

The Spoke'n Word

Volume 52, Number 4

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

July 2022

nbwclub.org



July 3, 2022 Scramble Metric

Bob Gallo leads out a large group from Seekonk.

Photo: Monica Foulkes

NBW Ride Schedule

NBW ride schedule is now posted on the NBW *RideWithGPS* account. You can find the link to this in every weekly email sent to all members by the NBW President. The link is also posted on our website, nbwclub.org. If any member does not receive the weekly email from the president, contact membership@nbwclub.org for help.

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

From the President: Just the Nuts and Bolts



This has been an interesting start to the NBW cycling spring into summer.

The club attendance numbers have swelled with the improved weather and the opening of the ride schedule with longer and more interesting rides around our area.

Ray and Monica have brought back the social tent to rave reviews.

Our special events have included some

spectacular new gravel rides and an old favorite of mine, taking the fast ferry *Ocean State* to Newport, cycling around Ocean Drive and stopping for lunch at Bishop's 4th Street Diner. This year the group ended the day at the Narragansett Brewery after our return cruise through a thunderstorm.

Membership Chair Steven Kahan and I attended the RI Bike Summit in June. See my report on page 3.

Our Touring Director, Rod Breault, has decided that after 12 years of scheduling and the starting of nearly every ride for that entire period, it is time for him to give someone else the opportunity to be the actual club leader. I've quickly learned that the club president is only a figure-head and club postal clerk. Rod and the touring board have scheduled the club's event calendar of rides through October.

We are now looking to find some ride starter volunteers for each of the 4 quadrants around Narragansett Bay. Please drop me a text, email, call or talk to me before, during or after any ride if you'd like to use your voice to help your club and get us moving Sunday mornings..

Enjoy the excellent weather and stay hydrated!

Be bright, Ride right!
John



Tim Scholz redesigned the Miles Standish Ride—and arrowed it. On July 17 NBW riders tested out the new start location and route changes to universal approval! Here's Tim at the after-ride social table.

Thanks Tim.

Current List of Club Officers & Other Important People

NBW OFFICERS

President: John Rohland, president@nbwclub.org
Vice President: Ray Foulkes, vicepres@nbwclub.org
Treasurer: Rick Schwartz, treasurer@nbwclub.org
 NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Dianne Robillard, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Ted Shwartz, Todd Wise
Membership Secretary: Steven Kahan, membership@nbwclub.org
Rides Coordinator: open, touring@nbwclub.org
Advocacy Chair/LAB rep: Carolyn Davis, advocacy@nbwclub.org
Volunteer of the Year 2019: Dianne Robillard
Volunteer of the Year 2021: Flavio Salas

OTHER CLUB FUNCTIONS

Arrows/Paint coordinator: Mike Miller, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Gendrean, Ted Shwartz, Pete Bissell
Maps/rides database: open, 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
Webmaster: Larry Rollins, webmaster@nbwclub.org
Special rides/events coordinator: Mark Robinson
Social events organizer: open...banquet@nbwclub.org
Social Tent organizer: Ray and Monica Foulkes
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

June 17 Fast Ferry Ride Report by John Rohland



Our group took the fast ferry *Ocean State* from Providence to Newport, while a small group drove to Middletown and met up with Linda and Patty to ride to the ferry landing.

After picture-taking we enjoyed Thames Street and rode the famous Ocean Drive and stopped at Castle Hill, which was packed because the Newport-to-Bermuda sailboat race was starting at 1PM. We then rode along Ocean Drive, down Bellevue Avenue and headed to Bishop's 4th Street Diner.

After I led the group on a short detour onto the Newport Bridge entrance ramp we arrived at Bishop's, an iconic Newport feature for the NBW that is being forced to close on August 14th to make way for a Seasons gas station. Bishop's food is

delicious and inexpensive and the fantastic service allowed us time to eat and make our return to Newport.

Patty took her group to Belle's at Newport Shipyard because they have a view of the water and boats where you get to sit outside in the middle of a working boatyard.

