

# The Spoke'n Word

Volume 48, Number 1

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

January/February/March 2018

nbwclub.org



*NBW Annual Meeting &  
Volunteers' Banquet  
October 28, 2017*

**2017 Volunteer of the Year  
Chip Kent**



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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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### BLACKSTONE BICYCLES

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### NBX BIKES

www.nxbikes.com  
Locations:  
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401-438-2453

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Narragansett, RI 02882  
401-782-4444

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Providence, RI 02906  
401-274-5300

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Warwick, RI 02889  
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Newport, RI 02840  
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Attleboro, MA 02703  
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*and*  
51 Cole St  
Warren, RI 02885  
401-245-9755  
yourbikeshopri.com



## 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: Annual Meeting/Banquet,  
October 28, 2017  
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.

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# President's Message

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## From President Ted Shwartz' Address at the NBW Annual Meeting, October 28, 2017

When someone Googles the NBW, the first thing that they see is our website and these words

"Welcome Cyclists!"  
Community, Adventure, Giving Back. These expressions are truly what the Narragansett Bay Wheelmen are all about.

It is in our charter to promote and encourage safe recreational cycling in Rhode Island and Southern New England.

My address tonight will be brief, and cover three topics:  
The people of the NBW  
The rides of the NBW  
The business of the NBW

### The People of the NBW

First off, everyone please get up and thank **Kris Brown**, for organizing this year's annual meeting and volunteer banquet....

Did you know that we had 147 different volunteers this year? I believe that is a record. This year we had **23 new volunteers**, also a record. Last year I spoke at this meeting about the challenge of maintaining our volunteer base, and growing our volunteer base. I think we all did a pretty good job

This year our new volunteers were: **Jack Amaral, Ute Anderson, Ben Averil, Paul Beauillie, Steve Chang, Dee Dee Chang, Andy Daigle, Patty Deangelus-Hathaway, Arthur Deascentis, Fred Definis, Jo-Ann Del Vecchio, John Foster, Michelle Cortes Harkins, Rick Harkins, Stephen Kahan, George Kuzmowycz, Glen Loy, Susan Mercier, Lauren Montieth, Mike Norigan, Tom Riley, Robert Rose and Lenin Tabora.**

Please give a hand to all those new volunteers, and to our existing volunteers who recruited them. The NBW culture will remain strong, as long as we have strong volunteers, and continue to recruit new volunteers

Times change, volunteers change, but we continue on.

This year we are losing one of our core volunteers, **Matt Moritz**. Matt is our long time advocacy chair. He has left RI for NY State. We will miss him. Unfortunately Matt could not make it this evening.

Our touring board chair is also stepping down this year. Please give a hand to **Don Chiavaroli** for his great work on our Sunday Ride Series.

### The Rides of the NBW

This year we had a great Sunday Ride series. It was put together by the Touring Board, chaired by **Don Chiavaroli**. Touring board members included **Bob Paiva, Chip Kent, John Satterlee, Raul Silva & Rod Breault**. Please give them a hand.

We had some new rides and some substantially reworked rides this year. Please give a hand to the following for these new and improved rides:

**Luke Brissette** – for the revised, always loved, and sometimes feared "Great Grandma's Farm Ride"

**Rob Price** – for the "Middleboro Homestead Ride"

The Sunday ride series would never happen without the efforts of **Chip Kent and the arrowing team**.

Lastly, no Sunday Ride would be complete without the social tent, organized by **Don Paiva**. Don is stepping down from the social tent for 2018, but the irresistible **Bladimir Rodriguez** is stepping up to be the new social tent chair.

### The Business of the NBW

The business side of the NBW is good, but it's just a bit different this year.

Well, what is different this year? We had two major changes this year. We reduced the size of TFCE, and we switched to Electronic Membership. Those two changes rippled through our club's finances and membership numbers.

Let's talk about TFCE first. The TFCE is the only part of the NBW business model that generates a surplus, or profit. All other parts of the NBW, by design, either lose money (like Membership, Rhody Roundup, or Annual Meeting/Banquet) or break even (like Maine House, Vermont House or Merchandise).

Parking issues at prior TFCEs at the University caused us to reduce the number of riders at TFCE by 400 this year. This could have caused a reduction in revenue to the NBW of approximately \$16,000. It also caused a reduction in TFCE expense. Going into TFCE we knew this was coming, and planned for it. Part of the plan was adjusting TFCE's price upwards, and watching our expenses.

