

The Spoke'n Word

Volume 43, Number 5

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

October/November/December 2013

nbwclub.org



Mark your calendar

Annual Meeting/Volunteer's Dinner—Nov 2

Annual Holiday Party—Dec 8

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SUPER CYCLE SHOPS

Support your local bike shop. They not only support the NBW but also promote safe bicycling for all. Some of these shops give a discount on parts and accessories to NBW members. Show your valid NBW membership card (your mailing label).

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www.bikeworksma.com

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www.nxbikes.com

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725 Branch Ave
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www.providencebicycle.com

and

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Dan Ibbitson

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Exeter, RI 02822
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NBW member discount promo code:
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330 Hathaway Rd
New Bedford, MA 02746
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YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491

and

51 Cole St
Warren, RI 02885
401-245-9755



MOVING?

If you're planning to move, please let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Ted Shwartz at:

membership@nbwclub.org

or mail: NBW Membership, PO Box
41177, Providence, RI 02940-1177

The Spoke'n Word is the official publication of the Narragansett Bay Wheelmen and is published in January, April, June, August, and October each year. Contributions must be received by the 5th of the month before the month of issue and will become the property of the newsletter. Submissions may be edited as deemed appropriate by the editor, Monica Foulkes
email: editor@nbwclub.org

MEMBERS' PASSWORD HAS CHANGED

NBW website: nbwclub.org
Members' page access (case-sensitive):
User name: rider14
Password: 99Arrows

NBW email discussion list:
<http://groups.yahoo.com/group/nbwclub/>

Cover: TFCE 2013 rider, Padanaram
Photo: M. Foulkes

Want your photo in the Spoke'n Word?

The Editor <editor@nbwclub.org> welcomes your photos of our club's activities for the newsletter. I do the conversion to black/white. Digital files are easiest, but I'll take prints and scan them for you. Some hints:

- Shoot in high resolution.
- Sharp focus—there's only so much I can do in Photoshop to sharpen your shot.
- Action! Try for riders moving (easiest if they're coming towards you or going away), or candid shots of cycling interest. Tell me who your subjects are, if you know.

Email me your *original* JPG file.

Old prints of early NBW rides are especially desirable. I will scan and return your prints.

**See our website for membership
application and brochure:
nbwclub.org**

President's Message



4,200 miles later...

We held our 42nd annual TFCE on Sunday September 8. It was a success, continuing the tradition of prior TFCE's. The TFCE is a collaborative effort involving 2000+ riders, 110 miles of public roadway, 103 volunteers, 8 towns, 4 bicycle mechanics, 1 fire department, 1 privately owned piece of property, 1 baseball field, 1 university and lastly 1 barn.

It is no small effort to make a safe, successful event of this size. Thanks to everyone who contributed to the TFCE's success this year. It seemed to be the smoothest one yet. Our representative from Power Bar complimented the NBW on having "The Best Run Bicycle Event" that he has ever been to, and he goes to events all year long.

We have always known TFCE is special, and it's gratifying to hear another validation from an independent bicycling professional. There seem to be more and more bicycling events competing for mind space and ride time each year. There are all the charity events, the *gran fondo's*, and the awareness rides, yet TFCE remains special. The next TFCE (our 43rd annual) will be on Sunday September 7, 2014.

Fall brings the Providence Cyclo Cross festival at Roger Williams Park, as well as the New England Bike Builder's

Ball at the Biltmore. Hunting season also starts, and it's time for the mountain bikers to be wearing their orange.

Our annual meeting/banquet will be coming up on Saturday November 2. This is when we elect club officers and thank our volunteers for their efforts. Mike and Margaret Vigorito will be our hosts for this evening. In true NBW fashion the banquet will be held at what we used to call "Johnson & Wales" in Seekonk. There has been a change in ownership so the facility is now called the Hill-top Hotel at Seekonk (just down the road from Almacs...). See the announcement on page 3.