RI Governor McKee and his entourage (henchmen?) arrived at the ferry terminal to wish us *bon voyage* for our return trip on the *Ocean State* through a torrential downpour back to Providence. The weather cleared perfectly as we arrived for our visit to the Narragansett Brew Pub at India Point.

From the President: Report on the June 3, 2022, Rhode Island Bicycle Summit held at Roger Williams University

My first impressions/take a-ways were:

1. There is much legislative and RIDOT work going on that our club should stay aware of, like the *Idaho Stop and Delaware Yield.
2. The NBW represented the largest group there.
3. The NBW needs to find the right advocacy person to keep us connected to these organizations & companies:
 - A. Bike-On
 - B. RI Bike
 - C. Bike Newport
 - D. Mission Electric
 - E. Recycle-a-Bike
<https://www.recycleabike.org/>

Final impression is we can't lead the NBW anywhere the membership doesn't want to go.

* A report on the Idaho Stop law follows on page 4.

[The following column is provided by John Rohland from the *RI Bike Summit*. References to missing photos have been omitted for clarity]

Shut up, drivers. Shut up, bicyclists. Here are the real Idaho bike laws

BY MICHAEL DEEDS UPDATED JUNE 08, 2022

The first time I saw a bicyclist pedal through a red light in Boise, it irritated me. While the rest of us sat in our cars waiting for the light to turn green, the dude just took off through the intersection. “What an idiot,” I muttered to myself. At the time, I’d never heard of “Idaho stop law,” which allows bicyclists to treat a stop sign as a yield sign, and a red light as a stop sign. In other words, the idiot was me.

Apologies for the obnoxious headline, but we are surrounded by ignorance — from both drivers and bicycle riders. “People just don’t understand what the laws are,” says the Boise Police Department’s Andy Johnson, “and they believe they know what the laws are.” At times, the ignorance even turns into aggression, whether it’s that road-raging bicycle rider who angrily yanked the side-view mirror off a car, or a thread at the Boise Reddit page where a poster urged drivers to not stop for cyclists in crosswalks unless they dismount.

In the interest of education, saving a few lives and perhaps settling a future bar bet at The HandleBar, I asked Johnson to explain bicycle laws to me. He’s been riding for more than 45 years and was hit by a car once — motorist’s fault. Johnson has been in the saddle as a bike patrol police officer for more than a decade. “It’s either gonna keep me young,” Johnson quips, “or kill me.”

▪ **Fact:** In Idaho, bicyclists can cruise through stop signs without stopping, and proceed through red lights after stopping.

“Let me clear this one up from the beginning,” Johnson says. “It’s called Idaho stop law. ... A bicycle can pull up to a stop sign but proceed through without stopping. But they have to yield. And yield means they have to slow down, and they can proceed through with safety. They have to yield the right of way to anybody at the intersection already there lawfully that’s stopped or close enough to the intersection as to constitute a hazard. A red light requires a bicyclist to stop — albeit briefly. “You do not have to put a foot down, per city code,” Johnson adds. “You have to yield. And then once it’s clear to proceed safely, you can proceed through the red light.”

What if a bicyclist is turning right at a red light? “You do not have to stop,” Johnson says. “You can treat that as if it’s a stop sign on a bicycle.” Johnson knows that motorists struggle seeing a bicycle pausing at a red light, then taking off. Even if it’s legal, like, it’s not fair! “Cars look at that,” Johnson says, “and then they think, ‘Who is this guy?’ ” But it’s proven to be an effective law, says Jimmy Hallyburton, founder of Boise Bicycle Project. “It increases traffic flow,” Hallyburton says, “basically by getting people through the intersection faster.”

▪ **On a street,** bicyclists must ride in the same direction as traffic. And if there’s a bicycle lane, cyclists in Boise must use it. (You hearing that, bikers illegally riding three abreast on Hill Road?)