*Continued on Page 2*

Lastly, reducing the rider count at TFCE adversely impacted membership. The fact that we were reducing rider count meant that we changed how we marketed TFCE. In fact, we hardly marketed it at all. It was essentially word of mouth unless you were a NBW member. In prior years, people would join the NBW, just so they could register for TFCE. That pretty much stopped this year, and that was ok. Those riders were TFCE riders, and not club members. I estimate that reduced our potential membership in 2017 by 200-300 members.

This year we switched to electronic membership. The switch happened for two reasons—younger people demanded/expected it, and it was time to reduce the workload on membership from handling mail, checks, bank deposits, etc...

As part of that transition to electronic membership we addressed an insurance issue on membership, and got rid of family memberships. The software that we switched to also required us to go away from offering multiple year renewals. Membership got simpler—renew and/or join for a year at a time, at \$15 per year.

Well, what does this all mean? With two months to go in 2017, we expect to finish 2017 (assuming banquet expenses and charitable donations\* remain about the same as 2016) with approximately the same surplus as in 2016.

In other words, despite reducing TFCE riders by 400, and a reduction in membership, we expect to end with about the same cash position as last year. We did a pretty good job managing the finances.

Well, what's left to talk about for NBW Business? Two things, Insurance and *The Spoke'n Word*.

In 2017 Insurance cost us \$4.50/rider. A reasonable expectation is that it will cost us \$5.50/rider in 2018. We cannot operate as a club without insurance, and it has been going up drastically for years. Not too long ago it was under \$2 per member per year.

Now let's talk about *The Spoke'n Word*. I love *The Spoke'n Word*, you love *The Spoke'n Word*, and we should be proud of *The Spoke'n Word*. Historically, *The Spoke'n Word* came about as a way of forcing the issue, of having a ride sched-

ule and communicating the ride schedule to the membership. *The Spoke'n Word* has been an outstanding success in accomplishing that goal. Please, everyone give a hand to **Monica Foulkes** for everything that goes into *The Spoke'n Word*.

This year we spent approximately \$7,800 printing and mailing 5 issues of *The Spoke'n Word* to 458 members. What does that mean? It means getting *The Spoke'n Word* printed and mailed costs about \$17.00 for each mailed member, and \$0 for each member that took electronic delivery...

**Let me be perfectly clear about this. I don't want to get rid of *The Spoke'n Word*...**

Remember Lance Armstong? That was the last time we changed membership prices. A lot of things have changed since then. At the next full board meeting I will ask the full board to look at adjusting membership dues for two reasons, Insurance and mailed *Spoke'n Word* costs

Please remember, we expect to lose money on membership, but perhaps going forward we will lose a little bit less in 2018.

Any questions?

*Now for our last topic:*

Last year I proposed an initiative for 2018 of a printed annual directory. We really need a full year of electronic membership before this idea can work with fully vetted data from our members. Get ready to see a prototype at the next annual meeting.

Community, Adventure, Giving Back. These expressions are truly what the Narragansett Bay Wheelmen are all about.

I believe the People of the NBW, the Rides of the NBW, the Charitable Donations\* of the NBW have lived up to the spirit of the NBW charter and website in 2017, and will continue to do so in 2018.

\* See page 3 for list of 2017 charitable donations

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### NBW Arrower of the Year 2017

This year's "Arrower of the Year" is Rob Edgren. Rob arrowed 7 different rides this year; NBW 057 Myles Standish, NBW 080 Raynham Middleboro, NBW 081 Cranberry Metric, NBW 122 Plymouth Century, NBW 130 Cape Caper, NBW 171 South Shore Shorty and NBW 173 Middleboro Homestead.

Rob arrowed over 500 miles, which just might be a club record. Rob also had success doing the Drummond Double, brevets with the New England Randonneures, and competed in the Cyclocross circuit this year.

We are all very grateful for the volunteer work done by the NBW 2017 Arrower of the Year, Rob Edgren

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## NBW and its Charitable Donations in 2017

Ted Shwartz, President

The NBW's charter is ***"To promote and encourage safe recreational cycling in Rhode Island and Southern New England."*** Each year the board of the NBW looks at our expected yearend financial position, and allocates surplus revenues to support safe cycling through a mixture of local, regional and national bicycling and bicycling advocacy organizations.

