

The Spoke'n Word

Volume 52, Number 6

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

November 2022

nbwclub.org



October 9, 2022 Cape Caper

Patty Hathaway sends this photo of Alan Henry, Jayson Tolbert, Bill Luther, Linda Scheffelin and Patty at the Nobska Lighthouse, Falmouth

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



I would like to thank the membership for their vote of confidence in re-electing the slate of officers at the 2022 NBW annual meeting.

My personal thanks go to Vice President Ray Foulkes, Treasurer Rick Schwartz and Secretary Dianne Robillard for sticking around to guide me through another year as NBW President.

A big thank you goes out to the 2022 NBW Volunteer of the Year, Tim Scholz

who has been a Touring Board member, updates maps, arrows rides and now also keeps the NBW RWGPS links up to date.

The schedule for September and October provided some beautiful rides and cooler weather. It may not all have been perfect but there were good turnouts and awesome cycling.

The November and December schedule also looks terrific. This is a wonderful time of year to enjoy the scenery and fall colors from a bicycle. Weather permitting, Ray and Monica will have the post ride social tent ready with refreshments.

Mike Miller is looking for volunteers to arrow rides. Email him at arrows@nbwclub.org or see him at a Sunday ride if you can help.

“Be Bright - Bike Right”
John

ANNUAL MEETING

The Annual Meeting of the NBW was held on Sunday, October 30, 2022 in the parking lot before the Taunton-Sharon ride. There were more than 60 members in attendance (35 members were needed for a quorum).

John Rohland, President, announced that Tim Scholz has been named the Volunteer of the Year for 2022. Tim has been a very active volunteer, serving on the touring board, revising routes, arrowing rides and designing the new Rochester Ride. Thank you Tim and congratulations! Tim is now a member of the NBW Board of Directors for a term of three years.

John then asked the membership if there were any nominations for the executive officers. No nominations were presented. Ray Foulkes moved that the current slate of officers be voted in by acclamation. The officers are John Rohland: President; Ray Foulkes: Vice President; Rick Schwartz: Treasurer, and Dianne Robillard: Secretary. The motion was accepted and passed.

The meeting was then adjourned.

Minutes submitted by Dianne Robillard, NBW Secretary

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
Volunteer of the Year 2022: Tim Scholz

OTHER CLUB FUNCTIONS

Arrowers/Paint coordinator: Mike Miller, arrows@nbwclub.org
Ride starters: Rod Breault, John Rohland
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
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



Welcome New Members

Mike Adams, Newton, MA
Daniel Antonio, Fall River, MA
Jennifer Beck, Warwick, RI
Rob Brill, Warren, RI
Kim Cobb, Barrington, RI
Paula Constantine, Providence, RI
James E. Costa, North Dartmouth, MA
Scott Da Luz, New Bedford, MA
Peter Denton, Newport, RI
Ben Hodgkins, North Attleboro
William Jimmis, Hope Valley, RI
Lynda Laplante, Cumberland, RI
Theresa Lewis, Bristol, RI
Christine Lynch, Riverside, RI
Richard Marcotte, Providence, RI
Michael Myette, Bristol, RI
Karin Peterson, Webster, MA
Lutz Petzold, Middletown, RI
Amy Rodrigues, Saunderstown, RI
Cesar Rosales, Central Falls, RI
Kay Seligsohn-Bullis, Milton, MA
Andrew Winner, Barrington, RI



NBW Membership

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. We hope that our future membership platform will be easier to use. I will try to keep everyone updated on our progress.

If you have any questions or issues concerning your membership renewal please send an email to me, Steve Kahan:
membership@nbwclub.org

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

2022 NBW Volunteer of the Year Tim Scholz



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.brumblebikes.com

BICYCLES PLUS, 391 East Central St, Franklin, MA
508-520-1212

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
* 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
* 729 Hope St, Providence, RI 02906
401-274-5300
* 3480 Post Rd, Warwick, RI 02886
401-739-0393
* 263 Bedford Street, Lakeville, MA 02347
508-822-4570

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



October 9, 2022—Cape Caper Ride

Bright sun but a strong wind made the return on the Canal service road a bit brutal.

Above: Patty Hathaway and Linda Scheffelin on the Shining Sea Bike Path.

Right: John Swyers passing Bill Luther's group.

Photos by Patty Hathaway.