The exceptions are when moving into position to turn, or when faced with unsafe road conditions or obstructions. Either way, cyclists on a street are not allowed to ride against traffic. (There’s one exception: The green contraflow bike lane in downtown Boise on 8th Street between Broad and Front streets.)

“Think of a bicycle as a car. Cars have to go with traffic,” Johnson says. “What we hear from bicycles going the wrong way is, ‘I can see traffic better.’ But they can’t see regulatory signs. They can’t see traffic signals. And they’re outside the driver’s normal scan pattern and in an unexpected area of normal vehicle operations.” If a bicycle switches from street to sidewalk, it can roll in either direction. Bicycles are governed by laws that change the moment they hop the curb. “This is a situation that a lot of people don’t understand,” Johnson says. “If you’re a bicycle, you live in three worlds. You’re a pedestrian on the sidewalk, you’re a bicycle on a bike lane, and you’re a vehicle on the roadway.”

▪ **Bicyclists are subject to pedestrian laws** while riding on sidewalks and crosswalks.

Yes, it is legal to ride bicycles on sidewalks. Bicyclists are not required to dismount when they use a crosswalk, either. But bicyclists can’t pull the Idaho stop law card at a crosswalk. “If you’re on a sidewalk, and it’s governed by pedestrian lights, you can’t just pull onto the roadway and go, ‘Red light, I’m going through,’” Johnson says. “Pedestrian light — you’re a pedestrian.”

Cyclists are not allowed to blaze wildly down sidewalks — or ride a bike carelessly anywhere, for that matter. “There’s reckless cycling,” Johnson says. “Boise city code 10-14-17. It’s a misdemeanor.”

▪ **Bicyclists must give an audible signal** when overtaking pedestrians.

It can be the “ding ding” of a bell. It can be your voice: “On your left!” Whatever the case, bicyclists must warn pedestrians in advance when they overtake them on the Boise Greenbelt or on sidewalks. (Even if everyone on the Greenbelt seems to be wearing earbuds.) “It’s courteous,” Johnson says. “It scares a lot of people when you pass with high speed.”

Has a bicyclist ever gotten a ticket for not giving an audible signal? “People have been cited on the Greenbelt for it, but it’s minimal,” he says. “It’s like citing people for jaywalking.” Personally, I would argue that the “on your left!” etiquette applies to cyclists overtaking cyclists, too — but there’s no law about that.

▪ **Gas-powered bicycles are not allowed on sidewalks.** Electric bikes? Um ...

“Gas-powered bicycles are motorcycles for the most part,” Johnson says, “and they’re governed by motor vehicle rules, by and large.”

Seeing electric bikes buzzing down sidewalks bugs me. But that’s just me. And, obviously, the Boise City Council gave the green light to e-bikes on sidewalks and the Greenbelt. City code allows e-bikes “with a motor that has a power output of no more than 750 watts and a top speed of 20 miles per hour (typically Class 1 and Class 2 e-bikes).” E-bikes that can hit 28 miles per hour or faster are not allowed on sidewalks or the Greenbelt.

▪ **Can’t we all just get along?**

In the end, Johnson says, the world would be a safer place if everyone showed more empathy. Most of us have experience at some point as a driver, bicyclist and pedestrian.

“We’re all members of the community,” Johnson says. “We have to look at it in a more holistic manner and ... understand both perspectives. And try to reconcile it with both perspectives in mind. And not just lump everybody into the bad basket.” Hallyburton agrees. “There are a lot of people out there who are following the rules and doing the right thing in both cars and on bikes,” he says.

Still, it’s tough. Your perspective is entirely different when driving and riding. If a driver surrounded by 2,000 pounds of steel passes a bicyclist and gives three feet of clearance (which is legally required), the driver feels safe. The driver feels like that was plenty of room. But as a cyclist, Johnson says, you might feel like that’s way too close. “Your attitudes are going to be diametrically opposed.”