This year I am proud to report that the NBW allocated **\$22,000** to the following organizations:

- One Providence Cycling,
- Bike Newport,
- Bike Tiverton,
- Bike Walk Connecticut,
- Bikes Not Bombs,
- East Coast Greenway,
- Friends of the Mattapoisett Bicycle and Recreational Path,
- Friends of the Upton State Forest,
- Full Cycle @ The Met School,
- Rails to Trails Conservancy,
- Recycle a Bike,
- RI Bike,
- South Coast Bicycle Alliance,
- The Woonsquatucket River Watershed Council,
- Youth Opportunities Unlimited New Bedford.

Where does this money come from? It comes from surplus revenues generated by TFCE. The surplus revenues are a result of 100 plus volunteers at TFCE, and 1800 paid riders at TFCE.

The NBW continues to be fortunate in having a healthy membership, a strong board, and good financials.

Not all are so fortunate. Once a year the NBW runs its only event which has nothing to do with bicycling, and everything to do with community. Through the years, starting with **Jeanne Petrarca**, succeeded by **Patricia Lang**, and most recently by **Jon & Cyndi Stenning**, the NBW has run a fund raiser for Amos House. This year's holiday party and fund raiser raised over **\$4,000 for Amos House**.

In 2017 the NBW and its membership have contributed more than \$26,000 to our community, where we ride every Sunday of the year.

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### **CALLING ALL NBW MEMBERS IN FLORIDA ...**

Quite a few club members spend the winter or vacation in Florida. NBW member Burt Abrams is wondering if enough members would be interested in meeting in Florida for a ride of a day or two. Of course it's a big state, but if the idea is of interest a meeting place could be determined, depending on where most would be coming from.

Contact Burt Abrams at [smarba6@gmail.com](mailto:smarba6@gmail.com)



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## Another segment of the Blackstone Bikeway gets underway

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A new segment of the beloved Blackstone Bikeway got underway November 7 when Rhode Island Department of Transportation Director Peter Alviti joined with Rhode Island Department of Environmental Management Director Janet Coit, Woonsocket Mayor Lisa Baldelli-Hunt and other federal, state and local leaders to celebrate the groundbreaking. Ted Shwartz, Ray & Monica Foulkes, Jan Harbutiak and Lee Sproul attended from the club.

This 0.6 mile segment will stretch from Cold Spring Park in Woonsocket to Meadows Park in North Smithfield and will add to the 16.4 miles of the Blackstone River Bikeway RIDOT has built in multiple segments since 1998, making it Rhode Island's second-longest bike path. It is part of the East Coast Greenway, a proposed national bike path more than 3,000 miles long from Maine to Florida. Statewide, RIDOT has established a bike path network of over 60 miles in length.

The new segment is entirely off-road, and includes a 182-foot truss style bridge spanning the Blackstone River between Woonsocket and North Smithfield. It travels on or adjacent to the U.S. Army Corps of Engineers Flood Control System along the river. Construction will take approximately two years, with the new path opening in Fall 2019.

The new segment will connect to the Massachusetts border, and is a short distance from a new 3.7-mile segment of the Blackstone River Greenway in Blackstone, Mass.

*Photo left: Ted Shwartz, Woonsocket Mayor Lisa Baldelli-Hunt, and Ray Foulkes.*



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## Kent Cameron, NBW Vice-President 1978-1980

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We were very sad to hear that the club lost long-time member, and former Vice-President, Kent Cameron, who died in November. Many of us, including members of the mid-week group, remember Kent as quiet, pleasant and just a great companion on rides until quite recently. Kent was also a keen artist and beekeeper.

# 2018 RHODE ISLAND BIKE SHOW



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401-434-3838

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## Welcome New Members

Arthur Abelowitz, Malden, MA  
Lucas Alvarez, Pawtucket, RI  
Yonny Alvarez, Pawtucket, RI  
Spenser Anderson, Providence, RI  
William Beebe, Warren, RI  
Hillard Boskey, Yarmouthport, MA  
Craig Brassard, North Smithfield, RI  
Paul Brule, Lincoln, RI  
Mary Ann Clavin, Westerly, RI  
Ernest Collier, Warwick, RI  
James Cox, Warwick, RI  
Brian Dalrymple, Taunton, MA  
Melissa De Souza, Foxborough, MA  
Joshua Dygon, Warwick, RI  
Milton Fernandez, Providence, RI  
Mike Fraccalossi, Plymouth, MA  
Ben Gale, Upton, MA  
David Gilleran, Mansfield, MA  
Jim Halliday, Stow, MA  
Christopher Hastings, Somerset, MA

