

The Spoke'n Word

Volume 47, Number 1

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

January/February/March 2017

nbwclub.org



NBW Annual Meeting and Volunteers' Banquet

John Nery
2016 Volunteer of the Year



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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, Alfredo Sosa 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

NBW website: nbwclub.org
Members' page access (case-sensitive):
User name: mem66
Password: 2flatS

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

Cover: NBW annual banquet, Nov 2016:
John Nery, Paula Raposa, Alfredo Sosa
Photos: Monica 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 and our website. Photos selected for print by your editor, who does the conversion to black/white. Some hints for what she looks for:

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

Do you have any photos of early NBW rides? I will scan and return your prints.

The President's Message is delayed.
Watch for it on our website
nbwclub.org

News from Alfredo Sosa, Membership Secretary

I am happy to announce that the NBW has embraced the 21st century. Starting January 1st 2017, membership registration and renewal will be done online.

What this means is that members will no longer have to wait 4-6 weeks to have their membership created/renewed. The online platform will work on mobile devices, so people will be able to renew from anywhere with a wi-fi/cell connection. The payment method will be credit card, like any other purchase done online.

After careful consideration the NBW board opted to offer only single yearly memberships. The board also agreed to honor existing family memberships until their current cycle expires. The key reasons for this decision are club liability and insurance. The membership fee will remain \$15 per person per year. A processing fee of 7.2% will be added upon checkout.

As we move forward with this new system, we will be able to add other events such as TFCE, Rhody Roundup, Maine and Vermont house trips, annual volunteer banquet, etc. On top of that, we plan to add NBW merchandizing on the site for a convenient 'one stop' experience.

Since we understand that change is always a slow process, we will keep accepting checks for a while. Keep in mind that the processing time for these transactions will be much slower, and that the club will have to pay the processing fees since we will have to go online to process the registration anyway. Therefore, we highly discourage the old method.

I hope that this development makes your NBW experience much easier so you can focus on the fun side of bicycling with us. We will share a link to the membership site on our website and in future emails and publications.

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: Kate Imbrie, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Todd Wise, Janice Veloza, Ray Foulkes
Membership Secretary: Alfredo Sosa, membership@nbwclub.org,
PO Box 41177, Providence, RI 02940-1177
Rides Coordinator: Don Chiavaroli, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, advocacy@nbwclub.org
Volunteer of the Year 2014: Bladimir Rodriguez
Volunteer of the Year 2015: Gil Peel
Volunteer of the Year 2016: John Nery

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Ted Shwartz, Kate Imbrie
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Raposo, Ted Shwartz
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Ride liaison w/police depts: Margaret Hahn
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map & GPS creators: Ted Shwartz, Don Chiavaroli
NBW merchandise sales: Rick & Michelle Cortes Harkins, sales@nbwclub.org
Social events organizer: Margaret Vigorito
Interstate liaison: vacant
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

NBW Annual Meeting and Volunteers' Banquet, November 6, 2016

The Annual Meeting of the Narragansett Bay Wheelmen was held November 6, 2016, at the Pawtucket Country Club, Pawtucket, RI, in conjunction with the Volunteers' Banquet. Over 100 members attended. Banquet Organizer: Margaret Vigorito

Officers of the Club re-elected for one-year terms: President-Ted Shwartz, Vice-President-Elizabeth Masterson, Treasurer-Rick Schwartz, Secretary-Kate Embrie. Treasurer's report was delivered by Rick Schwartz. Membership secretary Alfredo Sosa reported plans for processing memberships online. Touring chair Don Chiavaroli reported on progress of the use of GPS files for all NBW scheduled rides and implications for arrowing.

2016 *Volunteer of the Year* was awarded to John Nery, who will now serve a 3-year term on the Board of Directors. *Arrower of the Year*—Tony Rizzotti. *Blue Shirt Awards for volunteers who went "above and beyond"*—John & Cyndi Stenning, Rob Price, Rick & Michelle Cortes Harkins. *Blue Jacket Awards to former Blue Shirt winners who are moving out of the area*—Wolfgang Peti, Rebecca Page, Ed Holden.

Margaret Hahn and Paula Bissell raffled off many creations crafted by a group of skilled members, including patchwork quilts made from TFCE t-shirts.