Safe riding,
Ted



From your webmaster ...

nbwclub.org

Members' password has changed

To access the members' section of our website you need:

Username: rider14
Password: 99Arrows

The old password will also work until December, but please make a note of the new one to avoid frustration next April.

Remember: the current password information is always printed on the inside front cover of this newsletter.

NBW Officers etc.

NBW OFFICERS (Terms begin February 1)

President: Ted Shwartz, president@nbwclub.org
Vice President: Elizabeth Masterson, vicepres@nbwclub.org
Treasurer: Rick Schwartz, treasurer@nbwclub.org
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Mark St. Amour, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Todd Wise, Janice Velozo, Ray Foulkes
Membership Secretary: Ted Shwartz, membership@nbwclub.org,
PO Box 56, Dartmouth MA 02714-0056
Rides Coordinator: Don Chiavaroli, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, advocacy@nbwclub.org
Volunteer of the Year 2010: Sue Barker
Volunteer of the Year 2011: Bonnie Riebman
Volunteer of the Year 2012: Jack Williamson

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Shwartz, Ted Shwartz
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Raul Silvia, Jack Williamson, Rod Breault
Maps/rides database: Monica Foulkes, maps@nbwclub.org
Ride schedulers: Tina Williams, Bob Paiva, Raul Silvia, Don Chiavaroli
Ride scouts: Bob Paiva, John Satterlee
Ride liaison w/police depts: Don Chiavaroli
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map creators: Bob Paiva, Ted Shwartz, Gil Peel
NBW merchandise sales: Mike Emma, sales@nbwclub.org
Social events organizer: Margaret Vigorito
Interstate liaison: Bob Melucci, interstate@nbwclub.org
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM

NOTE: This is a release form with legal consequences. Read it carefully and mail the entire page with appropriate signatures and your check, made payable to Narragansett Bay Wheelmen (NBW), to the address below.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Narragansett Bay Wheelmen Inc. sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Narragansett Bay Wheelmen, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered to be one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant's Signature (only if age 18 or over): _____ I HAVE READ THIS RELEASE _____ Date: _____

Family Member's Signature (only if age 18 or over): _____ I HAVE READ THIS RELEASE _____ Date: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/guardian signature (only if participant is under the age of 18): _____ I HAVE READ THIS RELEASE _____ Date: _____

TYPE OF MEMBERSHIP (check one box in each column)

- 1) Individual Family
- 2) New Renewal
- 3) One year (\$15 individual or \$25 family) Two year (\$25 individual or \$30 family)

I would like to receive my newsletter (*The Spoke'n Word*) as:
 Electronic, via e-mail Paper, via US Postal Service

Membership No. _____ Amount enclosed: _____

Print Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Tel: _____ E-mail: _____

Mail entire page and check to: NBW Membership, PO Box 41177, Providence, RI 02940-1177 Allow 6-8 weeks for processing



***Narragansett Bay Wheelmen
Annual Meeting & Volunteers' Dinner
Election of Officers***

***Saturday, November 2, 2013
Hilltop Hotel and Conference Center
(formerly Johnson & Wales Inn), 213 Taunton Ave, Seekonk, MA***

*6:00 PM Happy Hour
6:45-7:15 PM Election of Officers/Meeting
7:15 PM Dinner
8:30 PM Program*

*All volunteers (in the last 12 months) will receive an invitation
(If you volunteered but did not receive an invitation, please contact Margaret Vigorito at the following email address.)*

RSVP by email to NBWBanquet@aol.com

*Guests are \$25 ... make checks payable to "NBW" and mail to
Margaret Vigorito, 12 Lisa Drive, North Attleboro, MA 02760*

All checks and RSVPs should be received no later than Saturday, October 21.

NBW Holiday Party to benefit Amos House

Sunday, December 8, 2013, from 1:00 PM



Patricia Lang and Keith Enos are continuing the NBW tradition, started 17 years ago by Jeanne Petrarca, of a party after the Sunday Dec 8 Cranston Holiday ride to benefit Amos House.