Kyle Hicks, Bristol, RI  
Lawrence Hicks, Bristol, RI  
David M. Johnston, West Warwick, RI  
Claire Kokoska, Providence, RI  
Bruce Larson, Milton, MA  
James Lynn, Barrington, RI  
William Marinelli, West Kingston, RI  
Roark Maynard, North Smithfield, RI  
Katie McDonald, Saunderstown, RI  
Rob Mellon, Plymouth, MA  
Joaquin Meza, Cranston, RI  
Jorge Pemberty, Providence, RI  
William Pilling, Wayne, PA  
Jim Rapoza, Tiverton, RI  
Michael Ricci, Coventry, RI  
Kate Schulz, Providence, RI  
Michael Smalec, Portsmouth, RI  
Harton Smith, Tiverton, RI  
Paul St. Jean, Coventry, RI  
Lesley Warhurst, Portsmouth, RI



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## Club Officers & Other Important People

### 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 (expires Jan 31, 2018)  
Margaret Vigorito (term begins Feb 1, 2018)

### NBW BOARD OF DIRECTORS

*Past Presidents:* Todd Wise, Janice Velozo, Ray Foulkes  
*Membership Secretary:* Alfredo Sosa, membership@nbwclub.org,  
PO Box 41177, Providence, RI 02940-1177  
*Rides Coordinator:* TBA, touring@nbwclub.org  
*Advocacy Chair/LAB representative:* Mark Dieterich, advocacy@nbwclub.org  
*Volunteer of the Year 2015:* Gil Peel  
*Volunteer of the Year 2016:* John Nery  
*Volunteer of the Year 2017:* Chip Kent

### OTHER CLUB FUNCTIONS

*TFCE Committee:* Ted Shwartz  
*Arrowers/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, John Satterlee, David Baldwin  
*Ride scouts:* Bob Paiva, John Satterlee, Ted Shwartz  
*Ride liaison w/police depts:* Steven Kahan  
*Webmaster:* Monica Foulkes, webmaster@nbwclub.org  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, events@nbwclub.org  
*Map & GPS creator:* Ted Shwartz  
*NBW merchandise sales:* Rick & Michelle Cortes Harkins, sales@nbwclub.org  
*Social events organizer:* Kris Brown  
*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

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## NBW Wheeler Dealer

See website for latest listing

**For Sale: 2017 Cannondale Women's Synapse Disc Brake 105 11-speed bicycle.** Size 51 cm. Purchased July 2016 - approx 1,000 miles. Great condition. To take a look/test ride, it is available at Stedman's Bike Shop, Wakefield, RI Call/text for more info, Kayla 401-374-1243

**Wanted: Looking for a Powertap G3 rear road bike wheel** for Shimano 10 or 11 speed system. ANT+ will do, Bluetooth would be nice. If you have one for sale, please contact Gerry at geryrc@comcast.net

## NBW Membership

**Our membership registration and renewal process is now online through imAthlete.com**

**NEW MEMBERS ONLY:** Go to our website for imAthlete link:

[nbwclub.org/about/membership.html](http://nbwclub.org/about/membership.html)

**CURRENT MEMBERS:** Your renewal will be automatically triggered by imAthlete.com. You will receive email from <support@imathlete.com> with a link and a code to renew your membership 30, 20, and 5 days before the expiration date, as well as 5, 20, 30 days after expiration. In addition, the weekly President's email to all members gives you your membership status and your code. Note that only single yearly memberships (\$15) will be available (no family memberships or two-year memberships are possible).

**Questions:** [membership@nbwclub.org](mailto:membership@nbwclub.org)  
Or see a Board member at any Sunday ride for help



## Ride Mileage Record Chart 2018

2018	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		
<b>February</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	1	2	3		
<b>March</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	31		
<b>April</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	1	2	3	4	5		
<b>May</b>	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		
<b>June</b>	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		

## Ride Mileage Record Chart 2018

2018	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
<b>July</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>August</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>September</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>October</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>November</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		
<b>December</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	31							

NBW Annual Meeting/Annual Banquet  
October 28, 2017

This year at the Annual Meeting the following Officers were elected for terms beginning Feb 1, 2018:

Secretary – Margaret Vigorito  
Treasurer – Rick Schwartz  
Vice President - Liz Masterson  
President – Ted Shwartz