More Annual Banquet photos are posted on our website—nbwclub.org



Donny Green, of the Red Bike Shed, gave a presentation on the annual children's Bike Camp (to which NBW has given grants over the last five or six years. During the evening NBW members donated bikes surplus to their needs to the Bike Shed.

Far Right:
Blue Shirt awardees:
Rob Price, Rick & Michelle
Cortes Harkins
(missing: John & Cyndi
Stenning)

Right: Tony Rizzotti, top
arrower, on the left (with
Chip Kent on the right,
awarding)



Left:
Special this
year!
Blue Jacket
Awardees:
Ed Holden,
Rebecca Page
Wolfgang Peti
(all moving out of
the area—
What a loss!)

Right:
Paula Bissell
and Patricia
Lang with The
Great Quilt
Raffle.



NBW Ride Mileage Record Chart, 2017

2017	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		



Our Annual

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401-274-5300

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Coupon valid:

January 19 - January 22, 2017

*coupon excludes bicycles

visit www.nbxbikes.com for more info

Like us!



42nd Annual

R.I. BIKE SHOW

March 17th - March 19th

From beginner to expert, this show is for everyone who enjoys bicycling!

// **BIKE SHOW**

SAT-SUN March 18-19

// **STOREWIDE SALE**

FRI-SUN March 17-19

// **NBW CLUB RIDE**

SUN March 19, 10am

EXTENDED HOURS

Friday 9am-8pm

Saturday 9am-5pm

Sunday 11am-5pm

// **BIKE DEMOS**

// **RAFFLE**

// **FOOD TRUCKS**



Exclusively at

NBX of East Providence
414 Warren Ave.
East Providence, RI 02914
401-434-3838



www.nbxbikes.com



NBW Annual Holiday Party for Amos House, December 4, 2016

Cyndi and John Stenning opened their house in Coventry after the Cranston Ride to celebrate another good year of riding. A mild, sunny day brought a large crowd to the ride and the party. As we partied, we toasted to those riders who are recovering from accidents and sent them best wishes. Besides having a great party, NBW members (including those who couldn't come but who sent in donations) made contributions to Amos House, which provides food, shelter and social service programs to help people in need in Rhode Island. Thank you to all who attended, and all who contributed to this local and worthy cause and most of all, many, many thanks to our wonderful hosts, Cyndi and John.



Left: Host Cyndi Stenning

Right: Lee Sproul, Mike Emma & Pete Bisselle dined al fresco by the fire pit



Below: NBW members mingled.



Above: "Frenchie" was still nursing his injuries but came to feel better.



Left: Ted chats with departing members Wolfgang and Rebecca.

NBW Special Events Committee announces
the 10th annual
Maine House Getaway Long Weekend



Thursday May 18 - Monday May 22, 2017

Accommodations:

- Located on the shores of Lake Christopher – mountain & lake views
- Accommodates 25+ people
- 9 bedrooms & 7.5 baths
- Updated fully equipped kitchen facilities
- 10 x 10 steam room
- Beautifully landscaped yard w/200 feet of lake frontage
- 2 boat docks, use of canoes, kayaks & windsurfer
- Gas grills & picnic tables
- “Endless” biking opportunities for both road and mountain bikes

Meals: Family style – with participants sharing in meal preps and clean up

Location: Bryant Pond, Maine (Southwest Maine) –
approximately 4-hour drive from Providence

Cost: **Queen size bedroom: \$185 per person (only 6 rooms available)**
Men or Women Dorm style bedroom: \$165 per person
(includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

Make check payable to: **Narragansett Bay Wheelmen (NBW)**

Mail check to: **Donald Paiva, 81 Harris Street, Riverside, RI 02915**

For more information contact Don Paiva at donpaiva53@cox.net, or 401-433-3463



... As the Wheel Turns ... Early riding days of NBW members

A new feature ...

If you want to participate please send your photo submissions with full information to Alfredo Sosa at membership@nbwclub.org (no paper prints please).

Euclides Amado, "Frenchie"

(white cap foreground) racing in Dakar, Senegal, in 1983. He was 17 and racing for a local team. Frenchie is a very active club member—look him up after a Sunday ride and share his stories.