Enjoy a holiday gathering after the ride while making a gift to someone who will appreciate your support. Amos House, in Providence, has food, shelter and social service programs that have helped thousands of people in need.

Last year NBW members contributed over \$2,500 to Amos House.

Suggested donation \$10 (or more).

**Stop by Patricia Lang's house at
62 Marion Ave, Cranston, RI 02905**

From the ride start at the Western Hills Middle School, Cranston, it's about 5 miles to Patricia's house:

- Turn right from parking lot onto Phenix Ave, within 1/4 mi Phenix joins Rt 12/Park Ave.
- Go to end of Park Ave to a T-intersection (appr 4-1/2 mi).
- Turn right onto Broad St.
- Take immediate left onto Bluff Ave.
- At second street turn left onto Birchfield Rd.
- Turn right at next corner onto Marion Ave.
- #62 is second house on right (brick wall in front).
- tel: 401-265-5700



I cannot attend the party but would like to make a donation to Amos House.

Name:

Address:

Amount: \$

Please make check out to **Amos House**, and mail to Patricia Lang, 62 Marion Ave, Cranston, RI 02905

TFCE 2013

A perfect day—sunny, dry, 70's, a little windy—for the approx. 2,000 riders on our annual century ride in the Dartmouth, Tiverton, Little Compton, Westport area. It was noticeable this year that most of the riders were fast and experienced. Lots of women riders, too, this year. Power Bars and Gatorade were handed out again this year. Good weather was probably responsible for the full attendance (not so many no-shows) and a shortage of water at the check-points that had to be addressed quickly by efficient volunteers.

Photos: Monica Foulkes, Louise Paiva, Graham Foulkes, Larry Shwartz. More photos available at nbwclub.org and professional photos again available at <http://seemebiking.com/>



3000 PB&J sandwiches made in record time



Hixville volunteers



Long queue at Hixville rest stop



Adamsville fruit display

Our volunteers never know what they'll be called upon to do. There's always something—this year the "facilities" company dropped the portojons off in the wrong place at Adamsville—Rick Schwartz and Larry Shwartz had to move them ALL on a hand-cart! Rick still had the energy to ride the 100.



Busy time at Tiverton rest stop

A list of all TFCE volunteers will appear in the next newsletter.

Rhody Roundup, July 28 2013

We held our annual chicken barbecue gathering at Yawgoo Bakes in Slocum, RI. Riders toured the scenic South County roads and parts of the bike path, heading to the ocean in Narragansett. Over 125 riders enjoyed the post-ride chicken barbecue. Organized again by NBW VP Liz Masterson; arrowed by Ray and Monica Foulkes, who apologize for not blacking out that stray old arrow directing the long route up Torrey Rd (oh no).



Heading out of Yawgoo Bakes



Rides split in Narragansett



Liz Masterson organizes



Ted Shwartz, Rob Price & Bob Paiva enjoy some aperitifs before the chicken.



Howard Stone, Bill and Sandy McIlmail tuck into the chicken

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

Oftentimes I am amazed how the human body works. As the season goes by, you seem to tolerate a lot more suffering than early in the year. The following year, you need to teach your body all over again. Mentally, the irony only adds to the confusion. It is the mental aspect that can play a large role in pushing out those walls.

There even is a name for this. It is called the “Central Governor Theory”, and what it can do is limit your athletic goals or push you to achieve things you could not imagine. To push the Central Governor (CG) is like trying to move a bison; very hard and maybe a little dangerous. What is the CG? Timothy Noakes, a South African professor of exercise and sports science, proposed this theory in 1996. His theory is that the brain has a CG that will limit your efforts in order to maintain homeostasis and will limit your muscles in order to prevent damage.

I bet most of us have met this “Governator” on the road while riding our bikes very hard for the first time. Anxiety, pain, breathing hard, burning and then, pop. Now part of this is, of course, lack of fitness. Most never mess with the CG. They stay far away from it and listen carefully for its warning and back it down as soon as the pain or panic starts.