“I think that’s the hard part,” Hallyburton adds. “When you’re on a bike, you are in a vulnerable position. You’re not only angry, you’re kind of scared. The consequences for you are a little bit higher than for that person driving the car. But at the same time, nobody really wants to hurt anyone. That’s why bicycles are usually not hit from behind.”

The next time you’re driving a vehicle? Maybe try to put yourself in the bicyclist’s position. And if you’re riding a bike on the street? Be grateful for Idaho’s unique stop law. Treat it as a privilege.

“I think there’s some responsibility on the cyclists to not abuse the law,” Hallyburton says. “It’s not intended for somebody to just squeeze the gap. The law is there to get them out of an intersection faster. To increase that traffic flow. It’s a law that when it’s obeyed, it really benefits both types of users. But there’s just a lot of confusion around it.”

June 25 Gravel Ride, Freetown State Forest

The 3rd SPECIAL EVENT gravel ride for 2022 started at the Freetown State Forest Headquarters in Assonet MA. Riders downloaded either of the two routes from the NBW RWGPS. Mark Frias led the 33 mile loop.

The course was on gravel and fire roads, ranging from relatively smooth to moderately technical (for a gravel bike). The short course was at least 80% off-road with the long course being about 65% off-road. The long course to the famous Ledge was a sandy, technical loop up a punchy climb. The long course included a little bit of single track (nothing a gravel bike can't handle).

Both courses went by the Copicut Reservoir and the long course went through the small Hixville historic area in Dartmouth.



Photos by
Mark Frias



Below: *View from The Ledge*





Membership News

I'd like to introduce myself; my name is Steve Kahan and I am the new Membership Chair. I've been with the club since 2018, and was the Police Liaison from 2019 until 2022.

We currently have 737 active members in the club, a number that has grown since last year by about 75 members!

Additionally, everyone should know that we will be moving to a new membership platform next year, as we have been informed that imAthlete will no longer be an active platform. I will try to keep everyone updated on our progress.

Hope to see you on the road.
Warmest regards,
Steve Kahan
membership@nbwclub.org

Welcome New Members

Michael Amaral, Fall River, MA
Joseph Bangs, Plainville, MA
Lynda Bartlett, Jamestown, RI
Michael Bobroff, East Greenwich, RI
Tony Branco, New Bedford, MA
Thomas Bryan, North Smithfield, RI
Jennifer Butler, Newport, RI
Robert Caldarola, Abington, MA
Jesse Casavant, North Attleboro, MA
John Caughey, Mansfield, MA
Christopher Cody, Fairfield, CT
Joe Colantuono, West Warwick, RI
Marcia Conroy, New Bedford, MA
Mary Czymbor-Hepburn, Wrentham MA
Matthew Daily, Portsmouth, RI
Carolyn Davis, Providence, RI
Kevin Dubois, Harrisville, RI
Elliott Farmer, Providence, RI
Joel Ferguson, Plymouth, MA
Alan Henry, Attleboro, MA
Mark Allen Hepburn, Wrentham, MA
Christian Lorenzi, Middletown, RI
Alaina Mahoney, Providence, RI
Brian Manny, Fairhaven, MA
Bradley Mingels, Scituate, MA
Joseph Mullaney, Westport, MA
Bobby Norigian, Barrington RI
Carlos Rosario, Providence, RI
Linda Ruggieri, Smithfield, RI
Carlos Santos, Tiverton, RI
Cheryl Schmidt, Mansfield, MA
Monika Schuler, Westport, MA
Chris Spear, Providence, RI
Walter Valencia, North Providence, RI
David Von Horn, Washington, DC
Eva Ward, Providence, RI
David Welch, Dennis, MA

NBW Membership

Our membership registration and renewal process is online through **ImAthlete.com**. Single yearly memberships (\$20) are available.

For full details and links go to **nbwclub.org** and click on "membership"

Renewals: Members will receive an email reminder from ImAthlete.com 30 days before their membership expires. Easiest way to renew is to respond via this reminder rather than let your membership expire and then try to do it!