Annual Memorial Day Weekend In Southern Vermont

Friday, May 26 to Monday, May 29, 2017

at the Blue Gentian Lodge, Magic Mountain Rd,
Londonderry

Enjoy Green Mountain scenery, quaint Vermont villages and stores.
Mapped loops vary from 23 to 78 miles; most rides are hilly.

Single, double or triple occupancy, with private baths.
A common gathering room, game room, hot tub, heated swimming pool.
Weekend includes 3 nights lodging, 3 breakfasts, 2 dinners (Sat & Sun).

Total cost \$230 per person with double occupancy (\$375 for single room, by request)
Reservations: contact Ken or Lisa at the Blue Gentian, 802-824-5908 and tell them you are with the NBW bicycling group.

Questions: contact NBW member Ray Naughton, email raynaughton@cox.net or tel: 401-781-6963

The SUV of Damocles

David Baldwin

A picture from a bike tour I took this summer shows me and another rider standing and smiling as we climb our way up a highway grade--framed from behind by a towering eighteen-wheeler making its way up the same hill. This is the risk that we ride with every day. We ride on roads that are made for and owned by high-powered, fast-moving behemoths that, in any altercation, will always come out brutally on top.

Two weeks ago I collided with a car at one of the several points where the my local bike path is crossed by public roadways. I was not going fast; I was not inattentive; I was on a bloody bike path. I was simply taken by surprise by a fast car I could not avoid. I went to Rhode Island Hospital with a couple of pelvic fractures, several cracked ribs, a punctured lung, and internal bleeding. A week in the hospital and two weeks and counting of rehab. Months before I can put weight on that leg again. The car suffered a detached side view mirror.

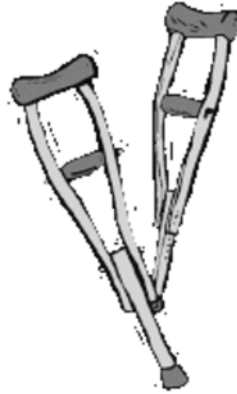
If this accident had happened in a modern industrial plant, swarms of safety experts and workers representatives would have recommended immediate installation of all kinds of safety measures: bars, barriers, signs, graphics, lights, lots and lots of yellow stripes, training videos—a battery of treatments to make sure that particular accident was impossible to repeat. But this is not a factory. This is bicycling in America, and it is doubtful whether the owner of the site—the municipality—will even make a review to see if anything should be done to prevent a recurrence.

As cyclists, we put up with levels of risk that would be deemed completely unacceptable in other walks of life. If your child's soccer practice carried the risk of being creamed up against the side of a speeding SUV, that soccer practice would be over for them. For us to enjoy what we do, we have to ignore the reality that the eighteen-wheeler in the picture could wipe us off the map and never even know it.

Motorists and others would argue that we are riding on their roads; that these are car roads and we have no business encroaching on their territory in the first place. Or that we do so at our own risk. Others might argue that riding mountain highways through the Adirondacks is an elite recreational activity that does not deserve accommodation from the general public or public policy. Why should the general public go out of their way for small groups of equipment geeks in colored Lycra? But I would argue that these positions are being taken after decades of one-sided development that assumed cars were the only legitimate method of transportation.

And that that policy was tragically misguided from the start. All roads are public roads, cyclists are members of the general public, and we pay for those roads. We just lost control of them.

Having said all this, what do I want, sitting here in my rehabilitation room? Well, probably we are not going to get special lanes with Jersey barriers on those scenic mountain roads any time soon. Turns out what I want would be to see the society at large (and by that I mean the State) recognize that bicycles as vehicles are at a great disadvantage, and to offset that disproportionate risk by shifting right of way and liability laws in favor of bike riders. The message "You better not hit a bicyclist" might, without pouring an ounce of asphalt, put a little more distance between us and the truck looming in the back of the photograph.



It's been a very bad few months
for NBW riders ...

To all who are recovering from accidents
and broken bones, we send our sympathy
for your pain and support for your
rehabilitation work, which we hope goes
well. Hope to see you all riding strongly
next Spring.