But the CG is there to protect you, and given proof of your ability to handle pain, also known as pain tolerance, the CG can open up the walls little by little. As you build fitness you ride that edge. With careful nutrition, training, rest and hard work, you can tolerate more suffering and the CG gives you some more room.

You might ask if this is dangerous. It is dangerous if you find yourself having difficulty breathing, or have not taken small steps along the way. This is where the hammer rides every time you get out with the boys can and will push the barrier, but without recovery you will truly never get to the next level. You will burn out, you may get injured or hurt.

So to properly challenge yourself it is very important to mix hard rides with easy rides and listen to your body. As you get back into hard riding in the spring, the CG will be lower than those ultra-fit summer nights and needs to be assured through careful training and hard work to allow for that barrier to move back out. So once moved out will not be where it stays. The exception is in high heat conditions or altitude.

So the take-away is to look at your body as a precious machine, the only one you have. By understanding its function you can lead a healthy, dynamic lifestyle including the sport of cycling. But like anything, realize that pushing out barriers like the CG require careful consid-

eration to maintain good health, maybe having at least a heart rate monitor to see your efforts, and allow the time it takes to get fitter. Always realize that in the end, the CG will protect you, and you do not have full control of maximum efforts after all.

With a better understanding of how the physical systems of the body work along with how the brain functions to protect the body, can provide insight to achieve your goals and stay healthy.

I have dueled with my CG for years, especially in the discipline of time trials. Time trials require you to get right out at the edge for 20 minutes or more staring right into the eyes of the CG, at V02 and the pain barrier. The voices in your head are your other challenge. By looking over that cliff wall, the next time you get out there, your CG might let you out a little further. Your body of course adapts with training, which allows your lactate buffering system to function optimally for that time duration and effort over time.



From careful efforts, learning your lactate heart rate (LTHR), and functional threshold power, you can nudge the CG out a bit safely, look him in the eye, smile, and enjoy racing your bicycle!

Gary Stafford has a website (blogspot) where he posts some writings and lots of info; there's also a linked Twitter account.
<http://cyclingsessions.blogspot.com/>

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



As reported by Ted Shwartz in the August-September *Spoke'n Word*, there are two new members of the Touring Committee; me, and Raul Silvia. Raul and I often confuse other cyclists when we are riding as we look a bit alike with our grey beards and we often ride together. So, if you happen to see one of us and say "Hi Raul" and get no reply, it may be because you have just said hello to me.

Raul and I are joining an austere group of current members; Bob Paiva, Tina Williams, Chip Kent, and Monica Foulkes. Together we will be crafting the schedule of upcoming rides to challenge and hopefully delight cyclists of all abilities. Rides have been selected through the first quarter of 2014. Among them you will find some old favorites and occasionally one or two we may not have done for some time. We have already set "place keeping" dates for the four century rides that we plan in 2014.

During the past two months, we have had delightful weather and large turnouts for the more popular rides. The Mattapoisett Ride was heavily attended and the primary parking lot was full by 9:35am. This was the first time I can recall ever having to use the overflow parking area in the industrial park across the road. This ride is usually scheduled in September, and maybe that change, and the fact that King Richard's Faire was not open yet (and the lack of motorists going to the Faire) contributed to the large turnout. Whatever the cause, it was a delightful day of cycling.

October is now upon us and the cooling weather will bring forth the brilliant colors of fall. Cyclists will be donning arm warmers, knee warmers, and wind vests as the season progresses and the rides ultimately get shorter as we approach the winter season. As many of you already know, the club rides all year long, although the winter rides repeat a couple of times. This practice was initiated by former Committee Chairperson, Gil Peel, and we plan to keep following this practice as well.

So what can you look forward to in 2014? Well, we cannot promise great weather, we cannot promise smooth roads, but we can do our very best to schedule interesting and challenging routes in the geographic area where the club rides. We plan on adding a couple of new rides next summer, some of which may take us to new locales and others on different roads in communities where we already ride.