*Stepping down from the Board of Directors:*  
Volunteer of the Year 2014 – Bladimir Rodriguez  
Touring Board – Don Chiavaroli  
Advocacy – Matt Moritz  
Secretary – Kate Imbrie (Officer—term ends Jan 31, 2018)

*Joining the Board :*  
Volunteer of the Year 2017 – Chip Kent  
Advocacy – Mark Dieterich  
Secretary – Margaret Vigorito (Officer—term begins Feb 1, 2018)



Top Left: Alfredo Sosa, Membership report.  
Bottom Left: Ted Shwartz, President's report.  
Top Right: Rob Edgren, Arrower of the Year, Chip Kent, Volunteer of the Year  
Bottom Right: Blue Shirt Awards: Luke Brissette, Ramiro Vergnaud, Rob Edgren, Kris Brown.

## NBW Holiday Party, December 3, 2017

Cyndi and John Stenning again hosted a terrific party to celebrate our year of good riding together, and also to raise funds for those in need by donating to Amos House in Providence. This year Cyndi reported that over \$4,000 was raised. Thank all of you who came and partied and also helped this worthwhile and local cause.

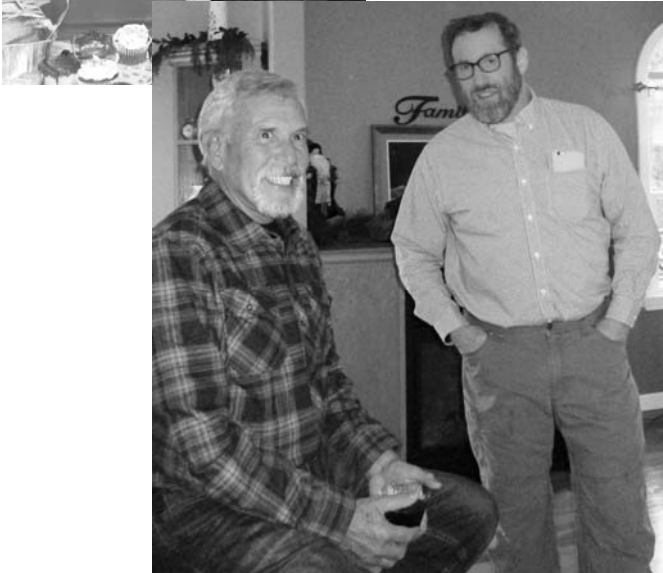


Above Left: John & Cyndi Stenning, Ray & Monica Foulkes

Above Right: Margaret Vigorito, Don Mac-Manus, Paula Bissell

Left: Chip Kent at the buffet table.

Right: Patricia Lang, Rob Price, "Frenchy" Amado, Ray Naughton.



Left: Don Rajotte, Ted Shwartz

Above: Pete Bissell, Keith Enos, Lee Sproul.

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# Cycling Sessions

Gary Stafford, [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com), with Suzie Piccarillo

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So, we all know that getting out on those cold days for a ride is good for your body, right?

It will keep your body weight down and make you feel better. You notice there are solo rides that just make you feel happy, calm and at peace. Then, there are others that just feel like hard work, many times leaving us lamenting our problems, with no solutions...

There is a reason for those "not so fun" rides, besides the suffering. It is about thinking...

Research from Harvard University, performed via an iPhone app, contacted 2250 participants on a regular basis, to gauge their level of happiness. The study polled participants on what activities they were participating in at the time of the inquiry. Participants reported feeling happiest while making love, exercising or engaging in an interesting conversation. In other words, activities requiring an individual's undivided attention.

Compare this to those who felt most unhappy - while thinking of the past, lamenting problems, working or resting. These activities leave the mind wandering, most commonly.

"Mind-wandering appears ubiquitous across all activities," says psychologist Matthew Killingsworth. "This study shows that our mental lives are pervaded, to a remarkable degree, by the non-present."

How does this relate to your next ride? It turns out it relates quite a bit. If you decide to allow your problems to join you for a ride, you literally are riding without full awareness. Moreover, you are most likely to walk away with zero enjoyment.

