

# The Spoke'n Word

Volume 51, Number 3

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

August 2021

[nbwclub.org](http://nbwclub.org)



## ***First NBW Ride Post-Covid***

*June 13, 2021—Joe Medeiros Ride  
Wendy Emma leads the way around the cranberry bogs.  
Photo: Monica Foulkes*

**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 your account to the NBW account using the link contained in the "Welcome to the NBW" email sent to you on joining or renewing membership.

Questions to: [maps@nbwclub.org](mailto:maps@nbwclub.org)

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## From the President

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I am going to open with a Forest Gump quote, “My mom always said life was like a box of chocolates. You never know what you’re gonna get”. Bicycling in a pandemic, you never know what you’re gonna get.

On the other hand, we know this. The NBW rides on Sunday, all year long. Sometimes we have a lot of riders,

sometimes not so much. Sometimes we have new riders, sometimes not. Sometimes we have good weather, sometimes not (as I write this we have a hurricane forecast for Sunday’s ride).

We are going to finish up our summer riding season with a nice set of rides: The Plymouth Century, Tom & Pat’s Half Century and The Flattest Metric in the East (TFME). There are short, medium and long options on all of these rides. Come ride with your friends.

In September the NBW will be seeing a new website, and a new logo. Both website and logo were due for a redesign. Credit on this project goes to many people; Janice Velozo, Larry Rollins, Todd Wise and others.

We are fortunate to still be able to ride our bicycles, pandemic or not. There is a club member that is not as fortunate who has reached out to me. His problem is paralysis of his legs. This member is looking to find an available trike. If you know of one, then please contact me at [interim.nbw.president@gmail.com](mailto:interim.nbw.president@gmail.com)

The social part of the NBW Club was impacted more by the pandemic than the rides. For a while rides stopped, but they resumed. We have lost our TFCE, social tent and meetings. We have to keep social distancing. At

some point there will be a new normal, and I hope it has the best of the old normal.

Recently the Board of Officers resigned, and on Saturday August 14th, the remaining Board members elected me as interim president to serve the remainder of the term until it ends on February 1st, 2022. What does this mean?

- The NBW is continuing,
- Our Sunday ride series, our strength, continues,
- The financial position of the club is strong,
- Ted Shwartz will serve as interim president until February 1st, 2022,
- The role of Treasurer of the club is currently held by Janice Velozo, and will transition to Rick Schwartz. Rick will serve as interim treasurer until February 1st, 2022,
- We need two volunteers to serve as interim Vice President and Secretary of the club until February 1st, 2022

The NBW will be holding an upcoming **Annual Meeting** and election. Two major agenda items for this meeting are:

1. The Narragansett Bay Wheelmen name—keep it or change, presentations for and against, and vote,
2. Election of the Board of Officers: President, Vice President, Treasurer and Secretary. It’s time for new blood, and other members stepping forward to fill the executive board. The term for the next Board of Officers starts February 1st, 2022

Details about this meeting will be forthcoming.

Your interim president  
Ted Shwartz, [president@nbwclub.org](mailto:president@nbwclub.org)

*See you on a Sunday ride.*

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## Current List of Club Officers & Other Important People

### NBW OFFICERS (Terms begin February 1)

*President:* Ted Shwartz, [president@nbwclub.org](mailto:president@nbwclub.org)  
*Vice President:* vacant, [vicepres@nbwclub.org](mailto:vicepres@nbwclub.org)  
*Treasurer:* Janice Velozo, [treasurer@nbwclub.org](mailto:treasurer@nbwclub.org)  
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177  
*Secretary:* Brian Dalrymple, [secretary@nbwclub.org](mailto:secretary@nbwclub.org)