In closing, if you like some of the changes that were initiated this year, drop me an email at touring@nbwclub.org. If you did not like them, tell us. If you have a ride you want to suggest or one you positively hate, tell us that also. We cannot please everyone, but we certainly can listen.

Stay safe out there on the roads,
Don



Want to arrow a ride?

Chip Kent has taken over as our new Arrowers/Paint Coordinator. You will see him frequently at rides and can reach him to volunteer to arrow a ride by emailing him at:

arrows@nbwclub.org

Chip provides the paint, map and instructions

Thanks to our most recent ARROWERS:

Aug 4	Plymouth Century	Kate Imbrie, Phil Paige, Tony Rizzotti
Aug 11	Providence Bicycle	Bladimir Rodriguez
Aug 18	Western Hills	Don Paiva, Mike Emma
Aug 25	Mattapoisett	Mike Miller, Diane Robillard
Sep 1	Diamond Hill One	Don & Sue Chiavaroli
Sep 8	TFCE	Mike Miller, Diane Robillard, Gil Peel
Sep 15	Cranberry 55	Mike Miller, Diane Robillard
Sep 22	Oneco Pond	Bladimir Rodriguez, Chip Kent
Sep 29	Taunton-Sharon	Ed Holden

-
- * Use hand/voice signals when passing other riders, turning or stopping.
 - * Watch for sand on the road – especially on corners.
 - * Eat before you are hungry and drink before you are thirsty.
 - * Check your helmet for fit or damage. Take it to a "Super Cycle 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 a "Super Cycle Shop" if you have any doubts.

- * Volunteer to arrow a ride. See Chip Kent <arrows@nbwclub.org>
- * Before a ride, become familiar with the map. Check for arrows 150 ft. before an intersection.
- * Share the road with motorists and pedestrians.
- * Enjoy the scenery, smell the roses.

NBW RIDE SCHEDULE

Last minute changes are announced via our website - nbwclub.org - and our email list - <http://groups.yahoo.com/group/nbwclub/>.
Informal mid-week rides are also organized via the email list.

October 6, 2013 Wareham-Manomet Ride 22/35/47 miles

Sunday 10:00 AM *Map No.* 153 *Arrower:* Garrett Labonte

Route Wareham, Onset, Cape Cod Canal, Cedarville, Manomet

Directions Start at Town Hall/High School complex, 54 Marion Rd (Rt 6), Wareham, MA. Directions: Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.

Drive Time 50 minutes from Providence

Description This flat-to-rolling ride offers many coastal and fresh water views, from the Wareham narrows to the beautiful harbor village of Onset, along the canal, and in Miles Standish State Forest. The long ride treats the rider to some of the less-explored roads along Cape Cod Bay, up to the bluffs of Manomet. Caution: Early miles are on the Cape Cod Canal bike path - so no pace lines and watch out for walkers!

October 13, 2013 Purgatory Chasm 20/30/54 miles

Sunday 10:00 AM *Map No.* 117 *Arrower:* Tabora/Rajotte & crew

Route Uxbridge, Whitinsville, Sutton, Douglas

Directions Start at the School Superintendent's Office, 62 Capron St, Uxbridge, MA 01569 (the former high school). Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North, for 1.5 miles. Turn left onto Rt. 122 North for 1 mile to Rt. 16 traffic light. Turn right onto Rt. 16, for 0.2 miles. Bear left onto Capron St; the school building is at the end of the street.

Drive Time 40 minutes from Providence

Description The ride rolls through the northern part of RI and into Massachusetts. Expect some hills. Bring a lock with you so you can take a break to walk in the Chasm. Spring water can be found at the picnic grounds. Pete Petrocelli extended the ride to 54 miles.