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:

- Sep 11 TFME— Mike Miller, Dianne Robillard
- Sep 18 NBX Narragansett—Wayne Tikkanen
- Sep 25 Mattapoissett—Mike Miller, Dianne Robillard
- Oct 2 Purgatory Chasm—Chip Kent
- Oct 9 Cape Caper—Katherine Jansen
- Oct 16 Oneco Pond—Pat Stark, Bob Paiva
- Oct 23 Cranberry Metric—Tim Scholz
- Oct 30 Taunton-Sharon—John Swyers
- Nov 6 Fall River 50—Dianne Robillard, Mike Miller

2023 Ride Log

Rick Schwartz has once again provided a ride log for you to record your mileages next year—see page 6 (next page). Thanks Rick!

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 (see next pages).

If you aren't receiving the weekly email to members contact membership@nbwclub.org to check your address is correct.

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.

CRANKSGIVING
FOOD DRIVE
BIKE + RIDE
SAT 11/19
MEETUP: WeRoast Coffee Co
 276 FRONT ST, LINCOLN, RI, 02865
PEDALS UP 9AM

HOW IT WORKS: BRING ANY NON-PERISHABLE FOOD ITEM TO THE RIDE AND GET A TICKET TO ENTER THE RAFFLE. AFTER THE RIDE, WE WILL PULL RAFFLE TICKETS TO SEE WHO HAS WON

RAFFLE PRIZES FROM: - WeRoast Coffee Co - A Guy & His Pie Pizzeria - Bomb Burritos & Bowls - It's Just A Hill - and more!

DONATION SUGGESTIONS:
 UNEXPIRED CANNED FOOD, COLD CEREAL, CANNED TOMATO SAUCE, PASTA, RICE, BOXED MAC & CHEESE, NUT & SEED BUTTERS, ETC

Ride Mileage Record Chart 2023

2023	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
January	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
February	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	1	2	3	4		
March	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31	1		
April	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	1	2	3	4	5	6		
May	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
June	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		

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

November 6, 2022	Fall River Fifty (aka Chourico)	18/27/47 miles	
Sunday	10:00 AM	Map No. 159	Arrower: D Robillard, M Miller
<i>Route</i>	Fall River, Assonet, Lakeville, Berkley		
<i>Directions</i>	Start at Bristol Community College (BCC), Elsbree Street, Fall River. From Rt. 24 in Fall River take the President Ave Exit (exit 5) to the rotary, take first right off the rotary. Take a Right on Elsbree St at the 1st light. Enter the LAST PARKING LOT ON THE RIGHT, at the end of the college buildings.		
<i>Drive Time</i>	30 minutes from Providence		
<i>Description</i>	This scenic ride starts from the highlands of Fall River and meanders through forests, mill towns, lakes and cranberry bogs. Its rolling hills will keep your heart at an elevated state, and after a cool coast down near the waterfront in Fall River one can take a left up President Ave and return to the start. OR, turning left three blocks earlier will lead one up the infamous Weetamoe St for a little more pain!		

November 13, 2022	Killingly Tour	17/35/47 miles	
Sunday	10:00 AM	Map No. 30	Arrower: P Rider
<i>Route</i>	Scituate, Foster, Glocester, East Killingly		
<i>Directions</i>	Start at Ponagansett High School, 137 Anan Wade Rd, North Scituate, RI. 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 Rte 101 at the fork where Rt. 6 splits from Rt. 101. Go 3 miles then straight on 1 through the junction with Rt 102. Go 2 miles then turn right on Anan Wade Rd. School is one mile on the left.		
<i>Drive Time</i>			
<i>Description</i>	Some climbing on this ride, which explores the woods and farmlands at the western end of the state. Visit RI's highest point, Jerimoth Hill at 812 ft, and check out the oldest town hall in the US located in Foster.		

November 20, 2022	Scituate New Winter Ride	17/31 miles	
Sunday	10:00 AM	Map No. 177	Arrower:
<i>Route</i>	Scituate, Glocester		
<i>Directions</i>	Start at the Scituate High and Middle School, 94 Trimtown Rd., Scituate, RI (corner of Trimtown and Rockland Rds). Take Rt 6 West from I-295. Stay to the left when Danielson Pike forks off from Rt 6. You will go through the village of North Scituate, and then pass the State police barracks on your right. 1/4 mile past the police barracks bear left onto Rockland Rd (also Scituate Rd) when it forks off from Danielson Pike. School is one mile up Rockland Rd, on the left.		
<i>Drive Time</i>	25 minutes from Providence		
<i>Description</i>	This ride was developed by Ted Shwartz to replace the Johnston Winter Ride with it views of the RI Central Landfill (and accompanying odors). Riders will appreciate the quieter roads and better views of the new ride. The hills of Scituate will keep winter riders warm!		