Questions: Steven Kahan, membership@nbwclub.org



Left:
Socializing after the Miles
Standish Ride at our new start
location.

Calendar of other clubs/organizations' rides:

Sat Aug 20 North Shore Cyclists' Blazing Saddles Century. See nscyc.org for information.

Sat Sep 24 Granite State Wheelers' Seacoast Century (note: one day only). See gswheelers.org for information.

We grieve that we were not able to organize locations/support for the TFCE again this year. We see some local bike clubs are slowly returning to usual schedules, but some—like NBW—are having difficulties. Charles River Wheelers have cancelled their autumn Cranberry Harvest Century and restrict other rides to CRW members only (see crw.org). Nashoba Valley Pedalers (nvpbike.org) have a tentative hope for an August Century. In the meantime, at least NBW is scheduling the usual number of centuries as regular club rides.

If you know of other rides to add to the above, please send info to editor@nbwclub.org

Support your local bike shop

If you know of any changes to this list, please inform editor@nbwclub.org

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

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

BRUMBLE BIKES, 49 Beach St, Westerly, RI 02891.
401-315-0230. www.brumbalebikes.com

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

NBX BIKES www.nxbikes.com
922 Boston Neck Rd, Narragansett, RI 02882. 401-782-4444

PROVIDENCE BICYCLE INC, www.providencebicycle.com
725 Branch Ave, Providence, RI 02914. 401-331-6610
337 Warren Ave, East Providence, RI 02914. 401-228-6991
150 Lambert Lind Highway, Warwick, RI 02886. 401-773-7733

SCOTTEE'S WESTPORT BICYCLE, 1125 State Rd, Westport, MA
508-636-1266.

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. www.stedmansbikeshop.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

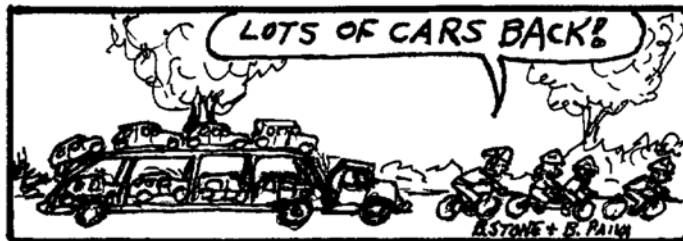
TREK BIKE SHOP, 414 Warren Ave, East Providence, RI 02914.
401-434-3838 trekbikes.com

UNION BICYCLE, 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



We are sorry to inform you of recent deaths of long-time NBW members



Sandy McIlmail

Well-known tandem rider and NBW volunteer. A Memorial service was held in June for both Sandra and her husband William, who died in January 2021. We owe many of our early NBW ride maps to Bill's illustration skills.



Noel Field

This photo was taken at the NBW New Year's Day Ride, January 2022, which Noel arrowed for many years in Little Compton, in bad weather acting as a sag driver to ensure all riders returned safely. He kept logs of his rides and last year rode 5,000 miles. We should also note that Noel was a prominent sailor in local and national events.

From the Touring Committee ...



After four years serving as the NBW ride coordinator (some like to think of the role as the Touring Board Chair) it has become time for me to “cycle” on. I started on the touring board as a ride scheduler about two years before I took over from Don Chiavaroli in April of 2018.

It has been a great experience, working with some wonderful club members as well as the always helpful members of the scheduling committee. I'd like to thank them all here: (in no particular order)

Ted Shwartz, John Satterlee, Tim Scholtz, Bob Paiva, Mike Miller, Raul Silvia, Chip Kent, Diane Robillard

They have given of their time to help with planning the Sunday ride schedule for the club. You may wonder: “why so many members”? Well, it's fun and it takes that many minds to remember all the errors of the past and the problems we need to avoid while setting up the schedule.

