

# The Spoke'n Word

Volume 48, Number 5

October/November/December 2018

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

Annual Meeting/Volunteers' Banquet ... October 27  
RSVP by Oct 14



*Summer Riding on the Diamond Hill One Ride, August 19*

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401-274-5300

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## CHANGED YOUR ADDRESS?

The US Post Office will not forward your newsletter to you if you change your address. Update your address in your membership account at **imAthlete.com**. Easiest way is to start from your weekly email from our President, Ted Shwartz. Under the section "About your membership" you can see your member code and the link to go to imAthlete.com to change things in your member account.

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*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



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## 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/>

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Cover: Return by the reservoir, Diamond Hill One Ride, August 19, 2018  
Photo: Monica Foulkes

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## 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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**I** worry. I worry before a ride. Solving the worry is easy. Put some air in the tires. Check the brakes. Eat some food, drink some water. Put visible clothes on. Put the helmet on. Wear a mirror. Turn my blinkies on. Pick a safe route. Make sure I know where I am going, and if not, make sure I can make my way home. Then I ride, and I don't worry about a thing.

I don't worry much, once I start riding. I know what I am doing, and I accept the risks

Riding with friend(s) is only a little bit more complicated. Make sure you meet somewhere to start the ride. Call out road hazards. Ride safely as a group.

It's not all that complicated when you ride with a few friends.

Riding with a club gets more complex. Make sure everyone knows where to go. Where should we park? Are there bathrooms nearby? Make sure everyone knows what the route is. What about new riders? Start safely; that is a tough one. What happens when part of a group makes it through a traffic light? What happens when you are riding next to someone and they do something unexpected? What do you do when there is one extra car left in the parking lot after the ride?

It's complex with a large club.

Having a club century with 1800 riders, 125 volunteers, 19 municipal authorities, etc ... is fiendishly complex. You get the picture. The NBW has been doing it very safely and successfully for 46 years. Not so this year. Large

club centuries are not like riding by yourself, they are more complicated than riding with a few friends, they are more complex than a large club ride. I worry a lot about large club centuries. I don't stop worrying until we know every rider is safely done.

**We had to cancel TFCE this year, due to last-minute site issues with the University of Massachusetts. Presently we are in discussions with them for next year, and TFCE 2019. Hopefully this will be resolved soon and we can go forward with TFCE 2019.**

I would like to give a shout out to every NBW volunteer who committed to TFCE 2018. Some of you may know that we called every registered rider, all 1800 for TFCE, to make sure that they knew the ride was cancelled. The following NBW volunteer members stepped up at the last moment to call riders: **Ed Holden, Susan Jarvis, Sue Barker, Janice Velozo, Gayle Rapoza, Ben Averill (new volunteer), Stephanie Bendetti (new volunteer), Dennis Nolan (new volunteer), John McCarthy (new volunteer), Don MacManus, Lori Lantos, Deb Dalesio (new volunteer), Paula Raposa, John Stenning, Lee Sproul, Brian Turenne (new volunteer), Tom Riley, Paula Bissell, Ken Vale, Don Paiva, Bonnie Hirsh, Edward Cheng, Pete Rice, John Nery, Bill McGrane, Brian Dalrymple (new volunteer), Dana Palka (new volunteer), Lennie Livernois, Ruch Kerbel, Monica Foulkes, Ray Foulkes, Mark Dietrich, Jan Harbutiak, Cynthia Aadland, Bev Ehrich & John Satterlee.**

The next NBW event is the Annual Meeting and Banquet on Saturday October 27th.

Ted Shwartz  
NBW President

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## Club Officers & Other Important People

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### 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:* Margaret Vigorito, secretary@nbwclub.org

### 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:* Rod Breault, 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 Chair:* Ted Shwartz  
*TFCE Volunteers:* John Nery  
*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:* R. Paiva, R. Silvia, J. Satterlee, D. Baldwin, T. Shwartz, R. Breault  
*Ride scouts:* Bob Paiva, John Satterlee, Ted Shwartz  
*Map & GPS creators:* Ted Shwartz, Alfredo Sosa  
*Ride liaison w/police depts:* Steven Kahan, police-liaison@nbwclub.org  
*Webmaster:* Monica Foulkes, webmaster@nbwclub.org  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, events@nbwclub.org  
*NBW merchandise sales:* Rick & Michelle Cortes Harkins, sales@nbwclub.org  
*Social events organizer:* Kris Brown, banquet@nbwclub.org  
*Social Tent organizer:* Bladimir Rodriguez  
*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*  
***Annual Meeting & Volunteers' Dinner***  
*Election of Officers*



**Saturday, October 27, 2018 at 6 pm**  
**Pawtucket Country Club**  
**900 Armistice Boulevard**  
**Pawtucket, RI**

*All volunteers will receive an email invitation and must RSVP by October 14 to*  
**banquet@nbwclub.org**

*If you volunteered this year but do not receive an invitation by October 6,*  
*please email Kris Brown at the above email address.*

*Non-volunteers are also welcome. Please let Kris Brown know that you plan on attending. The Volunteers' Dinner is complimentary for volunteers and \$25 for everyone else. Please bring a check or cash to the banquet for non-volunteers.*

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**Volunteer needed**  
**Arrower/Paint Coordinator**



Hello NBW members,

I plan to leave my position as the Arrower and Paint Coordinator by the end of this year. I'm looking for a volunteer/volunteers to take over for me. I will be glad to help with the details of this position to make the transition as smooth as possible.