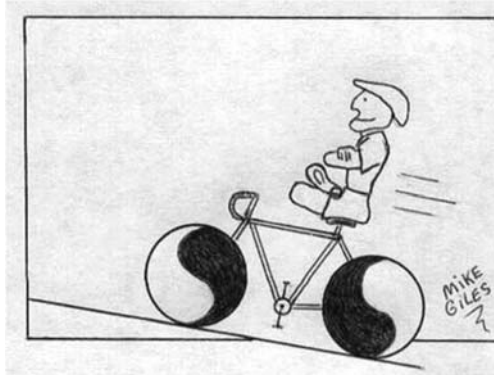
The human mind has provided us with forethought and the ability to create long-term memories. We are well versed at acting out scenarios in our minds to the point of almost believing they are true. Undoubtedly, these abilities were instrumental against predators in the prehistoric days; and gave us the edge without the need for huge teeth, hides and claws.

But like any over-utilized tool, mind-wandering robs one of being present, in the moment. Gone are the days of being fully engaged in one activity; outside distractions have a way of creeping in. A good example is the bike path. It is now commonplace to see walkers, runners and cyclists on phones, talking or texting; many times unaware of what is going on right in front of them. Suffice it to say, in the prehistoric past, modern man would be easy kill.

When it comes down to it, it is a very simple concept. Mind-wandering robs one of being that moment. No longer are we

reaping the rewards of our intended task...the feel of the road, the sights, sounds and scents of sweet mother-nature...every sensation rejoicing in euphoria! FYI...your being loves this stuff; preoccupation takes it all away!

"Mind-wandering is an excellent predictor of people's happiness," Killingsworth says. "In fact, how often our minds leave the present, and where they tend to go is a better predictor of our happiness than the activities in which we are engaged."



So, how does one stay present? Here are some tips I try on solo rides that seem to help. First, direct your attention to your front wheel; see it spinning. Next, focus on the condition of the road below, how does the surface of the road make your body feel? Are you feeling jarred by the bumps...or do you feel like you are gliding over glass? Now move up, what do you see and smell? Is the sunshine, ocean

air and sand-filled terrain inviting you to take a break and savor the moment? Congratulations! You are now fully present. Take the time to remember what this moment feels like, and how you found your way.

In closing, when you say "I love cycling, skiing, running or fill in the blank", chances are, it is because these activities draw you into the present moment. At the end of the day, it all comes down to being present in the moment; it is all we really have!

These activities provide us with what we all really crave deep down. This is not to take away from the pure enjoyment of performing the activity itself, but rather gather a deeper understanding of what the attraction truly is.

During a challenging ride, when I am suffering on the bike, I often say, never again! Yet after the pain has subsided, I can't wait to go out again. Am I a masochist? Probably not. The painful intensity shuts off my mind wandering, the 'animal-like' mind, we use to navigate our day and screams, "Now!!!" Cycling, by nature, helps to pull me into the present moment. In the end, I have found practicing being present makes me feel more at peace, and generally much happier. In case you have not noticed, happy people make other people happy...in today's day and age we can use as much happiness and we can get!!!

NBW Special Events Committee announces  
the 11th annual  
**Maine House Getaway Long Weekend**



**Thursday May 17 - Monday May 21, 2018**

**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
- Gas grills & picnic tables
- “Endless” biking opportunities for both road and mountain bikes

**Meals:** Family style – with attendees sharing in meal preps and/or clean up

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

**Cost:** **Queen size bedroom: \$170 per person (only 6 rooms available)**  
**Men or Women Dorm style bedroom: \$150 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

## Touring Report – 1st Quarter of 2018

We have had some changes on the touring board. **Don Chiavaroli** has stepped down from the touring board. Don has done an excellent job the last few years. Please welcome **Dave Baldwin** as the newest member. Continuing members are **Bob Paiva, Chip Kent, John Satterlee, Raul Silvia, Rod Breault & Ted Shwartz**.

Here are a few highlights of the 1st quarter schedule. There will be our annual New Year's day ride in Little Compton hosted by **Perky Nellisen**, followed by the annual Potluck at **Carleen McOsker's**.

Arrowing in winter is always problematic. Years ago, we went to a January ride schedule repeated in February. Attendance at winter rides is highly weather-dependent, and arrowing even more so. Repeating each ride twice seemed to solve both of these problems.

This winter we will be trying something else new. The **Simple Arrow Ride** (NBW #012) which starts in Burrillville is our easiest ride to navigate. It has the fewest turns of any NBW ride, and is our winter ride through our snowiest region. As an experiment, this year we will not arrow this ride. Please use a map, cue sheet, GPS or smartphone.

The Touring Board is always looking for new volunteers in managing our Sunday ride series. The board meets three or four times a year. The board's work is to improve existing routes, approve new routes and schedule out the Sunday series. If you would like to volunteer then please send an email to [touring@nbwclub.org](mailto:touring@nbwclub.org).