It's been a pleasure and an honor to serve the members of the NBW in so many roles over the years. The touring board work has been the activity I'm most proud of. During my tenure, the Club has been shifting to **RideWithGPS** as the most widely used guidance method for rides. We've been able to iron out many of the kinks encountered with this transition. Nevertheless, the paper maps have continued to be popular among riders and many maps have been

Ride Schedule: This has moved to the NBW RideWithGPS account. Links to the schedule appear on our website—nbwclub.org—and in the weekly email to members from our president. This newsletter will also provide a record of the schedule in the former print format.

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.
- Use “blinkies” so you are more visible to motorists.
- Share the road with motorists and pedestrians. Obey all traffic laws.

updated to make them more accurate and more readable.

In addition to this, we've also transitioned to a new Club website and the use of the **RWGPS Event Calendar** as another method of dissemination of the riding schedule. The addition of a link to driving directions in the Event Calendar has proven popular.

Several new rides have been added to the club's roster in the last four years, most developed by members of the scheduling committee. In fact, a major revision of the old Miles Standish Ride was scheduled for July 17 (note the revised spelling of the ride and the new ride number), and proved very popular.

It's been a busy four years and it's time for me to enjoy my “second” retirement. I'll still be around and riding with the club. When you pass me on the road.....give me a call out: “Hey Rod, on your left!”

Rod

touring@nbwclub.org

Our Paint and Arrowing Coordinator, Mike Miller, is looking for volunteers to arrow some of our upcoming rides. If you'd like to give back to the club by arrowing a ride (or two), contact Mike at arrows@nbwclub.org or you can talk to him at most ride starts. A message to the ride starter will get to him as well.

Many thanks to our recent arrowers:

May 8 Great Grandma's Farm: Rod Breault

May 15 Westerly: Wayne Tikkanen

May 22 Plymouth Century: Tim Scholz

May 29 Westport:

Jun 5 Friar Ride: Gary Archer

Jun 12 Mystic Metric: John Satterlee

Jun 19 Tiverton 50: Mike Emma

Jun 26 Ray Young's Ride: Bill Luther, Rod Breault

Jul 3 Scramble Metric: Don Paiva, Mike Emma, Ray Foulkes

Jul 10 : TriState Century: Rod Breault, Ted Shwartz

Jul 17: Miles Standish: Tim Scholz

NBW RIDE SCHEDULE

Last minute changes are announced via our website - nbwclub.org - and our weekly email ride notices as well as the Ever Calendar on Ride With GPS

July 3, 2022	♥ Scramble Metric	16/27/55/64 miles
Sunday	9:00 AM	Map No. 88 Arrower: D Paiva/Emma/Foulkes
Route	Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro	
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. 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.	
	Rides start at 9:00 AM in July and August	

July 10, 2022	TriState Century	31/62/100 miles
Sunday	8:00 AM	Map No. 95 Arrower: M Miller/T Shwartz
Route	Northwestern Rhode Island, Connecticut, Massachusetts	
Directions	START: The ride will start from the Smithfield High School. Please park all the way down the parking lot by the High School and Baseball Fields. The school is located at 100 Pleasant View Av, Smithfield RI. This is by the intersection of Route 116 (Pleasant View) and Route 5 (Cedar Swamp Rd). From PVD take 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 is a challenging but very scenic century that affords spectacular views from several different ridge lines.	
	Century riders start at 8 AM, all others at 9:00 AM	

July 17, 2022	♥ Myles Standish Ride	26/53 miles
Sunday	9:00 AM	Map No. 183 Arrower: T Scholz
Route	Rochester, Wareham, Plymouth	
Directions	Start at Decas Elementary School 760 Main St., Wareham, MA. From Providence, take I 195 East to Exit 39, turning right onto Rte 28. In about 1/2 mile, bear right onto Tremont St., then turn sharply right onto Main St. In about 1 mile, the Decas Elementary St. is on your left.	
Drive Time	45 minutes from Providence	
Description	This ride is a replacement for the old NBW 057 Miles Standish Wareham ride. It retains many portions of the old route but has been substantially updated for a better start location and rerouting away from several busy roads. This new route now stays to the outskirts of Plymouth Center and rides past Plimouth Plantation, both worthy detours for those wanting to take in our nation's history.	
	Water and bathrooms are available at Plimouth Plantation and at the Forest Headquarters, close to where you enter and leave the Myles Standish Forest.	
	Two other loops of 13 and 42 miles are not arrowed but are available as RWGPS files for those who wish to cover more modest distances.	
	Rides start at 9:00 AM in July and August	

