The Spoke'n Word

Volume 52, Number 2 Narragansett Bay Wheelmen, PO Box 41177, Providence, RI 02940-1177

March 2022 nbwclub.org



March 20 Seekonk South Ride

Around 60 riders rode our first 2022 ride in spring weather. Photo: Monica Foulkes

NBW Ride Schedule

Rod Breault now posts our ride schedule 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



I would like to welcome you all to the NBW 2022 season.

While most of us were still hunkered down because of the ice, snow and cold some hearty ride arrowers, devoted club members and our weekly ride announcer have been riding through the winter. Thank you to Rod Breault and our fantastic touring board and vigilant paint arrow volunteers. Keep up the good work. Thank you to Ray Foulkes for his winter post-ride warmup treats. Just the thought of hot soup helped pass those last few cold miles.

With warmer weather the after-ride social tent will return. Bladi Rodriguez says he is again willing to do a post-ride social tent when the weather conditions and ride locations permit so start packing your chair along with your bicycle. Bladi is looking for a volunteer to assist him.

Watch for the newest addition to our ride schedule as Saturday partial gravel rides on alternating sides of Narragansett Bay will be included. These rides will offer reasonably challenging events with some gravel that are accessible to solid recreational cyclists, with the goal of having a good time on the bike.

Thank you to our fantastic touring board, ride coordinator Rod Breault, police liaison Steven Kahan, our arrow volunteers and Mike Miller for keeping them supplied

with paint.

A shoutout to the prior executive board for all they did to get through the pandemic.

Thank you to Monica Foulkes for her years of devotion to the NBW's former website, her club photos and work as our *Spoke'n Word* editor. Our volunteers are now working to restore the functionality of the old website with actual photos from our rides, up-to-date club information and access to past issues of *The Spoke'n Word*.

Thank you to our past President Ted Shwartz for his years of leadership and for stepping forward to lead the club the past few months. We all enjoy Ted's weekly upcoming ride blasts!

Although each of us rides for our own reasons, the bicycle is a wonderful equalizer. All ages and all sizes; whatever might keep people apart can disappear if we let our bicycles do their magic. We are in this together so let's all have a terrific NBW 2022 season.

Stay safe, Be bright, Ride right, John

Late news—As we went to press (well, we don't actually go to press anymore) the following appointments to the Board were announced:

Membership Sec.—Steven Kahan Advocacy Chair—Carolyn Davis

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: Rod Breault, touring@nbwclub.org Advocacy Chair/LAB rep: Carolyn Davis, advocacy@nbwclub.org Volunteer of the Year 2018: John Stenning Volunteer of the Year 2019: Dianne Robillard Volunteer of the Year 2021: Flavio Salas

NBW Facebook page: www.facebook.com/narragansettbaywheelmen

OTHER CLUB FUNCTIONS

TFCE Chair: Ted Shwartz

Arrowers/Paint coordinator: Mike Miller, arrows@nbwclub.org

Ride starters: Rod Breault, Paula Gendrean, Ted Shwartz, Pete Bissell

Maps/rides database: Rod Breault, 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: Bladimir Rodriguez

General information: Bruce Masterson, info@nbwclub.org Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org

Contributing writer: Gary Stafford Cartoonist: Bob Paiva

NBW email discussion list: Groups.io/g/nbwclub/topics



Welcome New Members

Donald Auclair, Millis, MA Cam Bortz, Pawcatuck, CT Anthony Crudale, West Warwick, RI Forrest Daniels, Providence, RI Paul de Villers, Fall River, MA Jennifer Del Signore, Providence, RI Graham Eacock, Sutton, MA James Fallon, Houston, TX Robert Ferschke, No Smithfield, RI Leslie Hawley, Stonington, CT David Hebert, Somerset, MA Kevin Keener, Coventry, RI Joel Kelly, No Attleboro, MA Joseph Lambert, No Kingstown, RI Thomas Lyman, No Attleboro, MA Sammy Mercier, Marlborough, MA Lorna Moss, No Smithfield, RI Kent Nasveschuk, Plymouth, MA Linus Ndumia, Durham, NC JP Parkos, Essex, MA Keith Prue, No Providence, RI Paige Roth, Fairhaven, MA Thomas Spann, Providence, RI Philip Wildenhain, Cumberland, RI Linda Ye, Warwick, RI