### NBW BOARD OF DIRECTORS

*Past Presidents:* Ted Shwartz, Todd Wise, Janice Velozo  
*Membership Secretary:* Ray Foulkes, [membership@nbwclub.org](mailto:membership@nbwclub.org)  
*Rides Coordinator:* Rod Breault, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB rep:* vacant, [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)  
*Volunteer of the Year 2017:* Chip Kent  
*Volunteer of the Year 2018:* John Stenning  
*Volunteer of the Year 2019:* Dianne Robillard

### OTHER CLUB FUNCTIONS

*TFCE Chair:* Ted Shwartz  
*Arrows/Paint coordinator:* Mike Miller, [arrows@nbwclub.org](mailto:arrows@nbwclub.org)  
*Ride starters:* Rod Breault, Paula Gendreau, Ted Shwartz, Pete Bissell  
*Maps/rides database:* Rod Breault, [maps@nbwclub.org](mailto:maps@nbwclub.org)  
*Ride schedulers:* R. Paiva, R. Silvia, J. Satterlee, T. Shwartz, R. Breault, T. Scholz, Dianne Robillard  
*Ride scouts:* Bob Paiva, John Satterlee, Ted Shwartz  
*Map & GPS creator:* Ted Shwartz  
*Ride liaison w/police depts:* Steven Kahan, [police-liaison@nbwclub.org](mailto:police-liaison@nbwclub.org)  
*Webmaster:* Monica Foulkes, [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)  
(Sep 1 incoming webmaster—Larry Rollins)  
*Special rides/events coordinator:* open....[events@nbwclub.org](mailto:events@nbwclub.org)  
*Social events organizer:* Kris Brown, [banquet@nbwclub.org](mailto:banquet@nbwclub.org)  
*Social Tent organizer:* Bladimir Rodriguez  
*General information:* Bruce Masterson, [info@nbwclub.org](mailto:info@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Contributing writer:* Gary Stafford  
*Cartoonist:* Bob Paiva

## Welcome New Members

Lucas Alvarez, Pawtucket, RI  
Rod Anderson, Warwick, RI  
Andy Black, Cranston, RI  
Wes Brooks, Hanson, MA  
Tim Burditt, Saunderstown, RI  
Enn Chen, Lincoln, RI  
Maya Cohen, Providence, RI  
Stephen Cousin, Newport, RI  
Michael Debroisse, North Smithfield, RI  
Clement Desjardins, Westport, RI  
Kim Draper, Hull, MA  
Dariusz Dziadkiewicz, Smithfield, RI  
Doug Falls, So Easton, MA  
Terry Eisen, East Falmouth, MA  
Lynn Ewart, Bristol, RI  
Eugene Fina, Barrington, RI  
Dennis Flaherty, Barrington, RI  
Steven Frederick, Shrewsbury, MA  
Carl Frost, North Attleboro, MA  
Vincent Gourke, Providence, RI  
Gisele Koenig, Providence, RI  
Nathanael Hanna, Providence, RI  
Audrey Hill, Wakefield, RI  
John LePage, Rehoboth, MA  
Nicholas Lin, Lincoln, RI  
Michelle Martinet, No Dighton, MA  
Karl Marzocchi, Cumberland, RI  
Joan McLaughlin, Hingham, MA  
Juan C. Meneses, Central Falls, RI  
Joseph Muenzen, Albion, RI  
Paul Munroe III, Tiverton, RI