### **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](http://nbwclub.org/resources/nbw_arrowing_guide.pdf)

### **Thanks to our most recent ARROWERS:**

- Oct 1 *Cape Caper*—Rob Edgren
- Oct 8 *Border Crossers*—Alfredo Sosa
- Oct 15 *Fall Foliage*—Luke Brissette
- Oct 22 *NBX Ride*—John Stenning & Bob Gallo
- Oct 29 *Cranberry Metric*—Rob Edgren
- Nov 5 *Taunton-Sharon*—Jan Harbutiak, Lee Sproul
- Nov 12 *Fall River 50*—Abby Courchaine
- Nov 19 *Newport Island*—Flavio Salas
- Nov 26 *Scituate Reservoir South*—Bob Paiva, Pat Stark
- Dec 3 *Cranston Holiday Ride*—Mike Emma
- Dec 10 *Larry & Ted's*—Mike Miller, Dianne Robillard
- Dec 17 *Narragansett Pt Judith*—Lennin Tabora
- Dec 24 *Barrington*—Don Paiva
- Dec 31 *Scituate Res South Repeat*—Bob Paiva, Pat Stark



## Annual Memorial Day Weekend In Southern Vermont

Friday, May 25 to Monday, May 28, 2018

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](mailto:raynaughton@cox.net) or tel: 401-781-6963

## NBW RIDE SCHEDULE

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

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<b>January 1, 2018</b>	<b>*New Year's Ride</b>	~20/30 miles
<b>Monday</b>	11:00 AM	Map No. Arrower: P Nellison
<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.	

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<b>January 7, 2018</b>	<b>Simple Arrow Ride</b>	9/27 miles
<b>Sunday</b>	11:00 AM	Map No. 12 Arrower: No Arrows
<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 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, we are trying something new. 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 is a test to see if this technique works in the case of bad weather preventing a ride from being arrowed. The touring board would appreciate your feedback. This ride will be repeated Feb 4.	

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<b>January 14, 2018</b>	<b>♥ Triboro Tour</b>	17/28 miles
<b>Sunday</b>	11:00 AM	Map No. 66 Arrower: P Slinko
<i>Route</i>	Plainville, Foxboro, Mansfield, Norton	
<i>Directions</i>	Start at the Beatrice H. Wood Elementary School, 72 Messenger St (Rt. 106), Plainville, Ma 02762. Take Rt. 95 N to Exit 5 (Rt. 152 Attleboro/No Attleboro). Turn right off the exit onto Toner Blvd. Go .1 mile and turn Left on Rt. 152. Go 3 miles. Turn Right on Rt. 106 (Messenger St) and turn left into the SECOND school.	
<i>Drive Time</i>	20 minutes from Providence	
<i>Description</i>	This ride is relatively flat and passes by several ponds and some lakes on old Massachusetts roads. You'll ride through the Gilbert Hills State Forest to Foxboro and past the remaining farmlands of Mansfield. Long route circles Norton Airport and the Norton Reservoir. Our new start is east of Rt 152 so you will be happy to learn that eliminates the climb back to our old start. This ride will be repeated Feb 11.	



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**January 21, 2018**                      **Wickford Kingston**                      14/28 miles

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

*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 repeats Feb18.

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**January 28, 2018**                      **Swansea Touisset Tour**                      13/29 miles

**Sunday**    11:00 AM            *Map No.* 101            *Arrower:*

*Route*            Swansea, Somerset, Rehoboth, Dighton

*Directions*    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.

*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. The "out-and-back" to Touisset Point is optional. This ride will be repeated Feb 25.

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**February 4, 2018**                      **Simple Arrow 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. 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.

*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, we are trying something new. 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 is a test to see if this technique works in the case of bad weather preventing a ride from being arrowed. This is a repeat of the Jan 7 ride.

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**February 11, 2018**                      ♥ **Triboro Tour-REPEAT**                      17/28 miles

**Sunday**    11:00 AM            *Map No.* 66            *Arrower:* P Slinko

*Route*            Plainville, Foxboro, Mansfield, Norton

*Directions*    Start at the Beatrice H. Wood Elementary School, 72 Messenger St (Rt. 106), Plainville, Ma 02762. Take Rt. 95 N to Exit 5 (Rt. 152 Attleboro/No Attleboro). Turn left off the exit onto Toner Blvd. Go .1 mile and turn Left on Rt. 152. Go 3 miles. Turn Right on Rt. 106 (Messenger St) and turn left into the SECOND school.