October 14, 2013 *Columbus Day Show'n Go

Monday 10:00 AM *Map No.* 92 *Arrower:*

Route

Directions

Drive Time

Description Follow arrows from the Taunton-Sharon Ride, map #92

October 20, 2013 ♥ Cape Caper Ride 22/48/62 miles

Sunday 10:00 AM *Map No.* 130 *Arrower:* Ted Shwartz

Route Bourne, Falmouth, Woods Hole

Directions Start from Bourne High School, 75 Waterhouse Rd, Bourne, MA. Take I-195 E to I-25E. Cross the Bourne Bridge to the rotary on the Cape side. Go right at the rotary onto Towbridge Rd. After 3/4 mile, make a sharp left onto Waterhouse Rd (you passed the back of the school on Towbridge). The school's main entrance is on the left.

Drive Time 50 minutes from Providence

Description Explore the Cape on quiet back roads. We'll follow the Buzzard's Bay shore to Woods Hole, then on to Falmouth, heading back past ponds and pine woods, finishing with a run along the Cape Cod Canal. We schedule this ride to avoid heavy summer Cape traffic but still get some great fall riding weather. The long ride crosses railroad tracks several times - take care on the acute-angled crossings. Routes have been updated by Ed Foster, our Cape Cod representative.

October 27, 2013 **NBX Halloween Ride** 15/25/32 miles

Sunday 10:00 AM *Map No.* 16 *Arrower:* S Rodrigues/DRajotte

Route Warwick, East Greenwich

Directions Start at NBX Bike Shop (formerly Caster's), 3480 Post Road (Rt.1), Warwick, RI. Take I-95 S to Rt 117E (exit 10A). Go straight down Rt 117 to Apponaug Center and take a right at the lights onto Post Road south (Rt.1). NBX is 3/4 mile down on the left. Park either at NBX or at the medical center next door.

Drive Time 20 minutes from Providence

Description This is an annual ride from Warwick through East Greenwich, with a loop through Goddard Park. NBX invite everyone to an open-house after the ride.

November 3, 2013 **For Pete's Sake Ride** 20/27/52 miles

Sunday 10:00 AM *Map No.* 97 *Arrower:*

Route Greenville, Slatersville, Nasonville, Wallum Lake, Pascoag

Directions The ride will start from in back of the Anna McCabe Elementary School, 100 Pleasant View Ave (Rt 116), Smithfield RI - on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. Directions: Rt 295 N to 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 rolling-to-hilly ride, traveling through old mill towns in northern RI. Long-time member Pete Petrocelli and his wife Jennifer contributed this ride.

November 10, 2013 **The 'Bridge' Ride** 15/30/50 miles

Sunday 10:00 AM *Map No.* 131 *Arrower:*

Route Burrillville, Uxbridge, Northbridge

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

Drive Time 35 minutes from Providence

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

November 17, 2013 ♥ **Swansea Dighton** 15/30/50 miles

Sunday 10:00 AM *Map No.* 102 *Arrower:* St Amour/Courchaine

Route Swansea, Dighton

Directions Start at the Swansea Place plaza, 631 GAR Highway (Rt 6), Swansea, MA - just after McDonald's. Take Rt. 195 E to Massachusetts exit #3 (Rt. 6) in Swansea, MA. Turn right off the exit. Plaza is 1/2 mile down on left.

Drive Time 15 minutes from Providence

Description Very scenic ride that overlooks the Taunton River, crosses over an old bridge and visits Dighton Rock State Park. The ride then meanders back to Swansea via woodlands and back roads. Ride extended by Bob Paiva.

November 24, 2013 **Hope Valley Southern Ride** 15/32 miles

Sunday 10:00 AM *Map No. 33* *Arrower:*

Route Hopkinton, Richmond, Charlestown

Directions NOTE NEW START: Start at the Stop & Shop Plaza, Rt 138, Richmond (Hope Valley), RI. Take I-95 South to Exit 3-A; go left at the exit and left into the parking lot. Please park well away from the stores. (This lot is just on the other side of Rt. 95 from our old start in the Chariho Plaza, which we have been told not to use.)