Barbara Musser, No Providence, RI  
Linda Nanni, Westport, RI  
Lori Noel, Taunton, MA  
Robin Nyzio, Pawtucket, RI  
Timothy Olean, Providence, RI  
Jon Olney, Bridgewater, MA  
Richard Panciera, Brookline, MA  
Michael Pellegrino, Mattapoisett, MA  
Christopher Perez-Lopes, W. Warwick, RI  
Kate Pillsbury, Wrentham, MA  
Jude Plante, Warwick, RI  
Josh Pomplun, Providence, RI  
Joseph Reardon, Cranston, RI  
Victoria Rotkow, Providence, RI  
Angelo Sanchez, Webster, MA  
David Schultz, Providence, RI  
Jonathan Shaw, Plympton, MA  
Paul Simone, Portsmouth, RI  
Dale Sogge, Wrentham, MA  
Kenneth Spera, Coventry, RI  
Joseph Spino, No Providence, RI  
Joseph Starnes, Manville, RI  
Rosemary Stitt, East Greenwich, RI  
Joseph Tamburini, East Greenwich, RI  
Johannes Toensing, Providence, RI  
Fernando Vidinha, Dartmouth, MA  
Patricia Viel, Warwick, RI  
Lisa Watts, Westerly, RI  
Rachel Williams, East Greenwich, RI  
Danielle Winter, East Greenwich, RI  
Pete Yoest, Cohasset, MA

### More about NBW Membership

Our membership registration and renewal process is online through **ImAthlete.com**. Single yearly memberships (\$20) only are available. For full details and links go to the home page of the NBW website **nbwclub.org**.

**Questions: [membership@nbwclub.org](mailto:membership@nbwclub.org)**

The **weekly NBW email** broadcast to all members by the President is our main communication by which we remind you of next Sunday's ride, with links to maps and RideWithGPS, late-breaking news and events. If you do not receive this weekly email, first check your "junk" email as sometimes this broadcast to all members is mistaken for spam by your email service (flag it as "not spam"). Or check with [membership@nbwclub.org](mailto:membership@nbwclub.org) to see if your address is correct in your account. Or you may have checked the option not to receive any email from the club when you joined/renewed membership ... **[membership@nbwclub.org](mailto:membership@nbwclub.org) can help you**

**NBW email discussion list:** [Groups.io/g/nbwclub/topics](https://groups.io/g/nbwclub/topics)

**NBW Facebook:** [www.facebook.com/narragansettbaywheelmen](https://www.facebook.com/narragansettbaywheelmen)

All NBW **ride maps** are available on our website, [nbwclub.org](http://nbwclub.org):

- Maps by geographic area,
- Maps by number,
- Maps by ride scheduled date



## Covid Riding

With the resumption of rides there will be some guidelines that we are asking members to follow:

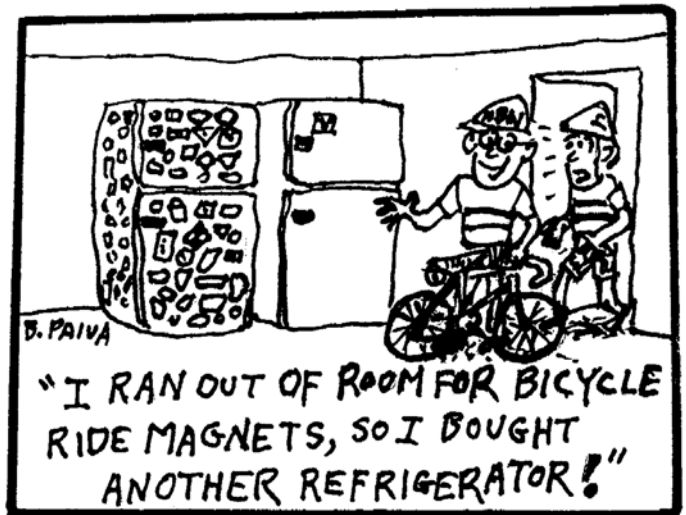
- Riders will sign an online waiver agreeing not to participate in any NBW ride if they are ill, symptomatic, or have had a recent positive Covid test, or had recent exposure to a person with possible contagious illness or if guidelines or rules require or suggest isolation or quarantine. If you cannot agree, do not ride with us as you endanger yourself and all other riders.
- Drafting and pacelines are not allowed. We are following the USA Cycling's Group Ride Recommendations related to Covid.
- Per Rhode Island guidelines: If you're not fully vaccinated, wear a mask within three feet of others outdoors to protect yourself and your household from Covid-19. Your mask should fit snugly but comfortably over your nose, mouth and chin without any gaps.
- Be aware of coughing, spitting, nose-blowing and sneezing while riding. If you are about to do any of those please make absolutely sure that no one is within the minimum distance or slipstream area.
- At this time there will be no social tent and we are asking that riders do not congregate before or after the rides in large groups. Although there are no restrictions for outdoor gatherings, there is still a 3-foot distance requirement between individuals.

