

The Spoke'n Word

Volume 52, Number 3

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

May 2022

nbwclub.org



April 30 Gravel Ride

Spring ride on gravel roads in the Coventry area included a covered bridge.

Photo: Monica Foulkes

More photos inside.

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



Our spring riding season was off to a cold and windy start but warmer days are just around the corner.

The hills of Great Grandma's Farm Ride and Diamond Hill are awesome for building the muscles that will be needed as the season progresses, while Seekonk and Chariho are flat enough to just enjoy being back on a bicycle.

Thank you to the touring board and touring director/ride starter Rod Breault for putting the schedule together and getting us all out of the parking lots.

The inaugural Special Event Gravel Ride out of Coventry was well attended and thoroughly enjoyed. The gravel committee is working out the details of this month's event. These rides are new and unique, which certainly add to the ride enjoyment.

The Plymouth Century will be here before you know it on May 22! June will have the Friar Ride, Mystic Metric, Tiverton 50 and a club favorite, Ray Young's Ride.

Monica and Ray will host our social tent post ride whenever possible so bring your own chair and social distance with us.

Thank you to all the volunteers who make this club the terrific organization that it is.

Enjoy Spring!
Stay safe,
Be bright,
Ride right,
John

New ... explore new roads for the club on hard-packed gravel (who knew we had a covered bridge so close to one of our RI routes?)

*April 30 Gravel Ride
More photos Page 3*



**June 3, 2022
RI Bike Summit
Roger Williams University
Bristol, RI**

John Rohland will attend for the club and will report on developments in the next newsletter. He offers some registration assistance to NBW members wishing to attend.

Info: [//ribike.org/summit/](https://ribike.org/summit/)

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 2019: Dianne Robillard
Volunteer of the Year 2021: Flavio Salas

OTHER CLUB FUNCTIONS

TFCE Chair: Ted Shwartz
Arrows/Paint coordinator: Mike Miller, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Gendreau, 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: open
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

Inaugural Gravel Ride, April 30

Spring sun greeted riders on the first of our Saturday gravel ride series, organized by Mark Robinson, which was a combined road/gravel route that included a covered bridge. Registered for the ride: Orlando Correa, Charles McGovern, Chip Kent, Nathan Bissell, John Rohland, Betsy Like, William Hulsman, Alberto Savoretti, Dariusz Dziadkiewicz, Richard Prull, Mike Miller, Dianne Robillard, Henry Johns, Mark Weldon, Steve Heath, Karen Norlin.

As future gravel rides are organized they will be announced in the weekly email to all members from the President, and in the ride schedule on the NBW RideWithGPS account.

Photos: Rod Breault



Above: Mark Robinson, organizer, explains the route.



Left: Some of the riders at the start.





Welcome New Members

Joseph Andrade, Bristol, RI
 Alfred Ayala, Harrisville, RI
 Meri Carney, Warwick, RI
 Jee Chung, Canton, MA
 Erich Carroll, Fairhaven, MA
 Stephen Carroll, Chepachet, RI
 Christopher Collins, N Kingstown, RI
 Michelle Dimery, Barrington, RI
 Ridgely Ficks, Auburndale, MA
 Sean Flynn, Warwick, RI
 Mark Friedman, Needham, MA
 Michael Gallagher, West Warwick, RI
 Jonah Goska, Arlington, MA
 Lewis Greitzer, Narragansett, RI
 Eric Koch, Providence, RI
 Betsy Like, Auburn, MA
 Zachary Magnone, Warwick, RI
 Joanne Mello, Fairhaven, MA
 Carol Moran-Carroll, Barrington, RI
 Mark O'Neill, Providence, RI
 Donna Personeus, Barrington, RI
 Hugo Pinto, No Dartmouth, MA
 Peter Rintels, Providence, RI
 Beth Ross, Stoughton, MA
 Michael Shine, Mystic, CT
 James Tessier, No Dighton, MA
 Jessica Waters, Cranston, RI
 Holly Watson, Hebron, CT

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

Membership Dues resumed 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 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, so check with membership@nbwclub.org

Calendar of other clubs/organizations' rides:



Sat May 21 Elliot's Ride, organized by BikeNewport. Ocean Drive will be closed from 9 to 11 am for this ride. Location, registration, and more at www.bikenewportri.org/elliots-ride.