Jim Berry
"Frenchie" Amado
Karyn Mumma
Jim Mumma
David Baldwin
Larry Shwartz

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

On my Thanksgiving travels I came across a great bike path down south, Atlanta that is. It is known as The Silver Comet Bike Path (SC). It spans from Smyrna out all the way to Alabama, or 61.5 miles in one direction, where it connects with another 33 mile bike path!

I rented a bike, wishing I could ride some side roads, but with little knowledge or a local source, decided to venture onto the Silver Comet. A ride the day before Thanksgiving is a perfect way to prep for the incredible variety of food to come the next day!



The SC is well kept and provides mileage markers along the path. Be sure to carry plenty of water as finding water on the SC is not easy. Ride surface starts like we are used to; smooth pavement, but concrete sidewalk style pavement appears as you head west, hills too, so efforts will go up a bit to maintain speed.

Heading west, it feels like you are going back in time. Beautiful, long tunnels welcome you as you ride.



The good part about the SC is that there are few intersections, with low activity. Wildlife can be seen; deer, cattle, and horses. I had decided for a metric century but ended up going 73 miles out and back. I turned around half way at a very interesting historical location where General Sherman and his army stayed at a plantation owned by Ma White's Bottom Land in 1850. Just imagine being there 160 years ago!



Heading back I enjoyed the scenery; friendly walkers, huge trees, sheriff smart cars on the bike path.



The SC has also developed trails for mountain biking along the path. Blue arrows are used for entrances in and out of the paved bike path.



I encourage anyone to venture out on the Silver Comet the next time you may be in Atlanta. Nice links for more info:

www.silvercometga.com

www.railga.com/oddend/silvercomet.html

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

Ed—Matt presents these two reports from groups who have received NBW funding.



1 PVD Cycling Team finishes another season!

Our Mission at 1 PVD Cycling is to provide opportunities through the sport of cycling that inspire confidence, create a broadened sense of community, and promote an active, healthy lifestyle. We couldn't do what we do without the support of NBW and its members.

This year, we expanded our fleet of singlespeed cyclocross bikes, and took our team to a total of six races in Rhode Island, Connecticut and Massachusetts. Thanks to the generous donations of winter weather gear from our local cycling community, our team was able to ride through wind, water, ice and snow.

1 PVD Cycling offers Providence youth the opportunity to participate in competitive cyclocross events. We work to help our students overcome the numerous barriers to entry in competitive cycling; be they financial, technical or cultural.

Our students participate at no cost to them; we provide all the necessary coaching, training, equipment and gear they need to conquer the gnarliest cross course. And we never forget the post-race donuts and high-fives.

In 2017 we'll be expanding into spring and summer programs. We'll be offering demonstrations and clinics at area high schools, and hosting bi-monthly trail rides beginning in April for all interested students.

How you can support 1 PVD:

Join us on January 28th and 29th to watch the Cyclocross World Championships.

Check our Facebook page for event info.

Donate. cash, bikes, or gear. All donations to 1 PVD Cycling are tax-deductible.

Share our story with your friends, colleagues and riding partners.

We're excited for a third year of helping kids get rad on bikes!

Learn more: www.1PVDcycling.org

Contact: Katie Fairhead, katie@1pvdycling.org

From Bonnie DeSousa, South Coast Bikeway Alliance

On Saturday September 17, 2016 cyclists from 12 South Coast Massachusetts communities celebrated the completion of the 3rd Annual Summer Bike Challenge. The Summer Bike Challenge is an awareness event for the regional South Coast Bikeway Alliance (SCBA), a nonprofit volunteer organization working to build the South Coast Bikeway. The Summer Bike Challenge encourages people to ride more often and go further than they ever thought they could. This event helps demonstrate that the South Coast Bikeway, a regional bikeway from Swansea to Wareham, would be well used by regional residents and visitors.

In this challenge, over 69 cyclists participated by joining team South Coast Bikeway Alliance. Together they rode 72,517 miles and reached 17th among national teams registered in the National Bike Challenge. Riders

ride wherever and whenever they want. They simply register, then sync their GPS mileage app to the challenge, or manually log miles on the website. Riders get points for every mile and every day they ride. They compete (literally and virtually) with top riders in the state and nation. Steve Bouley and Deb Levesque are this year's SCBA men's and women's winners.