## Some Changes

**Webmaster:** Larry Rollins will be taking over from Monica Foulkes as NBW Webmaster when the new website is operating Sept. 1. Larry is currently working with a group designing the new website.

**The Spoke'n Word will remain an online newsletter only;** no paper copies will be mailed. This is a permanent change. Questions to: [editor@nbwclub.org](mailto:editor@nbwclub.org)

**Memberships have been extended for one year.** in view of restricted club activities during the pandemic. If you were a member in good standing on January 1, 2021, your expiration date has been extended by one year. Questions to: [membership@nbwclub.org](mailto:membership@nbwclub.org)



## Wheeler Dealer

**Free. Women's cycling shoes. Size 39. Black. Specialized Body Geometry.** Never used. No cleats. I can provide photos if needed. Pick up in Bristol, RI or pay for shipping. Email [patricialang4444@gmail.com](mailto:patricialang4444@gmail.com).

**Liv Alight 3 Ladies bike (2018).** Hybrid bike completely outfitted for commuting. I have added fenders, a mirror, front and rear lights, a kickstand, and rear rack. Size small for 5'2" to 5'7". Excellent condition. Hardly used. Maybe 150 miles at most. Original price \$550. Asking \$450.00 Contact: [renee.chicoine@gmail.com](mailto:renee.chicoine@gmail.com)

**Cannondale T800 touring bike (Medium)** for sale \$600. Purchased new in 2007 for \$1169 (plus with extras) but not used much for the last 10 years. Fork: TIG-welded chromoly. Rims: Mavic A119 36 spoke. Crank: Shimano Truvista. Front Derailleur: Shimano Tiagra. Rear Derailleur: Shimano Tiagra. Brakes: Tektro Oryx cantilever. Brake Levers: Shimano 105 (plus extra brakes on handlebar for easy access); Extras: rear rack, Ortlieb front bag, kickstand, Blackburn Mirror. Contact: [cynthia.berozzi@gmail.com](mailto:cynthia.berozzi@gmail.com), cell: 401-323-4061

Members ads also posted on our website [nbwclub.org/resources](http://nbwclub.org/resources)  
Copy to: [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)

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## The Vermont Fall Foliage Getaway Weekend 2021



September 30<sup>th</sup> Thursday to October 4<sup>th</sup> Monday

**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

**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)

**Checks are to be made out to Jo-Ann Del Vecchio.**

**Send by mail to:**

**Jo-Ann Del Vecchio  
99B Wampanoag Trail  
Riverside, RI 02915**

**Payment can also be made using Venmo to Venmo account Jo-Ann Del Vecchio**

**4 Breakfasts and 3 Dinner meals will be provided.**

**For this event breakfast will be made to order by volunteers. Dinners will be catered.**

**For more information contact Jo-Ann via e-mail [majdel198@yahoo.com](mailto:majdel198@yahoo.com)**

**Jo-Ann Del <[majdel198@yahoo.com](mailto:majdel198@yahoo.com)>**

## Support your local bike shop

**BIKEWORKS**, 79 Swansea Mall Dr, Swansea, MA 02777.  
508-677-0710. [www.bikeworksma.com](http://www.bikeworksma.com)

**BLACKSTONE BICYCLES**, 391 Mendon Rd, Cumberland, RI 02864.  
401-335-3163. [blackstonebicycles.com](http://blackstonebicycles.com)