Sat Jun 11 Seven Hills Wheelmen's King's Tour of the Quabbin. Register at sevenhillswheelmen.org

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, beginning with our Plymouth Century on May 22.

If you know of other rides to add to the above, please send info 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.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

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

Ever wondered about riding in Alaska? Phil Paige, a former rider with NBW, sends this note:



On Glacier Highway to the end of the road and back again covering 64 miles. 18 miles without cell reception and must carry fluids to hydrate, bear spray/10mm handgun for protection, and a camera so people will believe you saw the spectacularly awesome majestic scenery of Juneau, Alaska. No map needed.

Remember, bears can run faster than you can pedal.

Ever wondered about the new interest in gravel rides?

Dianne Robillard checked out the club's first gravel ride, Coventry, April 30. (No bears)
Photo: Rod Breault

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



From the Touring Committee ...



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

In the column I wrote for the last issue of *The Spoke' Word*, I started off talking about "seeing" the light at the end of the tunnel with respect to the beginning of Spring. Spring certainly arrived,

but it has had a staying power that we haven't seen in recent years. In previous years, I've heard comments about how comfortable spring weather has turned to blazing hot summer weather in the span of about a week! Not so this year.

Nevertheless, the Sunday ride schedule has been going well. Attendance has been strong, despite the prolonged spring weather and its up-and-down temperatures.

Your touring board has been busy, extending the ride schedule out until the end of October. That schedule appears at the end of this newsletter and is available in the Event Calendar on *Ride With GPS*.

On Saturday, April 30th, the NBW's first Gravel Ride was held. This ride was developed by Mark Robinson, our returning Special Rides Coordinator, along with the support of other club members. Thirteen cyclists turned out for the ride, which covered some of the unpaved roads of Coventry and Foster, with some of the paved roads as well.

Mark is planning to hold about one Special Ride per month

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.

for the near future. Look for announcements in your weekly emails from the club president as well as on the RWGPS Event Calendar.

Volunteerism is the heart of our Club and I do want to thank all of our volunteers who have recently arrowed rides:

Feb 6 Fish Road: Mike Emma
Feb 13 Triboro Tour: Brian McCafferty
Feb 20 Barrington: Don Paiva, Mike Emma
Feb 27 Ville Ride: Paul Rider
Mar 6 Worden Pond: Rob Thompson
Mar 13 Walpole Dover: Flavio Salas
Mar 20 Seekonk South: Don Paiva, Mike Emma
Mar 27 Rochester Middleboro: Mike Miller, Diane Robillard
Apr 3 Scituate Ponagansett: Diane Robillard, Mike Miller
Apr 10 Great Grandma's Farm: Rod Breault
Apr 17 Seekonk South: Mike Emma, Don Paiva
Apr 24 Chariho: Gary Archer
May 1 Diamond Hill: Cheryl Bonin

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.

I'm looking forward to a great summer of bike rides and good riding company. Let's get out there and ride!

Rod

Below: Steve Heath on the Gravel Ride
Photo: Rod Breault



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

May 1, 2022	Diamond Hill One	16/32/48 miles	
Sunday	10:00 AM	Map No. 129	Arrower: C Bonin
Route	Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA		
Directions	Start at Mercymount Country Day School 35 Wrentham Rd., Cumberland, RI. (Access is via Fisher Rd) Directions: From Providence, take Rt 146 North, to Rt I-295 North. Take Exit #22, Rt. 114, Cumberland. At the end of the ramp, turn left onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). After 1.7 miles, bear right onto Rte 121 (Wrentham Rd.). Turn right onto Fisher Rd. Entrance to the school is on your left.		
Drive Time	30 minutes from Providence		
Description	This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses.		