November 27, 2022	Northern Border	12/28 miles	
Sunday	10:00 AM	Map No. 93	Arrower:
<i>Route</i>	Slatersville, Uxbridge, Millville, Blackstone		
<i>Directions</i>	Start at Slatersville Plaza, junction of Rts. 5, 102, 146A in Slatersville, RI. Take Rt. 146 N to the first exit in Massachusetts, Rt. 146A. Bear right off exit onto School St., then turn left to follow Rt. 146A into Slatersville. After the traffic light, the Plaza is on the left. Please park as far away from the supermarket as possible.		
<i>Drive Time</i>	25 minutes from Providence		
<i>Description</i>	Highlights of this ride are the Southwick Zoo, narrow, wooded lanes, rolling hills, small towns, old churches and pine groves.		
	Winter start times of 11 AM begin next week This ride repeats on December 25.		

December 4, 2022 **Wickford Kingston** 14/28 miles

Sunday 11:00 AM *Map No.* 115 *Arrower:*

Route North Kingston, Exeter, South Kingston

Directions Start at North Kingstown High School, 150 Fairway Dr, North Kingstown, RI 02852. Take Rt 95 S to exit 9 (left side exit) onto Rt 4 south. LEFT at first light after the exit numbers end onto Oak Hill Road. Follow Oak Hill as it winds for 1.4 miles and ends at Route 1 (T intersection). LEFT onto Rt 1. Follow Rt 1 (Post Rd) for 0.3 miles and turn RIGHT onto Annaquatucket Road. Follow Annaquatucket for 0.8 miles to a stop sign. Turn LEFT at the stop sign onto Fairway Road. The High School is on the right immediately after the turn.

Drive Time 30 minutes from Providence

Description This ride explores southern Rhode Island just inland from Narragansett Bay. Passing through Wickford you will see the old Narragansett Church, the oldest Episcopal Church north of Virginia. The ride passes views of the Jamestown Bridge, turf farms, and the URI campus.

December 11, 2022 ♥ **Taunton Two Rocks Ride** 13/24 miles

Sunday 11:00 AM *Map No.* 104 *Arrower:*

Route Taunton, Berkeley, Assonet, North Dighton

Directions Start at the parking lot, 280 Winthrop St (Rt 44) Taunton MA. This is at the junction of Rt. 44 and Joseph E. Warner Blvd (traffic light at corner, McDonald's at entrance). From Providence, take Rt. 44 for ~15 miles; plaza is just as you enter the Taunton area, on right after light. If using Rt. 24N, take exit 20B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Do not park near McDonalds. Park in center of large parking lot opposite the liquor store so as not to block stores.

Drive Time 30 minutes from Providence

Description This ride goes past two notable rocks: Profile Rock, which (to some) looks like the profile of a Native American face and Dighton Rock, which bears some unusual and mysterious inscriptions.

December 18, 2022 **Larry & Ted's Dartmouth Ride** 12/17/32 miles

Sunday 11:00 AM *Map No.* 155 *Arrower:*

Route South Dartmouth, Westport

Directions Start at Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA. From I-195 heading 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 Ride in one of the NBW's favorite areas, covering some familiar roads in South Dartmouth and Westport. The Horseneck beach bike path shown on the map may not be used if sand obstructs. Because the Town of Westport has banned the use of painted arrows on town roads, the route in Westport will not be arrowed once it crosses the town line. To successfully navigate the Westport portion, cue sheets, maps, and RidewithGPS navigational coordinates will be provided. This route has been updated to eliminate some confusion at split points and the RWGPS files have been revised accordingly. Riders should download the latest routes from RWGPS

December 25, 2022 **Northern Border REPEAT** 12/28 miles

Sunday 11:00 AM *Map No.* 93 *Arrower:*

Route Slatersville, Uxbridge, Millville, Blackstone

Directions Start at Slatersville Plaza, junction of Rts. 5, 102, 146A in Slatersville, RI. Take Rt. 146 N to exit 14. Bear right off exit onto School St., then turn left to follow Rt. 146A into Slatersville. After traffic light, the plaza is on the left. Please park as far away from the supermarket as possible.

Drive Time 25 minutes from Providence

Description Highlights of this ride are the Southwick Zoo, narrow, wooded lanes, rolling hills, small towns, old churches and pine groves.