Team SCBA is aiming to place in the single digits next year. You can help by joining. This year's National Bike Challenge is still going on. Riders who register now at www.nationalbikechallenge.org will automatically be registered for next year's Summer Bike Challenge.

To learn more about South Coast Bikeway Alliance is doing towards their goal of achieving a 50-mile continuous system of bike paths and bike lanes that will connect Rhode Island and Cape Cod, visit www.southcoastbikeway.com

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



This month's report will focus on arrows and what you can expect for new rides in 2017. Arrows first.

If you participated in Ted's survey in the weekly ride bulletin or attended the annual volunteer's dinner, you are already aware that the respondents preferred arrows over other forms of ride navigation by a 60-40 margin.

Also, if you have attended the recent rides, you have heard Ted's personal appeal to riders to volunteer to arrow a ride. Why all the fuss? Four of our arrowers are moving out of the area. (Tony, Ed Holden, and Wolfgang and Rebecca). Conservatively, they accounted for at least 15% of the rides arrowed and Tony has won the Arrower of the Year award for 5 consecutive years. So if you are among the 60 percent who prefer arrows, you need to step forward and volunteer to arrow a ride or two.

What happens if not enough riders volunteer to arrow? It's simple. Ride with GPS is the future and that, along with Cue Sheets, is what we will use if needed. Winter rides and Century rides are the most difficult to get volunteers to arrow. Both are ideal candidates for GPS navigation. Winter rides are short, sparsely attended, and arrows get scrubbed quickly from the pavement when sand is applied to the road surface. With snow on the roadsides, it is a real challenge for the arrower to get arrows down when the pavement is dry and then go out and redo them again if they get removed. The longer century loops are also ideal for GPS navigation as fewer riders do the long loop and those that do seem to be more willing to adopt the newer technology.

No changes are planned for 2017, and there is no need to panic if enough riders volunteer to arrow. We already offer optional GPS only loops on rides which have more than 4 loops (only three loops are arrowed on rides to ease the burden on arrowers). Additionally, from time to time, we offer GPS-only extensions to the longer loops. These extensions can be done on short notice and provide opportunities for those who want more miles without making permanent changes to the maps or adding extra burden to the arrowers. 2017 is a pivotal point in our club cycling culture. If volunteers step forward, arrows will remain the primary navigation aid. If not, GPS navigation will be implemented when necessary. Don't wait for the next rider to volunteer, it is up to you.

So what about the 2017 rides? The Speedway Ride, done for the first time in 2016, will be back for an encore. Rob Price has proposed a new Middleboro "Central" ride that will be considered by the Touring Committee when we meet next in April.

Dartmouth #1 for January and February is being recrafted with a new start to get us out of the Dartmouth Mall area. The Myles Standish ride has been rerouted to get us off busy South Street in Plymouth which has seen an explosion in retail outlets in the last several years. It is not yet on the schedule for 2017. Great Grandma's ride, which has already been scheduled, is being recrafted with a new start to get us off RI 116.

Several other rides need to be recrafted due to increased traffic volume. The last 20 miles of the Century of the Century which travels RI 102, the Wachusett rides which travel MA 140, and the Mystic Seaport Ride are in this category. If you live and ride in the areas where these rides go and are aware of better routing, please bring us your suggestions. The success of these rides depends on volunteers and this is just another way that you can help the club.

I guess that is about it for now. Winter is definitely here and the sand and ice patches on the road are not our friends. Be careful, stay safe, and look ahead to warmer days which we know will get here.

Don

Want to arrow a ride?



Chip Kent is our 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. Arrowing guidelines are posted on our website at:

nbwclub.org/resources/nbw_arrowing_guide.pdf

Thanks to our most recent ARROWERS:

- Oct 2 *Mystic Seaport*—John Satterlee
- Oct 9 *Purgatory Chasm*—Chip Kent
- Oct 16 *NBX Ride*—Tony Rizzotti
- Oct 23 *Oneco Pond*—Don Rajotte, John Stenning
- Nov 6 *Royal Mills*—Bob Gallo, John Stenning
- Nov 13 *Diamond Hill One*—Rod Breault, Ted Shwartz
- Nov 20 *Scituate Foster Pongnstt*—Tony Rizzotti
- Nov 27 *Fall River 50*—Dave Baldwin
- Dec 4 *Cranston Holiday Ride*—Ed Holden
- Dec 11 *Raynham Middleboro*—Rob Edgren
- Dec 18 *Barrington Ride*—Don Paiva, John Darcy
- Dec 25 *Dartmouth #1*—Chip Kent, Frank Fain

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.