May 8, 2022	Great Grandma's Ride -REPEAT	13/21/49 miles	
Sunday	10:00 AM	Map No. 49	Arrower: R Breault
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"		

May 15, 2022	Westerly Ride	26/35/50 miles	
Sunday	10:00 AM	Map No. 113	Arrower:
Route	Westerly, Watch Hill, Niantic, Bradford, Ashaway		
Directions	START: Car pool commuter lot in Ashaway, RI. (Across from 401 Main St. 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	40 minutes from Providence		
Description	Along the southwest shores of RI are summer resort communities, colonial estates, and cove lined estuaries. Misquamicut Beach and Watch Hill have several fine Victorian hotels, the 1871 carousel and Coast Guard Station with lighthouse. Our thanks to Tina Williams for extending this ride and to Ted Shwartz for revising it.		

May 22, 2022

♥ **Plymouth Century**

23/54/100/102/126

Sunday 8:00 AM *Map No.* 122 *Arrower:* T Scholz

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. 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 Plymouth Century Ride has long been a staple of the NBW route library, a perennial favorite and almost always the first century ride of the year. Despite its popularity, comments from many club members and hard work by Touring Board members Tim Scholz, Ted Shwartz and Raul Silvia have let to this updated version of the ride.

Traffic issues in downtown Plymouth have led us to remove this portion of the ride, though the RWGPS files have a "Scenic" 102 mile loop that does go by Plymouth Rock. A 200K (126 mile) loop, for the truly intrepid, has also been added. The double metric goes by the Manomet Lobster Pound for those interested in a lobster sandwich!

The longer routes pass through Miles Standish Forest, but now use some roads we haven't ridden before.

Note that the Scenic route and the 200 K route are not arrowed. Guidance is by RWGPS and map only.

Century riders start at 8 AM All others start at 10 AM.

May 29, 2022

♥ **Westport**

13/25/44/50 miles

Sunday 10:00 AM *Map No.* 111 *Arrower:*

Route Westport, Dartmouth

Directions Start at WESTPORT ELEMENTARY SCHOOL, 380 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (traffic light intersection). Turn LEFT on Old County Rd. Middle School is on your left, about 1/4 mile, as you begin to go down the hill. Park rear left of the school.

Drive Time 30 minutes from Providence

Description This ride is considered to be one of the club's best, rolling down the Westport waterway to scenic Horseneck Beach. Easy riding past rural farms. 50 mile extension by Gil Peel. If the town of Westport does not allow us to paint arrows on the pavement again this year, the route will be guided by signs, maps, cue sheets and GPS files.

June 5, 2022

The Friar Ride

21/33/63 miles

Sunday 10:00 AM *Map No.* 175 *Arrower:* G Archer

Route Hope Valley, Richmond, Hopkinton, Stonington, Voluntown

Directions Start at the Stop & Shop Plaza, 3 Stillson Rd., Richmond (Hope Valley), RI. From Providence, take I-95 South to Exit 3-A; Bear right at the exit of the exit ramp and then turn left, at the second traffic light, into the parking lot. Please park well away from the stores.

Drive Time 40 Minutes from Providence

Description This ride was developed by member Gary Archer, who is a great Friars fan, hence the name of the ride. Gary designed this ride to avoid some of the issues with the Hope Valley Extra ride and to stay off main roads such as Rte 138 by finding a back way out of the parking lot and using some unfamiliar roads as well as some roads that we haven't ridden on before. This area is noted for its hills, so be prepared!

July 10, 2022

TriState Century

31/62/100 miles

Sunday 8:00 AM *Map No. 95* *Arrower:*

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

♥ 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
Jul	Sun 3	88	Scramble Metric	Seekonk, MA	16/27/55/64	
	Sun 10	95	TriState Century	Smithfield	31/62/100	
	Sun 17	57	Miles Standish State Forest	Wareham, MA	23/50	
	Sun 24	170	The Speedway Ride	Glocester, RI	24/41/51	Paul Rider
	Sun 31	19	Tom & Pat's Half Century	Coventry, RI	18/26/46	
Aug	Sun 7	180	From 'Entering Heaven' to the 5 St	Blackstone, MA	26/43/53	
	Sun 14	131	The 'Bridge' Ride	Burrillville	16/28/44	
	Sun 21	62	Joe Medeiros Ride	New Bedford, MA	17/25/47/63	
	Sun 28	166	Foxboro 55	Attleboro, MA	23/36/55	R Breault
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

* Holiday Show'n Go

** Special ride