Drive Time 40 minutes from Providence

Description Explore the southernmost section of the state encompassing several fishing, state park & bird sanctuary areas. The short ride goes through Woodville & the Carolina management area. The long ride explores Woody Hill and Burlingame State Parks. The southernmost point goes along ocean scenery, Kinball Bird Sanctuary & Ninigret Pond.

December 1, 2013 **TriState Tour Burrillville** 22/32/37 miles

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

Route Pascoag, Webster, Sutton, Douglas

Directions Start at Burrillville High School, 425 East Ave (Rt 107), Harrisville, RI. Take Rt. 146 N out of Providence. Take the School St exit in North Smithfield (this is the exit after the Pound Hill Rd exit). Bear Right onto School St. Take quick Left onto Rt 146A, Great Rd (this will become Rt 102, Victory Highway). Go 6 miles; turn Right onto Rt 107, East Ave. Go 1 mile to Burrillville High School on your left.

Drive Time 35 minutes from Providence

Description After cresting Buck Hill, this scenic ride passes Lake Chargoggagoggmanchaugagoggchaubunagungamaug as well as two small ponds with much shorter names. The ride winds through magnificent ridge and valley country, and passes through some elegant New England towns along the way.

December 8, 2013 **Cranston Holiday Ride Winter** 9/18/28 miles

Sunday 10:00 AM *Map No. 22* *Arrower:*

Route Western Cranston, Scituate

Directions Start at Western Hills Middle School, 400 Phenix Ave, Cranston RI. From Providence take I-95 S to Rt 37 W (exit 14-B) Go to end of Rt 37. Turn Right at T-junction onto Natick Ave (which runs into Phenix Ave). School is 1.7 miles on the right.

Drive Time 15 minutes from Providence

Description Enjoy a rural ride with scenic views of farms and the Scituate Reservoir that's still conveniently close to Providence. Rolling-to-hilly terrain, especially along Rt.12 south of the reservoir.

NOTE: We are staying with the 10 AM start time until Dec 15.

Stop by Patricia Lang's house - 62 Marion Ave, Cranston, RI 02905, about 5 miles from the ride start - after the ride for a holiday get-together/fund raiser for Amos House. Directions: From Western Hills Middle School turn right on Phenix Ave which joins Rt 12 (Park Ave) in 1/4 mile. Go all the way to end of Park Ave (appr 4-1/2 miles) to T-junction. Turn right on Broad St. Take immediate left onto Bluff Ave. At second street turn left onto Birchfield Rd. Turn right onto Marion Ave. #62 is second house on right (brick wall in front). Tel: 401-265-5700.

Be aware that if you search on a mapping program it will probably kick up the wrong house (there's a 62 Marion Ave in Providence with the same zip code).

December 15, 2013 **Larry & Ted's Dartmouth Ride** 12/17/31 miles

Sunday 11:00 AM *Map No.* 155 *Arrower:* St Amour/Courchaine

Route South Dartmouth, Westport

Directions Start at Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA. From I-195 going east, take Exit 12 (Faunce 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.

WINTER START TIMES BEGIN WITH THIS RIDE: 11:00 AM

December 22, 2013 **Scituate Reservoir Ride South** 10/23/37 miles

Sunday 11:00 AM *Map No.* 84 *Arrower:*

Route Scituate, North Scituate

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

Drive Time 20 minutes from Providence

Description An old favorite ride around Rhode Island's largest lake. Somewhat hilly, with many old villages and factory-mill locations.

December 29, 2013 **Wickford Kingston** 13/28 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.
This ride will be repeated Jan 26 and Feb 23.