**BRUMBLE BIKES**, 49 Beach St, Westerly, RI 02891.  
401-315-0230. [www.brumblebikes.com](http://www.brumblebikes.com)

**LEGEND BICYCLE**, 181 Brook St, Providence, RI 02906.  
401-383-3070. [www.legendbicycle.com](http://www.legendbicycle.com)

**NBX BIKES** [www.nbxbikes.com](http://www.nbxbikes.com)  
\* 922 Boston Neck Rd, Narragansett, RI 02882. 401-782-4444  
\* 729 Hope St, Providence, RI 02906. 401-274-5300  
\* 3480 Post Rd, Warwick, RI 02886. 401-739-0393

**PROVIDENCE BICYCLE INC.**, [www.providencebicycle.com](http://www.providencebicycle.com)  
337 Warren Ave, East Providence, RI 02914. 401-228-6991  
And 150 Lambert Lind Highway, Warwick, RI 02886  
401-773-7733

**RECYCLED BICYCLE**, 26 Mill Street, Woonsocket, RI 02895  
Repairs only. 401-636-0960. [www.myrecycledbicycle.com](http://www.myrecycledbicycle.com)

**SCOTTEE'S WESTPORT BICYCLE**, 1125 State Rd, Westport, MA  
508-636-1266. [www.westportbicyclema.com](http://www.westportbicyclema.com)

**SIROIS BICYCLE SHOP**, 893 Landry Ave, No Attleboro, MA 02760.  
508-695-6303 [www.siroisbicycle.com](http://www.siroisbicycle.com)

**W. E. STEDMAN CO.** 196 Main St, Wakefield, RI 02880  
401-789-8664. [westedman.com](http://westedman.com)

**TEN SPEED SPOKES**, 18 Elm St, Newport, RI 02840  
401-847-5609. [tenspeedspokes.com](http://tenspeedspokes.com)

**TRAVIS CYCLE INC.** 1 Oak St, Taunton, MA 02780  
508-822-0396. [www.traviscycle.com](http://www.traviscycle.com)

**TREK BIKE SHOP**, 414 Warren Ave, East Providence, RI 02914.  
401-434-3838

**UNION BICYCLE**, 77 Pleasant St, Attleboro, MA 02703  
508-226-4726. [unioncycle.com](http://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](http://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](http://yourbikeshopri.com)



August 15, 2021. First Seekonk ride start since 2019 and the COVID hiatus. About 100 riders were started in small groups, quickly spreading out on the popular Scramble Metric Ride  
Photos: M. Foulkes

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## Those Bridge Detours on the East Bay Bike Path!

The “temporary” detours around the closed bridges in Barrington and Warren have been giving problems for over a year now.

A public presentation by RIDOT (Rhode Island Dept of Transportation) and the town councils of Barrington and Warren May 6 discussed the need to improve the temporary detours, which force cyclists to walk bikes on narrow walkways or ride in busy traffic on the main bridges on County Road.

RIDOT’s plan would improve the detours for the next two years until the state finds the \$25 million to rebuild the old bike path bridges. The walkways on County Road bridges would be extended to make an 8 foot wide bike path. Bike lanes would be created on New Meadow Road and Sowams Road.

Barrington and Warren town councils gave reluctant approval to the temporary plan but urged RIDOT to work on permanent replacement of the old bike path bridges.

So it seems we may see some improvement to the situation on the East Bay Bike Path, but will have to live with these “temporary” detours for at least a couple more years.