July 24, 2022

The Speedway Ride

24/41/51 miles

Sunday 9:00 AM *Map No.* 170 *Arrower:* Paul Rider

Route Gloucester, Foster, Putnam, Douglas, Burrillville, Thompson

Directions Start at Ponagansett High School, 91 Anan Wade Rd, North Scituate, RI. (Yes, the High School is in Gloucester, but the mailing address is N. Scituate!) Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). Stay to the right on 101 at the fork where Rt. 6 splits from Rt. 101. Go 3 miles then straight on 101 through the junction with Rt 102. Go 2 miles then turn right on Anan Wade Rd. School is one mile on the left.

Drive Time 35 minutes from Providence

Description This is one of the NBW's newer rides, designed by long time member Paul Rider. This clockwise tour through northwestern RI and northeastern CT, with a pass through Douglas, MA has enough climbing to keep one's heart pumping and one's leg moving. In Thompson, CT, we pass by the Thompson Speedway, for which the ride is named.

Rides start at 9:00 AM in July and August

July 31, 2022

Tom & Pat's Half Century

18/26/46 miles

Sunday 9:00 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.

Sunday rides start at 9:00 AM in July and August

August 7, 2022

From 'Entering Heaven' to the 5 Steps of He*26/43/53 miles

Sunday 9:00 AM *Map No.* 180 *Arrower:*

Route Blackstone, Uxbridge, Mendon, Upton

Directions Start at the Blackstone-Millville Regional High School, 175 Lincoln St., Blackstone, MA. Take Exit 14 from Rte 146 North. Merge onto School St. then turn right at the light onto Rte 146A south. In 0.3 miles turn left onto St. Paul St. After about 1.5 miles turn left onto Canal St., then continue onto Bridge St. Turn left in 0.1 mile on to Rte 122N (Main St.). In 0.1 miles, turn right onto Mendon St, continuing for 0.7 miles, then turn right onto Lincoln St. The school is 0.5 miles further on the right.

Drive Time 30 Minutes from Providence

Description This ride uses DNA from Border Crossers, The Recycled Bike Ride, The Animal Farm Ride to give club members a newish ride. The ride has abundant shade, with lots of rollers as we head north from Blackstone, MA up one side of the West River Valley and back down the other. Some of the sights are Southwick Zoo, Cormier Woods, Upton State Forest, Grafton Commons, The U-Mass Veterinary School & Whitehall State Park. All riders will "Enter Heaven" before climbing "The Five Steps of He**" on Northbridge Road and the last climb of the day up to Daniel's Farmstead on Blackstone Street, before the "Heavenly" finish with downhill rollers and a swing by Wojick's Farm, where ice cream can be had in season.

Rides start at 9:00 AM in July and August

August 14, 2022 **The 'Bridge' Ride** 16/28/44 miles

Sunday 9:00 AM *Map No.* 131 *Arrower:*

Route Burrillville, Uxbridge, Northbridge

Directions Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N. Get off on School St exit in North Smithfield (this is the exit after Pound Hill Rd exit). Bear Right onto School St. Take quick Left onto Rt 146A, Great Rd (this will become Rt 102, Victory Highway). Go 6.0 miles. Turn Right onto Rt 107, East Ave. Go 1.0 miles to Burrillville High School, 425 East Ave, Harrisville, RI, on your left. Park behind school.

Drive Time 35 minutes from Providence

Description Named for the towns along the route -- not for any bridges crossed -- this ride explores the NW corner of RI and the small towns of Sutton and Uxbridge, MA. The 50 mile ride goes past Purgatory Chasm into Northbridge. Ride through woods and farmland, with some great views.