If you are interested in this position, please contact me at: [arrows@nbwclub.org](mailto:arrows@nbwclub.org)

Or call me at 508 579-1785

Thank you, Chip Kent



*NBW Holiday Party  
to benefit Amos House*

*Sunday, December 9, 2018,  
from 1:00 PM*

Cyndi and John Stenning have again generously volunteered to host the party, continuing this over 20 year NBW tradition, begun by Jeanne Petrarca and later continued by Patricia Lang and Keith Enos.

Help us keep up this NBW tradition ... enjoy a holiday gathering after the Dec 9 Cranston 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.

Cyndi & John will provide the food, but asks NBW members attending to bring a dessert.

Suggested donation for Amos House \$10 (or more).

**Stop by Cyndi and John's house at  
6 Hunters Crossing Drive, Coventry RI 02816**

*From the ride start at the Western Hills Middle School, Cranston, it's about 9.3 miles:*

*Right out of parking lot at Western Hills (Ride Start)*

*In .2 mile turn Left onto route 12 (Scituate Ave)*

*In 5.4 miles take Left onto Rt 116 (North Rd)*

*In 3.7 miles turn Right onto Hunters Crossing Drive*

*We are #6. The third house on the left.*

*tel: Cyndi 401 374 7649*

*John 401 316 0493*

**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 Cyndi Stenning, 6 Hunters Crossing Drive, Coventry, RI 02816



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## ***NBW members are always Touring ... are you adventuring this year?***

From NBW member Janice Velozo:

I and my 20 year old grandson Austin DiPietro rode 160 miles of the Delaware and Lehigh trail in Pennsylvania during June. Much of the ride was on unpacked tow paths along the rivers. We slept in a 2 person pup tent. We crossed into New Jersey at Delaware Crossing where Washington crossed the Delaware during the Revolutionary War.

Photo: J. Velozo

Other members are, we know, touring far and wide this year. Send a photo from your latest tour, with names and places to editor@nbwclub.org

*Photos printed as space is available.*



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### **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 (**\$20**) will be available (no family memberships or two-year memberships are possible).

**TO CHANGE YOUR ADDRESS:** Easiest way is to start from your weekly email from the President. Under the section "**About your Membership**" you can see your member code and the link to take you to imAthlete.com to change things such as physical or email addresses in your member account.

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

### **GPS Files for NBW Rides**

A year ago we announced that GPS files would be available to members for all scheduled rides, through an NBW account at [RidewithGPS.com](http://RidewithGPS.com). Previously Don Chiavaroli and Ted Shwartz had provided GPS files for several years, and in 2017 Alfredo Sosa pioneered a formal service to members. Since then riders have increasingly taken advantage of GPS files, whether using smart phones or GPS-specific instruments such as Garmin, and our rides have been safer and smoother for it. Why not join the increasing number of NBW members using the service?

You need to set up a RidewithGPS account (free) and link it to the NBW account to access NBW rides; links and instructions are sent to you in the NBW President's weekly email. If you do not receive this weekly email, check your email address on your membership account at imAthlete.com

If your editor (madame luddite) can master this GPS thing on her smart phone, then you can! Try it.

Questions to [president@nbwclub.org](mailto:president@nbwclub.org)

Or ask around at Sunday's rides—you'll find many knowledgeable and helpful riders.

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### ***Letter from your Editor,***

I would like to publicly thank our President, Ted Shwartz, for his strong leadership during the recent late-breaking crisis in the days leading up to the TFCE, which led to its cancellation. It must have been an incredibly stressful time for him, but he responded with calm and reasoned action and made a difficult decision. Thank you Ted. (And thanks for going over to UMass Dartmouth on Sep 9 just in case some riders had turned up.)