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"

Questions: membership@nbwclub.org

Changes to note

Steven Kahan has taken over from Ray Foulkes as Membership Secretary. Carolyn Davis has assumed the vacant position of Advocacy Secretary. Gravel rides coming! (see page 6)

Membership Dues resume in 2022: 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 to: membership@nbwclub.org

Ride Schedule: This has moved to the NBW RideWithGPS account, maintained by Rod Breault; 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. Questions about rides to: touring@nbwclub.org

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



Left: Social tent after the March 20 Seekonk South Ride offered hot chocolate and noodle soup. Photo: M. Foulkes

Do you have an interesting photo of recent rides?
Email to editor@nbwclub.org

Support your local bike shop

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

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

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

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

NBX BIKES www.nbxbikes.com 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



Larry Rollins
Our new webmaster
webmaster@nbwclub.org



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

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

Right: Rick Schwartz and Joan McLaughlin start the Mar 20 Seekonk South Ride.



Do you have a photo of recent rides? Email to editor@ nbwclub.org

Members receive news about our rides every week:

The weekly NBW email broadcast to all members by the President is our main communication by which we send you information about Sunday rides, 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 to see if the email 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.

Thanks to our Winter Arrowers

January wasn't bad, but February storms made riding hard. We thank these noble winter arrowers:

Jan 1	New Year's Day Ride	Noel Field
Jan 9	Triboro Ride	Brian McCafferty
Jan 16	Barrington Ride	Don Paiva
Jan 23	Johnnycake Ride	John Satterlee
Jan 30	Rochester-Winter	Tim Scholz
Feb 6	Fish Rd	Mike Emma
Feb 13	Triboro (repeat)	Brian McCafferty
Feb 20	Rochester (repeat)	Tim Scholz
Feb 27	"Ville" Ride	Paul Rider
Mar 6	Worden Pond	Rob Thompson
Mar 13	Walpole Dover	Flavio Salas
Mar 20	Seekonk South	Don Paive/Mike Emma



Left: Brian McCafferty is currently leading the "Miles Arrowed" 2022 list of volunteer arrowers.

Right: Faster riders lead out the Mar 20 Seekonk South

Photo: M. Foulkes

Proceeds from the sale of our old merchandise inventory

Thank you to all who purchased discontinued NBW merchandise items during 2021. Ray Foulkes reports that the sum of \$1,035 was turned over to the NBW Treasurer for club use.

Only a few items were left unsold, primarily small sizes.

NBW email discussion list: Groups.io/g/nbwclub/topics

NBW Facebook page: www.facebook.com/ narragansettbaywheelmen

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

NBW provides the paint, map, GPS file and instructions. Arrowing guidelines are posted on our website at: nbwclub.org/resources/nbw arrowing guide.pdf



Below: A pop-up social tent provided by Ray Foulkes after the March 20 Seekonk South Ride offered hot chocolate and noodle soup.



From the Touring Committee ...



Left: Touring Committee members Rod Breault, Mike Miller, Dianne Robillard.

At last, March! As I write this I am seeing a light at the end of the tunnel. The days are getting longer, the days are warming, if ever so slightly. I've seen a few Robins flying about, which have been missing for most of the winter. I hope they're American Robins which had migrated to our south and are returning and not Canadian Robins, which will have migrated to here and are not harbingers of spring.

Thoughts of spring riding are beginning to fill my head and I hope the same is true of our club members. If so, this might be a good time consider sending your "A" bike (if you have a "B" bike) in to your local bike shop for its pre-season tune up. It won't be long before you'll be needing the bike and wait times at the shop will only get longer.

Despite the winter doldrums, the Club hasn't been inactive. We've elected a new President: John Rohland who took office in February. John has been a long term club member and Volunteer of the year about 15 years ago. Along with John, the club elected Diane Robillard as Secretary as well as Ray Foulkes to VP and Rick Schwartz will continue as Treasurer. I wish them much success in the coming year.