July and August rides start at 9:00 AM

August 21, 2022 ♥ **Joe Medeiros Ride** 17/25/47/63 miles

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

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 exit 24B, Rt. 140 N, to Exit 4 (King's Hwy). Bear R off the exit and turn right at the next T intersection onto Mt. Pleasant St. The lot is 1/4 mi ahead on the right. From the north of New Bedford, 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.

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

August 28, 2022 **Foxboro 55** 23/36/55 miles

Sunday 9:00 AM *Map No.* 166 *Arrower:* R Breault

Route Attleboro, No Attleboro, Wrentham, Franklin, Norfolk, Foxboro, Mansfield, Norton

Directions Start from the overflow parking lot of LASALETTE SHRINE, 947 PARK ST (RT 118), ATTLEBORO, MA.
Directions from Providence: Rt 95 North to exit 3 in MA. Right off the exit onto Rt 123 East. Follow Rt 123 into downtown Attleboro and stay straight onto Rt 118 South at the lights (Rt 123 East continues left at these lights). Follow the signs to LaSalette, about 1.7 miles on the right. Park in the overflow parking lot just past the LaSalette Shrine, on the right at the kiosk. It is where the buses park during the Christmas season. If you are heading south on Route 118 and go past Lifecare, you passed the overflow lot.

Drive Time 20 minutes from Providence

Description This ride takes us from Attleboro to Foxboro and back, through towns we often ride in but in opposite directions. Although the 36 and 55 mile loops cross busy Rt 1, all crossings are at traffic lights. These scenic loops ride the back roads of Plainville and Cumberland. The 55 miler goes north through Wrentham, Franklin, Norfolk and Foxboro, just north of Gillette Stadium. As you cross Rt 1 in Foxboro, look right to see the lights high above the stadium. On the 36 miler use caution on South St (Rt 1A) in Wrentham. On the 23 miler use caution on Kelly Blvd when turning left to the Fish Hatchery.

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

September 4, 2022

North Country Fifty

18/22/33/49 miles

Sunday 10:00 AM *Map No.* 98 *Arrows:*

Route Smithfield, Woonsocket, Scituate

Directions START: The ride will start from the Smithfield High School. Please park all the way down the parking lot by the High School and Baseball Fields. The school is located at 100 Pleasant View Av, Smithfield RI. This is by the intersection of Route 116 (Pleasant View) and Route 5 (Cedar Swamp Rd). From PVD take 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 The ride goes past the Woonasquatucket Reservoir into the woods and farmlands of North Smithfield, and then heads south to the Scituate Reservoir, finishing through apple orchards.

Sunday rides revert to our regular 10:00 AM start time

September 11, 2022

♥ The Flattest Metric in the East

29/40/65 miles

Sunday 10:00 AM *Map No.* 181 *Arrows:* 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 (Fauce 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.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

Tentative Future Ride Schedule - SUBJECT TO CHANGE - comments to Touring@nbwclub.org

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Sep	Sun 4	98	North Country Fifty	Smithfield	18/22/33/49	
	Sun 11	181	The Flattest Metric in the East	Dartmouth, MA	29/40/65	D Robillard/M Miller
	Sun 18	172	NBX Ride	Narragansett, RI	24/37/50	
	Sun 25	52	Mattapoissett Ride	Mattapoissett, MA	14/31/49	D Robillard/M Miller
Oct	Sun 2	117	Purgatory Chasm	Uxbridge, MA	23/31/55	
	Sun 9	130	Cape Caper Ride	Bourne, MA	24/40/60	
	Sun 16	3	Oneco Pond Ride	Sterling, CT	17/29/45	
	Sun 23	81	Cranberry Metric	Raynham, MA	20/38/65	
	Sun 30	92	Taunton-Sharon Tour	Taunton, MA	21/29/49	

* Holiday Show'n Go

** Special ride