

# The Spoke'n Word

Volume 53, Number 1

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

January 2023

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



## January 1, 2023

Annual New Year's Day Ride drew around 60 riders on a mild, sunny perfect riding day in the Little Compton area. Perky Nellison arrowed the ride and hosted the after-ride social gathering.

Photos: Perky Nellison, 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](http://nbwclub.org). If any member does not receive the weekly email from the president, contact [membership@nbwclub.org](mailto: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

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## From the President: Just the Nuts and Bolts

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The NBW's 2023 season is off to a spectacular start thanks to Perky Nellison's hospitality, perfect weather, pink arrows and a beautiful coastal New Year's Day ride.

Thanks to the efforts of our Membership Chair, Steven Kahan, the NBW has moved to a new software platform, **EnMotive**. This friendly, easy-to-use platform handles registration and renewals. All current NBW members have been moved to EnMotive. You may now login, update your

password and view, renew and modify your NBW membership account.

Thanks to our Touring Board we already have a full schedule of rides into the spring and we all look forward to a terrific 2023 riding year!

"Be Bright - Bike Right"  
John

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## Jan Harbutiak

Rest in peace our friend Jan Harbutiak.

We will always remember the many wonderful "casually employed" rides Jan and Lee organized and led through some beautiful local areas, with awesome lunch stops and an easy but steady pace. From driving the club trucks and sagging for TFCE over the years to arrowing many rides and hosting after-ride social tents with his wife Teresa, Jan was one of the rocks of the NBW. Jan was a true friend to all and will be greatly missed.

With deepest sympathy to Teresa and family.

John Rohland,  
President, NBW

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## Current List of Club Officers & Other Important People

### NBW OFFICERS

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

### NBW BOARD OF DIRECTORS

*Past Presidents:* Ted Shwartz, Todd Wise  
*Membership Secretary:* Steven Kahan, [membership@nbwclub.org](mailto:membership@nbwclub.org)  
*Rides Coordinator:* Rod Breault, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB rep:* open  
*Volunteer of the Year 2019:* Dianne Robillard  
*Volunteer of the Year 2021:* Flavio Salas  
*Volunteer of the Year 2022:* Tim Scholz

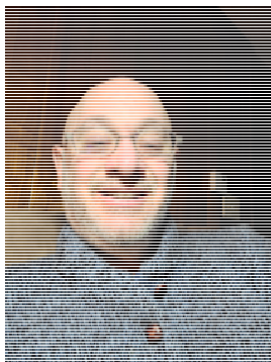
### OTHER CLUB FUNCTIONS

*Arrowers/Paint coordinator:* Mike Miller, [arrows@nbwclub.org](mailto:arrows@nbwclub.org)  
*Ride starters:* Rod Breault, John Rohland  
*Maps/rides database:* open, [maps@nbwclub.org](mailto:maps@nbwclub.org)  
*Ride schedulers:* R. Paiva, R. Silvia, J. Satterlee, T. Shwartz, R. Breault, T. Scholz, Dianne Robillard  
*Ride scouts:* Bob Paiva, John Satterlee, Ted Shwartz  
*Map & GPS creator:* Ted Shwartz  
*Webmaster:* Larry Rollins, [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)  
*Special rides/events coordinator:* Mark Robinson  
*Social events organizer:* open...[banquet@nbwclub.org](mailto:banquet@nbwclub.org)  
*Social Tent organizer:* Ray and Monica Foulkes  
*General information:* Bruce Masterson, [info@nbwclub.org](mailto:info@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Cartoonist:* Bob Paiva



## Welcome New Members

Jonathan Burdick, East Providence, RI  
 Denise Dunleavy, No Kingstown, RI  
 Anthony Iacono, Newport, RI  
 Erin Marling, Johnston, RI  
 Chris Mitchell, Attleboro, MA  
 Michael Russo, N Scituate, RI  
 Lisa Sallee, Jamestown, RI  
 R. Kelly Sheridan, Providence, RI  
 Tim Smith, Mattapoisett, MA



## NBW Membership

Thank you for being a Member of Narragansett Bay Wheelmen.