There will be some changes in the upcoming year. One you may have noticed is that there won't be a "Spring Opener" as we have had in years past, at least for now. As you may be aware, changes in ownership of some of our local bike shops have reduced their interest in sponsoring the "Spring Opener" and the Board felt popularity of the route used in the past would suffer without the attraction of the heated tent, snacks and bike show after the ride!

Without an "Opener" we'll consider April 1st to be the start of the regular season and rides will start at 10 AM.

Another bit of good news is that we hope to resume "Special Rides" About 15 years ago, club member Mark Robinson used to arrange some challenging "Special" rides in western Massachusetts in his role as "Special Events Coordinator". Mark had to withdraw from that role due to health issues but has recovered enough to volunteer to work on some events that will be either gravel rides or combined gravel/paved road rides. These events will be held on Saturdays so as not to interfere with our Sunday ride schedule. We'll keep you informed in the weekly email as these rides develop.

Another bright spot in our future is that Bladimir Rodriguez has agreed to resume hosting the Sunday afterride "social tent" following a two year absence due to Covid. Of course, the resumption of such social events will depend on the pandemic, but with fingers crossed, we'll be able to resume this very popular *après ride* tradition.

So, let's get ready and get riding! (okay, I know I'm getting a bit ahead of myself, we do have March to get through.....)

Rod

Remember ... Ride Safely

- Use hand/voice signals when passing other riders, turning or stopping.
- Pass other riders on their *left*, alerting them as you pass. Do not pass on the right.
- Check for arrows 150 ft before an intersection.
- Watch for sand on the road, 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 is on the following pages.

Tentative Schedule below is for information ... do not ride from this as changes may be made:

May 8, #49 Great Grandma's Ride-REPEAT, Smithfield 13/21/49 miles

May 15, #113 Westerly Ride, Ashaway 26/35/50 miles

May 22, #122 Plymouth Century, Seekonk, MA 25/57/103 miles

May 29, #111 Westport, Westport, MA 13/25/44/50 miles

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

February 27, 2022 The 'Ville' Ride 20/28 miles

Sunday 11:00 AM Map No. 11 Arrower:

Route Burrillville, Harrisville, Mapleville

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 Pascoag Reservoir, Wilson Reservoir and many waterfalls are visible on the ride. Some bumpy downhills.

March 6, 2022 Worden Pond 16/26 miles

Sunday 11:00 AM Map No. 40 Arrower:

Route Kingston, Tuckertown

Directions Start at Univ of RI, Rt 138, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue

south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick

building to the parking lot by the soccer fields.

Drive Time 40 minutes from Providence

Description This scenic tour of South County goes by Worden's Pond and historic Kenyon's Grist Mill. Caution on Shannock Rd, just

before Rt.2 (watch curves and sand).

March 13, 2022 Walpole Dover 15/28 miles

Sunday 11:00 AM Map No. 109 Arrower: T. Scholz

Route Walpole, Medfield, Millis, Sherborn, Dover, MA

Directions Start from the Municipal Parking Lot, behind the Fire Station at 20 Stone St. Walpole, MA in the center of Walpole MA.

From the south, take Rt. 95 N to exit 9 (Rts 1 & 27, Walpole exit). Bear right off the exit onto Rt. 1N for 1.1 mi. Go Left at the light onto Rt. 27. Stay on Rt.27 for 1.7 mi until approaching the junction with Rt 1A in Walpole. Just before that light take a left on Stone St. street (there's a "Public Parking" sign at the turn). You'll see the parking area on the right, behind

the shops on Rt.1A and the Fire Station.

Drive Time 40 minutes from Providence

Description Lovely ride around small towns and farms south and west of Boston, crossing the Charles River a couple of times on

surprisingly rural roads. Ponds, marshes, lots of horses and a few cows to be seen. Expect a few little hills but nothing

major. At this time of year watch out for potholes on the little roads in the Charles River watershed area.

March 20, 2022 ♥ Seekonk Southern Ride 16/29/52 miles

Sunday 11:00 AM *Map No.* 89 *Arrower:*

Route Seekonk, Rehoboth, Somerset

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. 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 This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob

Paiva.