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## NBW Archives—still looking for a few items

We are still missing a few issues of the newsletter:

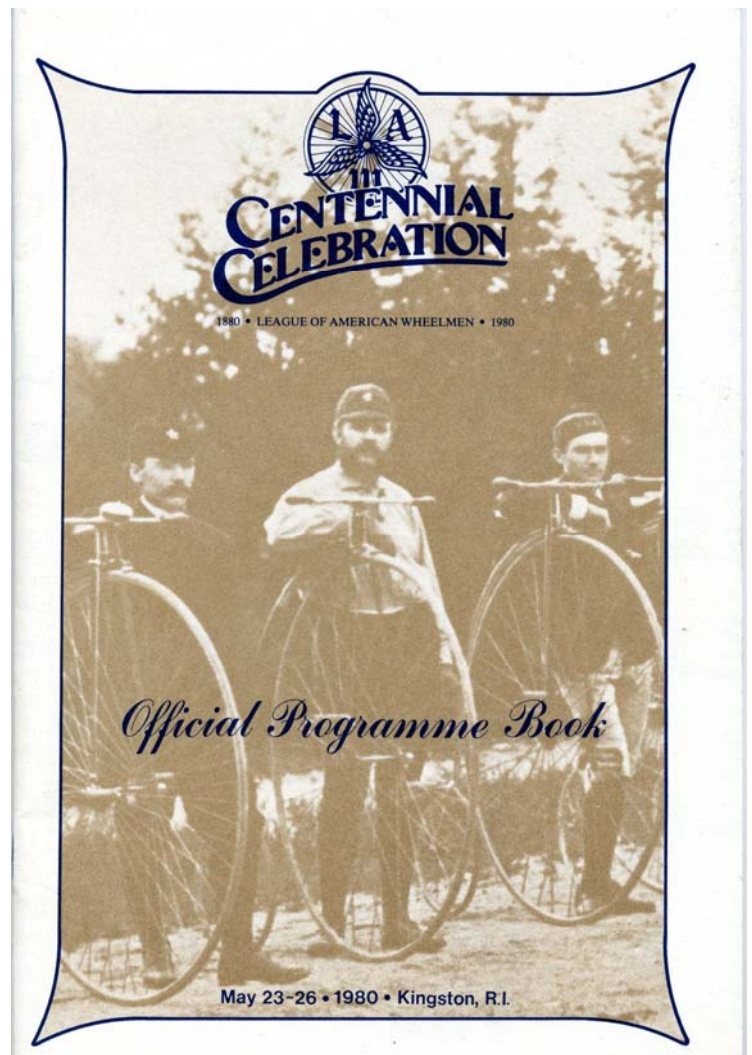
- Vol. 1, No. 1 (1970-the first issue)
- Vol. 2, No. 6 (1972 Spring)
- Summer 1980 thru
- Vol. 12 No. 2 (March-April 1982)
- Nov/Dec 1982
- Sep/Oct 1984
- May/Jun 1985
- Jul/Aug 1985
- Mar/Apr 1986
- Oct/Nov 1989
- Jun/Jul 1990

If you can donate any of the above missing issues, Please contact Monica Foulkes, at [mxfoulkes@yahoo.com](mailto:mxfoulkes@yahoo.com)

Over 171 issues of our newsletter have been donated: from Bill McIlmail’s earliest issues, Don Paiva’s collection, and my issues from 1993 to date. Don Paiva arranged the transfer to Lorenz Finison, archivist. Rick Schwartz also contributed original programs, maps, and mementos of the 1980 Centennial Rally of the League of American Wheelmen, organized with NBW at the University of Rhode Island.

The collection of items from New England Bicycling Clubs will be housed at the University of Massachusetts, Boston.

*Right: 1980 Official Programme Book of the LAW Centennial week-long rally. Courtesy of Rick Schwartz. Anybody have a photo from this rally? Email to: [mxfoulkes@yahoo.com](mailto:mxfoulkes@yahoo.com)*



## From the Touring Committee ...

Yeeeeehaaawww!!!! That's the only way I can express, in print, my excitement that the NBW has successfully restarted the Sunday Ride Schedule. It WAS quite a success as nearly 100 riders attended the Joe Medeiros Ride on June 13. There was some speculation among the Board about how many riders would attend. After such a long hiatus, it wasn't at all clear how much enthusiasm remained for group rides. I for one was pleasantly surprised. A tip off that the ride would be well attended was that nearly 80 persons had filled out the online Covid Release Form by Sunday. Many thanks to Tim Scholz for doing such an excellent job of arrowing the ride, completing the task only a few days before the ride.