The NBW membership process has changed from ImAthlete to **EnMotive** as of January 1, 2023, to avoid interruption in renewals and new member signups. The processing fee at that time increased by \$1.00 from \$1.75 to \$2.75. The NBW annual dues will remain at \$20.00 so the final cost to the renewing or new members will be \$22.75.

Please note that your renewal date is unchanged and that you will receive an email from **EnMotive.com** as your actual renewal date approaches.

Happy New Year,  
 Steven

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

## Support your local bike shop

If you know of any changes to this list, please inform [editor@nbwclub.org](mailto:editor@nbwclub.org)

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

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

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

**NBX BIKES** [www.nxbikes.com](http://www.nxbikes.com)  
 922 Boston Neck Rd, Narragansett, RI 02882. 401-782-4444

**PROVIDENCE BICYCLE INC**, [www.providencebicycle.com](http://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](http://www.siroisbicycle.com)

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

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

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

**TREK BIKE SHOP**  
 \* 414 Warren Ave, East Providence, RI 02914.  
 401-434-3838 [trekbikes.com](http://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](http://unioncycle.com)

**VICTORY CYCLES**, 155 Black Plain Rd, Exeter, RI 02822  
 401-539-7540

**YESTER'YEAR CYCLERY**, 330 Hathaway Rd, New Bedford, MA 02746  
 508-993-2525, [yesteryearcyclery.com](http://yesteryearcyclery.com)

**YOUR BIKE SHOP**, 459 Willett Ave, Riverside, RI 02915  
 401-433-4491 And 51 Cole St, Warren, RI 02885, 401-245-9755,  
[yourbikeshopri.com](http://yourbikeshopri.com)



Dec 4, 2022  
 Wickford-Kingston Ride  
 Carroll Caldwell returns.  
 Photo: Patty Hathaway

## Winter Riding

Photos: Patty Hathaway

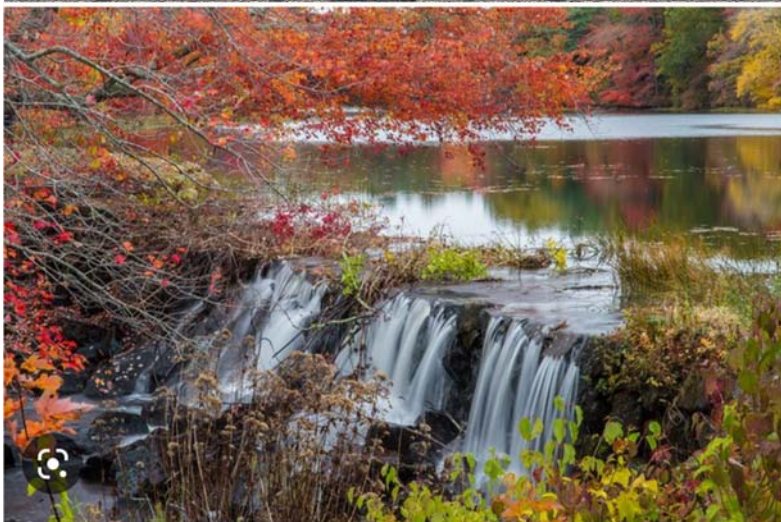
So far the winter has been surprisingly benign and most regular rides have been well-attended.



Left: November 6, Fall River 50. Lenny Livernois on the Berkeley-Dighton Bridge over the Taunton River.

Right: November, Seekonk Ride. Don MacManus, Ted Shwarts

Below left: November 6, Fall River 50 start



Patty sent the following information about the Kenyon Mills Falls, passed on the January Shannock Ride (left and above right).

The dam was built between 1800 and 1825. It provided the power to the Clark Cotton Mill/Columbia Narrow Fabrics Co. Shannock is an old mill village that was once busy thanks to the Columbia Narrow Fabric Company in the town of Richmond. The village is locally significant for its more than 200-year milling and manufacturing history, as well as its older buildings that were once mills, houses, stores, and public buildings. If you take a stroll around Shannock, you won't miss Horseshoe Falls.