January 1, 2017	*New Year's Ride	~20/30 miles
Sunday	11:00 AM	Map No. Arrower:
<i>Route</i>	Little Compton	
<i>Directions</i>	NEW 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 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. 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 8, 2017	Simple Arrow Ride	9/27 miles
Sunday	11:00 AM	Map No. 12 Arrower: C. Kent
<i>Route</i>	Burrillville, Harrisville, Douglas, Uxbridge	
<i>Directions</i>	Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N. Get off at the RI 5/RI 102 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.	
<i>Drive Time</i>	35 minutes from Providence	
<i>Description</i>	Fascinating ride - so simple you don't need arrows. Rolling, rural terrain. This ride will be repeated Feb 5.	

January 15, 2017	Swansea Touisset Tour	13/29 miles
Sunday	11:00 AM	Map No. 101 Arrower:
<i>Route</i>	Swansea, Somerset, Rehoboth, Dighton	
<i>Directions</i>	Start at the Swansea Place plaza (Target), 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. PARK AT THE REAR LEFT OF TARGET - near the exit onto Milford Rd which is the way we ride out. Do not park near Rt. 6 or near store entrances.	
<i>Drive Time</i>	15 minutes from Providence	
<i>Description</i>	This is a gentle ride that follows the Taunton River, past farmland, around Touisset, and numerous Bristol County scenic and historical landmarks. The "out-and-back" to Touisset Point is optional. This ride will be repeated Feb12.	

February 19, 2017 ♥ **Dartmouth Ride #1-REPEAT** 20/28 miles

Sunday 11:00 AM *Map No.* 25 *Arrower:* C Kent/F Frain

Route Dartmouth, Russells Mills

Directions NEW START: 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 40 minutes from Providence

Description This revision of an old NBW ride keeps us out of Westport, and out of the Dartmouth Mall, making the arrowing easier on our volunteers. One of the few NBW rides entirely within one community, it passes through broad stretches of farmland and salt marshes. A new map for this ride will appear soon on the club website. This is a repeat of the Jan 22 ride

February 26, 2017 **Worden Pond - REPEAT** 16/26 miles

Sunday 11:00 AM *Map No.* 40 *Arrower:* M Hahn

Route Kingston, Tuckertown

Directions Start at Univ of RI, Rt 138, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.

Drive Time 40 minutes from Providence

Description This scenic tour of South County goes by Worden's Pond and historic Kenyon's Grist Mill. Caution on Shannock Rd, just before Rt.2 (watch curves and sand). This is a repeat of the Jan 29 ride.

March 5, 2017 ♥ **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 to the Fish Road exit. 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 (and TFCE) rides on these favorite NBW roads.

March 12, 2017 **North Country Fifty** 18/22/33/49 miles

Sunday 11:00 AM *Map No.* 98 *Arrower:*

Route Smithfield, Woonsocket, Scituate

Directions START: The ride will start from in back of the Anna McCabe Elementary School in Smithfield, on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. The school is located at 100 Pleasant View Av, Smithfield RI. This is by the intersection of Route 116 (Pleasant View) and Route 5 (Cedar Swamp Rd). From PVD take Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto RT 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.

Drive Time 20 minutes from Providence

Description The ride goes past the Woonasquatucket Reservoir into the woods and farmlands of North Smithfield, and then heads south to the Scituate Reservoir, finishing through apple orchards.

March 19, 2017

NBX /Spring Opener

18/32/43 miles

Sunday 10:00 AM *Map No. 28* *Arrower:*

Route East Providence, Seekonk, Rehoboth

Directions Start at NBX, 414 Warren Ave (Rt 6) in East Providence, RI. Please park on Rt 6 or adjacent side streets, but do not block driveways or roads. Plan to arrive at start early to allow time to find parking.