January 1, 2023

***New Year's Ride**

~20/30 miles miles

Sunday 11:00 AM *Map No.* *Arrower:* P Nellison

Route Little Compton

Directions Start Perky Nellison's home, 15 Quoquonset Lane, Little Compton, RI. From Providence take I-195 east through Fall River MA. Take exit 8A to Rte 24 S. to the Fish Rd. Exit. Turn left onto Fish Rd. Drive 1.4 miles, turning right onto Bulgarmarsh Rd. At the end of Bulgarmarsh Rd, turn left onto Rte 77 S. Drive 10 miles, turning left onto Quoquonset Lane. #15 is on the right, about 500 feet ahead. Park on shoulder of road to leave as much road space as possible. Do not block road.

Drive Time 50 minutes from Providence

Description Following the old NBW tradition, Perky will devise a ride of around 20/30 miles through the Little Compton and Tiverton area for members to start the New Year off in good style. This ride will have arrows only. Coffee and donuts will greet riders upon return.

January 8, 2023

Rochester Winter Ride

16/29 miles

Sunday 11:00 AM *Map No.* 178 *Arrower:*

Route Rochester, Middleboro, Lakeville

Directions Start at the Rochester Memorial School, 16 Pine St. Rochester, MA. From I 195, take exit 24B, Rte 140 North in New Bedford. Take Exit 7 for Braley Road. Turn left onto Acushnet Ave then the second right onto Peckham Rd. After 1.0 miles, turn left onto Lake St. At the end of Lake St., turn right onto MA 105 S. Continue onto MA 105 S at the next left. After approx 1.5 miles, turn left onto Pine St. The school will be on the right.

Drive Time 50 Minutes from Providence

Description This ride was developed by club member Tim Scholz for a winter ride, when we are all looking to get out the house and enjoy an easy ride. Riders will travel past ponds and cranberry bogs and lots of rock walls, while using some roads from the old Lakeville ride, but in the opposite direction. Despite its name, this ride is lovely anytime of the year.

This ride repeats on Feb 5

January 15, 2023

♥ Barrington Ride

11/17/26 miles

Sunday 11:00 AM *Map No.* 2 *Arrower:*

Route Barrington, Seekonk

Directions Start at Barrington High School (220 Lincoln Ave, Barrington,RI), Upland Way parking lot, Barrington, RI. Take the Wampanoag Trail (Rt. 114) to Rt. 103. At the intersection of Rt. 103 and Federal, where there is a large white church on the left, turn right on Federal. Take first left on Upland Way. The school is on your left after you make the turn.

Drive Time 20 minutes from Providence

Description This ride crosses the Barrington River and heads north into Seekonk along the Palmer River. Returning south to Barrington, we pass Barrington Beach, the Rhode Island Country Club, Nayatt Point, Echo Lake and Bullocks Cove. If you omit Rumstick Point, your mileage will be about 3 miles less.

This ride repeats on February 12

January 22, 2023

Simple Arrowless Ride

9/27 miles

Sunday 11:00 AM *Map No. 12* *Arrows: No Arrows*

Route Burrillville, Harrisville, Douglas, Uxbridge

Directions Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N from Providence. Take exit 14 Rte 102. 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 Fascinating ride on rolling, rural terrain - so simple you don't get arrows! As an experiment, this ride was not arrowed for the last few years and weather conditions have prevented riding on some occasions. These were exactly the conditions that led to the experiment in not arrowing the ride. Such a success has led the club to repeat the process this year. Cue sheets and maps will be available at the start and, as always, GPS files for this ride will be available on line, but the ride will not be arrowed.

This ride repeats Feb 19

January 29, 2023

♥ Jonnycake

16/24 miles

Sunday 11:00 AM *Map No. 42* *Arrows:*

Route Kingston, Usquepaugh, Shannock

Directions Start at URI, Kingston, RI. Take Exit 9 from 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 (Mooresfield Rd) 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 45 minutes from Providence

Description This ride travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. A good tourist stop is the Kenyon Grist Mill in Usquepaugh which grinds corn meal into jonnycake ("journeycake") flour.

♥ 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
Jan	Sun 29	42	Jonnycake	URI Kingston	16/24	
Feb	Sun 5	178	Rochester Winter Ride REPEAT	Rochester, MA	16/29	
	Sun 12	2	Barrington REPEAT	Barrington, RI	11/17/26	
	Sun 19	12	Simple Arrowless Ride-REPEAT	Burrilville,RI	9/27	No Arrows
	Sun 26	149	Fish Road	Tiverton	16/22/33	
Mar	Sun 5	89	Seekonk Southern Ride	Seekonk, MA	16/29/52	
	Sun 12	112	Westport Dartmouth	Westport, MA	21/32	
	Sun 19	17	Chariho Tour	Wood River Junct, RI	15/25/30	
	Sun 26	108	Narragansett Point Judith	Narragansett	15/28/32	

* Holiday Show'n Go

** Special ride