Like many other waterfalls in Rhode Island, Kenyon Mill Falls has an interesting story attached to it. The falls lie behind Kenyon's Grist Mill, a mill that's been operating in West Kingston since 1696. It's Rhode Island's oldest manufacturing business and resides on an impressive piece of property.



[touring@nbwclub.org](mailto: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](mailto: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:

- Nov 13 Killingly— Paul Rider
- Nov 20 Scituate New Winter—Bob Gallo
- Nov 27 Northern Border—Flavio Salas
- Dec 4 Wickford-Kingston—Patty Hathaway, Mike Emma
- Dec 11 Taunton 2 Rocks—Bill Luther
- Dec 18 Larry & Ted's —Dianne Robillard, Mike Miller
- Dec 25 Northern Border—Flavio Salas
- Jan 1 New Year's Day—Perky Nellison
- Jan 8 Rochester Winter—Tim Scholz
- Jan 15 Barrington—Don Paiva, Mike Emma

### 2023 Ride Log

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

## News from MassBike .... Jan. 3, 2023

For the past 10 years, MassBike has been advocating for Massachusetts to define "vulnerable road users" in order to make our roads across the commonwealth safer for people on bikes. On Monday, Governor Baker signed this critical road safety bill into law!

An Act to Reduce Traffic Fatalities includes roadway safety measures that will protect bicyclists and pedestrians:

Defines "Vulnerable Road Users" to include people walking and biking; roadside workers; people using wheelchairs, scooters, skateboards, roller skates, etc.

### Requires "safe passing distance" to be 4 feet for drivers giving clearance to Vulnerable Road Users

Requires state owned and contracted trucks to be equipped with lateral side-guards, mirrors, and backup cameras

Clarifies the process for municipalities to lower speed limits on both municipal and state-controlled roads

Develops a statewide standardized analysis tool to be used to report crashes and incidents involving Vulnerable Road Users

Requires bicyclists to use rear red lights at night, but absence of a light is not cause for an officer to stop a bicyclist

The passing of this bill is a significant win for everyone who cares about safer roads across Massachusetts. We are grateful for all our members and coalition partners who helped elevate these concerns to local legislators to get these priorities over the finish line. THANK YOU!

**Ride Schedule:** This has moved to the **NBW RideWithGPS** account. Links to the schedule appear on our website—[nbwclub.org](http://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](mailto: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.

# Ride Mileage Record Chart 2023

2023	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
<b>January</b>	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		
<b>February</b>	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		
<b>March</b>	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		
<b>April</b>	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		
<b>May</b>	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		
<b>June</b>	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](http://nbwclub.org) - and our weekly email ride notices as well as the Ever Calendar on Ride With GPS

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<b>January 1, 2023</b>	<b>*New Year's Ride</b>	~20/30 miles
<b>Sunday</b>	11:00 AM	Map No. Arrower: P Nellison
<i>Route</i>	Little Compton	
<i>Directions</i>	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.	
<i>Drive Time</i>	50 minutes from Providence	
<i>Description</i>	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.	

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<b>January 8, 2023</b>	<b>Rochester Winter Ride</b>	16/29 miles
<b>Sunday</b>	11:00 AM	Map No. 178 Arrower: T Scholz
<i>Route</i>	Rochester, Middleboro, Lakeville	
<i>Directions</i>	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.	
<i>Drive Time</i>	50 Minutes from Providence	
<i>Description</i>	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	

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<b>January 15, 2023</b>	<b>♥ Barrington Ride</b>	11/17/26 miles
<b>Sunday</b>	11:00 AM	Map No. 2 Arrower: D Paiva/M Emma
<i>Route</i>	Barrington, Seekonk	
<i>Directions</i>	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.	
<i>Drive Time</i>	20 minutes from Providence	
<i>Description</i>	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	



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**January 22, 2023**                      **Simple Arrowless Ride**                      9/27 miles

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

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**January 29, 2023**                      ♥ **Jonnycake**                      16/24 miles

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

*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.

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**February 5, 2023**                      **Rochester Winter Ride REPEAT**                      16/29 miles

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

*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.