Drive Time 5 minutes from Providence

Description This ride traditionally kicks off our Spring riding season. Enjoy an easy, scenic ride out of the city into rich farmlands. Short ride passes Shad Factory Dam. Get those bikes out now and see you there.

NOTE: RIDE START TIME IS 10:00 AM ! We leave our winter schedule behind and revert to our usual 10 AM start time with this ride - don't be late!

March 26, 2017

♥ Lakeville Tour

15/25/42 miles

Sunday 10:00 AM *Map No. 47* *Arrower:* M Miller/D Robillard

Route Lakeville, Freetown, Acushnet, Rochester

Directions Start at Assawompset School, 232 Main St (Rt. 105), Lakeville, MA. Take Rt. 44 E to Middleboro rotary, take a right on Rt. 18 for 4 miles to the traffic light at intersection of Rt. 18 and Rt. 105. Turn left, and the school is just ahead on your right.

Drive Time 40 minutes from Providence

Description Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is known for its cranberry bogs and lack of hills.

April 2, 2017

Westerly Ride

24/35/49 miles

Sunday 10:00 AM *Map No. 113* *Arrower:* T Shwartz

Route Westerly, Watch Hill, Niantic, Bradford, Ashaway

Directions START: Car pool commuter lot in Ashaway, RI. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

Drive Time 40 minutes from Providence

Description Along the southwest shores of RI are summer resort communities, colonial estates, and cove lined estuaries. Misquamicut Beach and Watch Hill have several fine Victorian hotels, the 1871 carousel and Coast Guard Station with lighthouse. Our thanks to Tina Williams for extending this ride.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

Narragansett Bay Wheelmen
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Deadline for the next issue is March 5

Mailing label is your valid membership card; includes your number and expiration date
 You can always check your membership number and expiration date in the Members' section of our website nbwclub.org

Tentative Future Ride Schedule—subject to change—comments to Don Chiavaroli, touring@nbwclub.org						
Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower
Apr	2	113	Westerly Ride	Ashaway	24/35/49	T. Shwartz
	9	49	Great Grandma's Farm Ride	Lincoln	15/23/50	L. Brissette
	16	47	Lakeville Tour-REPEAT	Lakeville	15/25/42	M. Miller/D. Robillard
	23	170	Speedway Ride	Glocester	23/40/50	
May	30	160	BikeWorks Swansea Ride	Swansea	16/25/50	D. Rajotte/J. Stenning L. Brissette
	7	19	Tom & Pat's Half Century	Coventry	19/28/48	
	14	49	Great Grandma's Farm-REPEAT	Lincoln	15/23/50	
	21	171	South Shore Short Century	Kingston, MA	30/60/85/98	
	28	111	Westport Ride	Westport	13/25/44/50	



VINTAGE NBW CYCLING JERSEY

SHORT SLEEVE

Specify men's or women's cut
 Men's sizes: S, M, L, XL
 Women's sizes: S, M, L, XL, XXL
 \$65 incl tax, Add \$3 postage

LONG SLEEVE

Specify men's or women's cut
 Men's sizes: M, L, XL
 Women's sizes: M, L, XL, XXL
 \$70 incl tax, Add \$3 postage



NBW CYCLING SOCKS

Specify white or black

Sizes: S, M, L, XL, XXL
 \$6 per pair.
 Add \$1.50 postage



NBW CYCLING JERSEY

SHORT SLEEVE

Red or Blue
 Specify men's or women's cut
 Men's Blue sizes: L
 Men's Red sizes: M, L, XL, XXL
 Women's Blue sizes: L, XL, XXL
 Women's Red sizes: S, M, L, XL, XXL
 \$55, incl tax. Add \$3 postage
 (for 1 or 2 shirts)

LONG SLEEVE

Red
 Specify men's or women's cut
 Men's sizes: XL, XXL
 Women's sizes: M, L, XL, XXL
 \$60, incl. tax. Add \$3 postage (for
 1 or 2 shirts)

IMPORTANT

BEFORE MAILING A CHECK: email your request to sales@nbwclub.org to check if your item is in stock.

Make check payable to "NBW" and mail with order to:

NBW/Rick and Michelle Cortes Harkins, 99 10th Street, Providence RI 02906

Questions? Email to: sales@nbwclub.org

All club clothing is sold at cost