left, marked Middle & High Schools. Overflow parking if needed 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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**July 23, 2017**

**\*\* New Rhody Roundup**

13/25/35/43 miles

**Sunday** 10:00 AM *Map No.* 164 *Arrover:* 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. Continue onto Indian Corner Rd. 4/10 mile turn left at stop sign 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.

Larry and Sue Rollins will lead a beginner's ride on the 25 mile loop. Please see the announcement earlier in the newsletter for more details.

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**July 30, 2017**

**Middleboro-Homestead**

23/49/69 miles

**Sunday** 9:00 AM *Map No.* 173 *Arrover:* R Price, R Edgren

*Route* Middleboro, Bridgewater, Halifax, Hanson, Hanover, Pembroke, Plympton, Norwell

*Directions* Start at the Middleboro High School, 71 East Grove St (Rt 28) in Middleboro, MA - on Rt 28 just past the Rt 105 Intersection. Take I-95 N to I-495 S to the Rt 105 exit (Exit 4). Turn left off the exit onto Rt 105 to the first intersection with a traffic light. Go right at the light onto Rt 28. School is about 1 mile on the right

*Drive Time* 60 Minutes from Providence

*Description* This new ride was developed by long time NBW member Rob Price to explore some inland areas of Boston's South Shore that the club doesn't frequently ride.

July and August rides start at 9:00 AM

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**August 6, 2017**

**Hill & Gully Rider**

30/45/65 miles

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

*Route* Gloucester, Pomfret, CT, Thompson, CT, Charlton, MA

*Directions* Start at W. Gloucester 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

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