The follow up ride, Great Grandma's Farm Ride was also well attended with about 75 riders ready to go. Clearly, some cyclists kept in shape during this pandemic as the faster riders completed the 48 miles in about 2 ½ hours, twice the speed and distance that I completed my tour!

The Touring Board met recently (also a long hiatus there) and has planned a schedule that extends through the end of the year. Three new rides have been added to this year's schedule, one of which will be debuted on August 8. This ride, tentatively named "Entering Heaven to the 5 Hills of He\*\*" combines some of the best features of the Recycled Bike Ride (minus the Woonsocket parts) and some of the Border Crossers. It should provide riders with shady, quiet roads and plenty of workout for the legs. Many thanks to Ted Schwartz and Chip Kent for designing the ride and Ted for creating the map.

### **Want to arrow a ride?**

Mike Miller is our NBW 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](mailto:arrows@nbwclub.org)

NBW 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:**

June 13—*Joe Medeiros Ride*—Tim Scholz  
June 20 - *Great Grandma's Farm*—  
June 27—*Mattapoisett Ride*  
July 4—*Fish Road*—Mike Emma  
July 11—*Rochester*—Mike Miller, Dianne Robillard

Inasmuch as there will be no TFCE this year, Board members thought we should have some substitute, coming up with **The Flattest Metric in the East**, with a new start location, to be held on the same weekend as the TFCE would normally be. Details of that ride are still being worked out. The name was suggested by

Diane Robillard, who has agreed to join the Touring Board to replace Dave Baldwin who, for personal reasons, had to depart. Many thanks to Dave for his years of volunteer service on the Touring Board.

I'm not sure if congratulations or sympathies are due Diane, but we are glad to have her aboard.

Later this year, we'll try out our last new ride, Scituate New Winter Ride, which we hope will replace the old Scituate Reservoir South ride, used last in 2019, with its views of the Central

Landfill!

As always, ride safely following the suggestion listed below. Happy cycling, and see you out on the roads, Rod

*Photo: Rod Breault, Mike Miller and Dianne Robillard back at work at the start of the June 13 Joe Medeiros Ride. Rick Schwartz and Joan McLaughlin on the left. Photo: M. Foulkes*

## **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, especially at corners.
- When you get off your bike get off the road! Do not stand in the road at intersections.
- Never call out "clear" at intersections. It is each rider's individual responsibility to decide if it is safe to cross. What is safe for you may not be safe for the rider behind you.
- Eat before you are hungry and drink before you are thirsty.
- Check your helmet for fit or damage. Take it to your local bike 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 your local bike 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



## NBW RIDE SCHEDULE

Last minute changes are announced via our website - [nbwclub.org](http://nbwclub.org) - and in the Presiden't weekly e-mail to members.

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**August 15, 2021**

♥ **Scramble Metric**

17/27/55/64 miles

**Sunday** 9:00 AM *Map No.* 88 *Arrower:*

*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. Please park near the tennis courts and take advantage of the Port-a-John there. School officials have asked that we not park near the main entrance. Good will on the part of the school department will allow us to continue to use this convenient ride start.

*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.

Sunday Rides in July and August start at 9:00 AM.

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**August 22, 2021**

**Connecticut Coastal & Ridges Ride**

22/30/46 miles

**Sunday** 9:00 AM *Map No.* 60 *Arrower:* T & S Shwartz

*Route* Ashaway, Stonington, Mystic

*Directions* 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.

*Drive Time* 45 minutes from Providence

*Description* 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.

Sunday Rides in July and August start at 9:00 AM.