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**February 12, 2023**                      ♥ **Barrington REPEAT**                      11/17/26 miles

**Sunday**    11:00 AM            *Map No.* 2                      *Arrower:* D Paiva/M Emma

*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.

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**February 19, 2023**                      **Simple Arrowless Ride-REPEAT**                      9/27 miles

**Sunday**      11:00 AM      *Map No. 12*                      *Arrower: 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! On this ride only, which is a winter ride with easy navigation and usually very sparsely attended, so we are going without arrows again. Cue sheets and maps will be available at the start and, as always, GPS files for this ride will be available on line.

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**February 26, 2023**                      ♥ **Fish Road**                      16/22/33 miles

**Sunday**      11:00 AM      *Map No. 149*                      *Arrower:*

*Route*              Tiverton, Sakonnet

*Directions*      Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S, exit 14A to Fish Road, exit 5. Take a right turn off the exit; parking lot is on the right.

*Drive Time*      35 minutes from Providence

*Description*      Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer rides on these favorite NBW roads.

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**March 5, 2023**                      ♥ **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 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*      This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob Paiva. This year the 52 mile loop will not be arrowed. RWGPS files are available for those wanting to brave the weather for a longer ride.

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**March 12, 2023**                      **Westport Dartmouth**                      21/32 miles

**Sunday**      11:00 AM      *Map No. 112*                      *Arrower:*

*Route*              Westport, Dartmouth

*Directions*      Start at Westport High School, 19 Main Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 16). Head south on Rt 88 for about 4 miles to Old County Road (2nd traffic light). Turn right, then left onto Main Rd. High school is on the right - park in the lot at the far end of the school (as you face the school, it's the one on the left).

*Drive Time*      30 minutes from Providence

*Description*      A quiet, flat winter ride designed by Gil Peel, through woodlands and marshes and quaint villages.

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♥ Beginners will love these rides!      \* Holiday Show'n Go                      \*\* Special Event

## NBW RIDE SCHEDULE

Last minute changes are announced via our website - [nbwclub.org](http://nbwclub.org) - and our weekly email ride notices as well as the Ever Calendar on Ride With GPS

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<b>March 5, 2023</b>	<b>♥ Seekonk Southern Ride</b>	16/29/52 miles	
<b>Sunday</b>	11:00 AM	Map No. 89	Arrower:
<i>Route</i>	Seekonk, Rehoboth, Somerset		
<i>Directions</i>	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.		
<i>Drive Time</i>	10 minutes from Providence		
<i>Description</i>	This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob Paiva. This year the 52 mile loop will not be arrowed. RWGPS files are available for those wanting to brave the weather for a longer ride.		

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<b>March 12, 2023</b>	<b>Westport Dartmouth</b>	21/32 miles	
<b>Sunday</b>	11:00 AM	Map No. 112	Arrower:
<i>Route</i>	Westport, Dartmouth		
<i>Directions</i>	Start at Westport School Administration Building, 19 Main Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 16). Head south on Rt 88 for about 4 miles to Old County Road (2nd traffic light). Turn right, then left onto Main Rd. High school is on the right - park in the lot at the far end of the school (as you face the school, it's the one on the left).		
<i>Drive Time</i>	30 minutes from Providence		
<i>Description</i>	A quiet, flat winter ride designed by Gil Peel, through woodlands and marshes and quaint villages.		

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<b>March 19, 2023</b>	<b>♥ Chariho Tour</b>	15/25/47 miles	
<b>Sunday</b>	11:00 AM	Map No. 17	Arrower: G. Archer
<i>Route</i>	Charlestown, Richmond, and Hopkinton		
<i>Directions</i>	Start at Chariho High School, 453 Switch Rd, Wood River Junction, RI. Take 95S to exit 7 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.		
<i>Drive Time</i>	45 minutes from Providence		
<i>Description</i>	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!		