*Drive Time*    20 minutes from Providence

*Description*    This ride is relatively flat and passes by several ponds and some lakes on old Massachusetts roads. You'll ride through the Gilbert Hills State Forest to Foxboro and past the remaining farmlands of Mansfield. Long route circles Norton Airport and the Norton Reservoir. Our new start is east of Rt 152 so you will be happy to learn that eliminates the climb back to our old start. This ride is a repeat of the Jan 14 ride.

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**February 18, 2018**                      **Wickford Kingston -REPEAT**                      14/28 miles

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

*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 is a repeat of the ride on Jan 21.

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**February 25, 2018**                      ♥ **Swansea Touisset Tour -REPEAT**                      13/29 miles

**Sunday**    11:00 AM            *Map No.* 101            *Arrower:*

*Route*            Swansea, Somerset, Rehoboth, Dighton

*Directions*    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.

*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. The "out-and-back" to Touisset Point is optional.  
This is a repeat of the Jan 15 ride

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**March 4, 2018**                      ♥ **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.

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**March 11, 2018**                      **The 'Ville' Ride**                      20/28 miles

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

*Route*            Burrillville, Harrisville, Mapleville

*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*    Pascoag Reservoir, Wilson Reservoir and many waterfalls are visible on the ride. Some bumpy downhills.

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**March 18, 2018**                      ♥ **Our Lady, Queen of Martyrs Ride**                      20/28 miles

**Sunday**    11:00 AM            *Map No. 67*                      *Arrower: R Breault*

*Route*            North Smithfield, Uxbridge, Mapleville, Burrillville

*Directions*    Start: Our Lady Queen of Martyrs Church, Rear Parking Lot - adjacent to Barry Field, 1409 Park Avenue, Woonsocket, RI 02895. Take Rt 146 N from Providence for about 10 miles, then bear Right on Rt 146A N for 1 mile. Turn Right on Park Ave. The church is on your Left. Park in rear lot.

*Drive Time*    20 minutes from Providence

*Description*   We're in the rolling back roads of the "ville" area - Slatersville, Nasonville, Mapleville, Harrisville, Burrillville. The return features a optional bypass of the climb up Woonsocket Hill Road.

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**March 25, 2018**                      **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!

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**April 1, 2018**                      ♥ **Lakeville Tour**                      15/25/42 miles

**Sunday**    10:00 AM            *Map No. 47*                      *Arrower:*

*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.

This ride will be repeated on April 22

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

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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 touring@nbwclub.org**

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Apr	Sun 1	47	Lakeville Tour	Lakeville, MA	15/25/42 miles	
	Sun 8	149	Fish Road—REPEAT	Tiverton, RI	16/22/33	
	Sun 15	49	Great Grandma's Farm Ride	Smithfield, RI	12/21/50	Luke Brissette
	Sun 22	47	Lakeville Tour—REPEAT	Lakeville, MA	15/25/42	
	Sun 29	113	Westerly Ride	Ashaway, RI	24/35/49	
May	Sun 6	165	Bladi's Birthday Ride	Lincoln, RI	26/57	
	Sun 13	49	Great Grandma's Farm-REPT	Smithfield, RI	12/21/50	Luke Brissette
	Sun 20	122	Plymouth Century	Seekonk, MA	26/57/105	
	Sun 27	111	Westport	Westport, MA	13/25/44/50	
Jun	Sun 3	160	BikeWorks Swansea Ride	Swansea, MA	16/25/50	

**NBW Merchandise (for photos see our website, nbwclub.org)**

**NBW CYCLING SOCKS**

Specify white or black  
 Sizes: S, M, L, XL, XXL  
**\$6** per pair.  
 Add \$1.50 postage

**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 \$4 postage (for 1 or 2 shirts)

**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 \$4 postage (for 1 or 2 shirts)

**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 \$4 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 \$4 postage (for 1 or 2 shirts)

*When emailing your preference please indicate if you would like a men's or women's jersey, the style (short or long sleeve) and the size (XS, S, M, L, XL, XXL) and whether you would like a vintage yellow, the blue or modern red style.*

**BEFORE MAILING A CHECK:** email your request to [sales@nbwclub.org](mailto: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](mailto:sales@nbwclub.org)