March 27, 2022

♥ Rochester-Middleborough

15/31/48 miles

Sunday

11:00 AM

Map No. 182

Arrower: D Robillard/M Miller

Route

Rochester, Middleboro, Lakeville

Directions

Start at the Old Colony Regional Vocational Technical School 476 North Ave, Rochester, MA. From I 195, take exit 24B, Rte 140 North in New Bedford. Use exit 10 to turn left onto Chace Rd. Take the second exit at the rotary onto Mason Rd. In 0.8 miles, turn left onto Middleboro Rd. In 1.2 miles, continue straight onto Morton Rd. (Morton Rd. becomes North Ave. after crossing MA 105). The Vocational School is 3.0 miles ahead on the right.

Drive Time

50 minutes from Providence

Description

Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is basically the Lakeville, or Land-O-Lakes ride, an old club favorite. There's nothing wrong with the old start location, and we may return there, but we wanted to try out this location just to see if we could add something new to the ride. This area is noted for its lakes, ponds and cranberry bogs.

April 3, 2022

Scituate Foster Ponagansett

16/24/34 miles

10:00 AM Sunday

Map No. 86

Arrower:

Route

Scituate, Foster, Ponagansett

Directions

Start at the town common on Route 116 in No Scituate, RI. To get there, take Route 6 West from I-295, Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

Drive Time

20 minutes from Providence

Description

This is a somewhat hilly but scenic ride that travels along winding, wooded roads. You'll cross Scituate Reservoir, the state's largest lake, and pass by at least three apple orchards on the long ride (two on the short ride). The long ride loops out along Rte.94, winding through Foster back roads.

April 10, 2022

Great Grandma's Farm Ride

13/21/48 miles

Sunday

10:00 AM

Map No. 49

Arrower:

Route

Burrillville, Uxbridge, Pascoag, Chepachet, Glocester, Smithfield

Directions

NEW START at the North Smithfield Junior Senior High School, 412 Greenville Rd, North Smithfield, RI. Take Rt 146 N to Exit 11, RI 104 N. Smithfield Woonsocket. At the end of the exit ramp, turn right onto Rte 104 continuing for 1.8 miles; the school is on the left.

Drive Time

35 minutes from Providence

Description

This challenging, but lovely, ride, designed by Luke Brissette, was the winner of our 1998 design-a-ride contest. It's a good hilly workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd., note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd (the two fascinating houses that everyone sees from Rt. 295 in Smithfield) and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) Thanks to Ted Schwarz for scouting out a new start location away from the traffic at the Lincoln Mall and for adding an option for avoiding the dreaded Burlingame Rd climb. Be aware that avoiding Burlingame Rd involves some off-road travel on the Smithfield Scenic trail but shortens the medium and long rides by 3 miles and 500 feet of climbing! The RWGPS files for this option are in the members only section and are labeled "Dirt SC"

April 17, 2022 ♥ Seekonk South -REPEAT

Sunday 10:00 AM Map No. 89 Arrower:

Route Seekonk, Rehoboth, Somerset

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.

16/29/52 miles

Drive Time 10 minutes from Providence

Description This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob

Paiva .

April 24, 2022 ♥ Chariho Tour 15/25/30/47 miles

Sunday 10:00 AM Map No. 17 Arrower:

Route Charlestown, Richmond, and Hopkinton

Directions Start at Chariho High School, 453 Switch Rd, Wood River Junction, RI. Take 95S to exit 3B West (Rt 138W Hope

Valley). Go 1.1 miles to a traffic light and go straight on Rt. 3/Rt 138. About 1 mile on Rt. 3 bear left at blinking light onto Mechanic St. (which becomes Switch Rd, then bears right and becomes Hope Valley Rd), for about 4 miles to the school

on the right. Please park at rear of school.

Drive Time 45 minutes from Providence

Description This scenic ride on quiet roads in the southwest corner of RI passes first through Woodville, with its dam and millpond,

and continues through Charlestown, which hosts bike races at Ninigret Park. You'll travel through Burlingame State Park and to the ocean along Quonochontaug Neck before returning through Wood River Junction. CAUTION when crossing

Rt. 1 on the long routes!

RWGPS files verified 3/10/19

Beginners will love these rides!

* Holiday Show'n Go

** Special Event