January 1, 2014 ***New Year's Ride** ~20/30 miles miles

Wednesd 11:00 AM *Map No.* *Arrower:*

Route Little Compton, Westport

Directions Start at Bill Gajda's house, 124 Long Highway, Little Compton, RI. From Providence take I-195 east through Fall River MA. Take exit 8A (Route 24 South) to MA exit 1A (Route 81 Adamsville). Go 8 miles to end of Route 81 (stop sign), take right and then first left (Cold Brook Rd). Follow that road to stop sign; turn right on Long Hwy. Go approximately .5 mi. to #124 on right. Park on shoulder of road to leave as much road space as possible. Do not block road.

Drive Time 30 minutes from Providence

Description Following the old tradition, Bill will devise a ride of around 20/30 miles through the Little Compton, Tiverton, Westport area for members to start the New Year off in good style. A map or cue sheet will be handed out at the start. Coffee and donuts will greet riders upon return.
Move on after the ride to Carleen McOsker's traditional pot-luck New Year's Open House party, after 2 PM at 75 Drift Rd, Westport, MA. Directions to Carleen's house will be provided at the ride.

January 5, 2014

Swansea Touisset Tour

15/30 miles

Sunday 11:00 AM Map No. 101 Arrows:

Route Swansea, Somerset, Rehoboth, Dighton

Directions: Start at the Swansea Place shopping plaza, Rt. 6, Swansea, MA. Take Rt. 195 E to Massachusetts exit #3 (Rt. 6) in Swansea, MA. Turn right off the exit. Plaza is 1/2 mile down on left, just after McDonald's on Rt. 6

Drive Time: 15 minutes from Providence.

Description: This is a gentle ride that follows the Taunton River, past farmland, around Touisset and numerous Bristol County scenic and historical landmarks. This ride will repeat Feb. 2

January 12, 2014

Simple Arrow Ride

12/27 miles

Sunday 11:00 AM Map No. 12 Arrows:

Route Burrillville, Harrisville, Douglas, Uxbridge

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

Drive Time: 35 minutes from Providence.

Description: Fascinating ride—so simple you don't need arrows. Rolling, rural terrain. This ride will repeat Feb 9.

♥ Beginners will love these rides.

* Holiday Show'n Go

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Deadline for the next issue is December 1

Mailing label is your valid membership card; includes your number and expiration date
 Is your membership about to expire?

Tentative Future Ride Schedule—subject to change—comments to Don Chiavaroli, touring@nbwclub.org						
Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower
Jan	1		*New Year's Day Ride	Little Compton	~20/30	
	5	101	Swansea Touisset Tour	Swansea, MA	15/30	
	12		Simple Arrow Ride	Burrillville	12/27	
	19	66	Triboro Tour	N Attleboro, MA	15/18/25	
	26	115	Wickford-Kingston-REPEAT	N Kingstown	13/28	
Feb	2	101	Swansea Touisset-REPEAT	Swansea, MA	15/30	
	9	12	Simple Arrow-REPEAT	Burrillville	12/27	
	16	66	Triboro Tour-REPEAT	N Attleboro, MA	15/18/25	
	23	115	Wickford-Kingston-REPEAT	N Kingstown	13/28	
Mar	2	I49	Fish Road	Tiverton	18/26/34	
	9	11	The "Ville" Ride	Burrillville	20/30	
	16	28	EP Cycle/Spring Opener	East Providence	14/18/31/43	TENTATIVE DATE
	23	60	CT Coastal & Ridges	Ashaway	20/28/43	
	30	47	Lakeville Tour	Lakeville, MA	15/25/40	
Apr	6	49	Great Grandma's Farm Ride	Lincoln	15/23/50	



Seen on this year's TFCE ... a rare and lovely family ... dad on tandem plus tag-along rode the 100 mile route ... mom with tag-along and two children on singles did one of the shorter routes. Congratulations to all. Photo: Larry Shwartz

NBW WEBSITE — nbwclub.org — your go-to place for the latest news, ride schedules, last-minute changes, photo galleries, GPS files for NBW rides — read your newsletter online in the Members' section.

NOTE: The Members' Password has changed. To access the Members' section you need the following information (please make a note of it):

Username: rider14
 Password: 99Arrows

(The old password info will also work until December)