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<b>March 26, 2023</b>	<b>♥ Narragansett Point Judith</b>	15/28/32 miles	
<b>Sunday</b>	11:00 AM	Map No. 108	Arrower:
<i>Route</i>	Narragansett, Galilee, Point Judith, Wakefield		
<i>Directions</i>	Start at Salt Pond Shopping Center, Rt 108 (Point Judith Rd), Narragansett, RI. Take I-95 S to Rt 4 S (left exit) to Rt 1 S. Take Rt 108 S exit. Bear right at end of ramp. Shopping center is just ahead on right. Please park in the Stop & Shop parking lot - away from stores.		
<i>Drive Time</i>	40 minutes from Providence		
<i>Description</i>	Beautiful ride that explores the midpoint of Rhode Island's southern coast and marshlands. A highlight of the ride is pedaling beneath the Narragansett towers as well as the lighthouse at Pt. Judith. Regular ride start time of 10:00 AM begins next week		

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**April 2, 2023**                      ♥ **Rochester-Middleborough**                      15/31/48 miles

**Sunday**    10:00 AM            *Map No.* 182                      *Arrower:*

*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.

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**April 9, 2023**                      **Great Grandma's Farm Ride**                      13/21/48 miles

**Sunday**    10:00 AM            *Map No.* 49                      *Arrower:* R Breault

*Route*            Burrillville, Uxbridge, Pascoag, Chepachet, Gloucester, 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 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"

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**April 16, 2023**                      ♥ **Westport**                      13/25/44/50 miles

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

*Route*            Westport, Dartmouth

*Directions*    Start at Westport Elementary/Middle/High Schools Complex, 380 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 16). 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 maps, cue sheets or GPS files.

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**April 23, 2023**                                      **The Speedway Ride**                                      24/41/51 miles

**Sunday**      10:00 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.

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**April 30, 2023**                                      **Walpole Dover**                                      15/28 miles

**Sunday**      10:00 AM              *Map No.* 109                      *Arrower:*

*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.

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**May 7, 2023**                                      **Mystic Metric**                                      15/30/64 miles

**Sunday**      10:00 AM              *Map No.* 59                      *Arrower:*

*Route*              Ashaway, Mystic, Stonington

*Directions*      Start from the car pool commuter lot on Rt. 3 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*      45 minutes from Providence

*Description*      This ride starts through North Stonington cow country and old farms, travelling beautiful country roads to Mystic and the Stonington coast. We are reverting to our old route (the casino has built a new road so is no longer a problem).

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**May 14, 2023**                                      **♥ Westport REPEAT**                                      13/25/44/50 miles

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

*Route*              Westport, Dartmouth

*Directions*      Start at Westport Elementary/Middle/High Schools Complex, 380 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 16). 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 maps, cue sheets or GPS files.

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**May 21, 2023**

**♥ Plymouth Century**

23/54/100/102/126

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

*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.

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**May 28, 2023**

**Tiverton Fifty**

21/33/51 miles

**Sunday** 10:00 AM *Map No. 105* *Arrower:*

*Route* Tiverton, Little Compton, Westport

*Directions* Start at the Tiverton Middle School, 10 Quintal Drive, Tiverton, RI. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school at the end.

*Drive Time* 35 minutes from Providence

*Description* An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

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**June 4, 2023**

**Tom & Pat's Half Century**

18/26/46 miles

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

*Route* Coventry, Foster, Sterling

*Directions* Coventry High School, 40 Reservoir Rd., Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 18 and bear right onto Rt. 3N for about 2.2 miles. Turn left at the traffic light for Reservoir Road. School Access Rd is about 0.3 miles ahead on the left.

*Drive Time* 35 minutes from Providence

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

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**June 11, 2023**

**Oneco Pond Ride**

17/29/45 miles

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

*Route* Escoheag, Sterling, Oneco, West Greenwich

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

*Drive Time* 45 minutes from Providence

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

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**June 18, 2023**

**Tiverton Fifty REPEAT**

21/33/51 miles

**Sunday** 10:00 AM *Map No. 105* *Arrower:*

*Route*

*Directions* Start at the Tiverton Middle School, 10 Quintal Drive, Tiverton, RI. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school at the end.

*Drive Time* 35 minutes from Providence

*Description* An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

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**June 25, 2023**

**♥ Joe Medeiros Ride**

17/25/47/63 miles

**Sunday** 10:00 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.

NOTE: RIDES START AT 9 AM IN JULY AND AUGUST

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event