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**August 29, 2021**

♥ **Plymouth Century**

25/57/103 miles

**Sunday** 9:00 AM *Map No.* 122 *Arrower:* R Edgren

*Route* Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton

*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 from Providence

*Description* 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. The Mayflower II returned to Plymouth last year after a long restoration in Mystic CT. The ride back takes us through the rolling hills of Miles Standish Park. Unfortunately, water is no longer available at the park buildings as it was in previous years.

In order to simplify the starting sequence, all loops will start at 9 AM. NOTE: We return to our regular start time of 10:00 AM next Sunday.

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**September 5, 2021**                      **Tom & Pat's Half Century**                      18/26/46 miles

**Sunday**    10:00 AM            *Map No.* 19                      *Arrower:*

*Route*            Coventry, Foster, Sterling

*Directions*    Coventry High School, 40 Reservoir Rd., 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 2.2 miles. Turn left at the traffic light for Reservoir Road. School Access Rd is about 0.3 miles ahead on the left.

*Drive Time*    35 minutes from Providence

*Description*    A very scenic 46 miles straddling the Rhode Island/Connecticut border. The ride was designed by Tom Chabot and Pat Young, who have toured throughout the USA.

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**September 12, 2021**                      ♥ **The Flattest Metric in the East**                      29/41/65 miles

**Sunday**    10:00 AM            *Map No.* 181                      *Arrower:* D Robillard/M Miller

*Route*            Tiverton, Little Compton, Westport,, Dartmouth

*Directions*    Start at the Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA. From I-195 East, take Exit 22 (Faunce Corner Rd, Dartmouth). Right at exit. Go 1.2 miles. Turn Left at lights onto Rt. 6 E. Go 0.2 miles. Turn Right at first light onto Tucker Rd. Go 3.3 miles to Dartmouth High School on the left (road name changes to Bakerville at 2nd stop sign).

*Drive Time*    30 Minutes from Providence

*Description*    This ride is being offered in place of the TFCE, which would have happened this weekend had not Covid-19 intervened. No subscription necessary, it is just a normal NBW ride, utilizing the best parts of the TFCE. Thanks to Diane Robillard for naming the ride, and Ted Shwartz for designing it.

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**September 19, 2021**                      **Hill & Gully Rider**                      24/30/45/65 miles

**Sunday**    10:00 AM            *Map No.* 76                      *Arrower:*

*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.

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**September 26, 2021**                      **Oneco Pond Ride**                      17/29/45 miles

**Sunday**    10:00 AM            *Map No.* 3                      *Arrower:*

*Route*            Escoheag, Sterling, Oneco, West Greenwich

*Directions*    Sterling Memorial Library (formerly School), 1183 Plainfield Pike (Rt 14A), Sterling, CT.  
From Providence: Take Rt.6 West to Rt.295 South. Take Exit 6 (old exit 4) Rt.14/Plainfield Pike and go West on Rt.14 for 19 miles (you'll cross the Scituate Reservoir - Rt.102 joins and leaves Rt.14 - stay on Rt.14). At the CT line bear Left at the fork on Rt.14A for 1 mile (don't miss this turn). Library/School is on the Left.

*Drive Time*    45 minutes from Providence

*Description*    This is basically the old Beach Pond Ride, with a new start because RI closed off Beach Pond. Scenic, rural rides around the SW RI border and into CT. Expect some hills. Rt. 49 runs along Ekonk Hill, a high open ridge with superb views. Bob Paiva has extended this ride into the Plainfield CT area, with a short extension to Gibson Hill Road to include a food stop.

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**October 3, 2021**

**Ray Young's Ride**

12/19/23/33/55

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

*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." Tragically, Ray Young passed away this year, so this ride will remain a bit of a memorial to a long time member of the club. It's a scenic, rolling ride, with plenty of apple orchards and farmland.

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**October 10, 2021**

**♥ Cape Caper Ride**

24/40/62 miles

**Sunday** 10:00 AM *Map No.* 130 *Arrower:* Rob 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