I was one of the volunteers making follow-up calls to all registered riders to make sure they had received the cancellation notice and knew their registration fees would be refunded. Of the 50 riders on my list, apart from the messages I had to leave, the ones I spoke to were sympathetic and understanding. Bike riders are such great people ... "I'll be there next year!" I was told several times. We'll be ready for you, I answered. Thank you all,

Monica Foulkes

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## Welcome New Members

Karen Anderson, Middletown, CT  
Rick Atkins, Lexington, MA  
Robert Blair, New Rochelle, NY  
Rick Boles, Bridgewater, MA  
Zan Bross, Cambridge, MA  
Carol Cabral, North Dartmouth, MA  
Johan Calderon, North Providence, RI  
Roger Carlsten, Providence, RI  
Giovanni Carmona, Providence, RI  
Carolyn Coates, Middletown, CT  
Jamie Costello, Providence, RI  
Richard Dagenais, Douglas, MA  
John Dashe, Dedham, MA  
Gustavo Deossa, Pawtucket, RI

Daniel Folmsbee, Dighton, MA  
Sarah Freelove, Providence, RI  
Steve Gallas, Oak Bluffs, MA  
Pam Gardner, Nantucket, MA  
Andrea Germano, Barrington, RI  
Tom Germano, Barrington, RI  
Brett Green, East Greenwich, RI  
Mike Hurley, Quincy, MA  
Kevin Klammer, Warwick, RI  
Raymond Laguerre, North Attleboro, MA  
Mark Lefavour, Providence, RI  
Thornton Lewis, Providence, RI  
Lucy Maddock, Barrington, RI  
Mary Marran, Smithfield, RI

Tracy Martin, North Kingstown, RI  
Kathleen McKenna, Narragansett, RI  
Katherine Mercier, Westerly, RI  
Paul Mooney, Providence, RI  
Matthew Osborn, Providence, RI  
Christy Plumer, Providence, RI  
Joanna Rioux, New Bedford, MA  
Michael Russell, So Dartmouth, MA  
Elizabeth Samuels, Providence, RI  
Theodore Smith, Warwick, RI  
Daniel Sutton, Providence, RI  
Michael Viner, Woonsocket, RI

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## Rhody Roundup, July 23 2018

Rain, rain at the start discouraged all but the tough riders. But the rain cleared, and as the day improved non-riders appeared for the chicken barbecue and happy gathering after the ride. We saluted the hardy riders, of course!



Photos:  
Ted Shwartz and club members waiting for the chicken. Pete Bissell, Liz Masterson, Carleen McOsker, Ray Foulkes, and sorry, I don't know the name of the rider who negotiated the wet grass and rode the route in what seemed to be record time (not that we timed anybody though).

Hope you all had a great time at our annual event.



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# Cycling Sessions

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

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**W**ith hobbies or with something you enjoy doing, like cycling, things can tip over very easily. Focusing on miles, getting in a ride, frantically rushing to “relax” just does not work, obviously.

Are you riding the bike or is it riding you? Sometimes it is just adding a ride where you try to ride slower. Jump on a trainer and be forced into low wattage with the smart trainer.

Don't just ride with people, ride by yourself. When you ride by yourself, do you remember the scenery when you finish the ride? Were you in your head? Missing the scenery?



If so, it is time to “shift”. You are missing the magic that got you going cycling years ago. Being in the moment, feeling the bike connect to you, the winding turns, the speed...

You miss all that when you focus on the numbers. You miss out if you are only in your head.

Now those who know me know that I am about numbers, wattage, training. I have coached some great athletes and do the same with myself. I am not saying this has no place on the road. But too much of it can derail the fun of this fantastic sport that we all enjoy for so many reasons.

So how can you break this broken record? Take some time off until you feel better, but make it a bike path, a quiet place to start. Or change where you ride. Mix it up. Maybe run instead. I know, not my favorite thing either!

Sometimes it makes sense to make the place impossible to not keep you mindful, like riding in New Hampshire.

That's exactly what I did for a few days in August, by myself challenging the *Kagamagus* back and forth, 70 miles. Sure, I had my power meter, heart rate strap, etc. But honestly, I made sure I was pacing but 95% of the time I was loving the scenery, the smells of the forest, the brooks you could hear before you could see them. The climbs made me work, but it was a simple action. Like the water, the wind, I was nature.



I grab my power from the mountains all around me. The huge birds searching above me for food. On the downhill, I became the bicycle, felt the contact on the road, the gravity pulling down, bringing the speed up. Keeping in control, maybe a little edgy cut around pin turns... fun right?



Sometimes you must go to go back to where you first started it all. I challenge you to slow down to get fast. Ride for joy instead of a higher FTP. Smile more when you are riding. Why so serious?

Enjoy the pictures from my trip!

Gary coaches select enthusiastic cyclists who have a passion to improve themselves and are equipped with heart rate monitors and power meters.

For info email him @ [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)



## NBW Merchandise



### VINTAGE NBW CYCLING JERSEY

#### SHORT SLEEVE

Yellow "ocean" design

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)



### NBW CYCLING SOCKS

Specify white or black

Sizes: S, M, L, XL, XXL

**\$6** per pair.

Add \$1.50 postage

### FROM RICK AND MICHELLE ...

*Jerseys are available in men's and women's sizes. For both there will be an option for short sleeve and long sleeved styles. There is also the vintage yellow and blue jersey and the modern red style. 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)

*All club clothing is sold at cost*

## NBW Classifieds

See website for latest listing

**Specialized Allez.** 58 cm. Shimano Tiagra, compact double. Lightly ridden. Owner deceased. \$500. Can text you a photo. Call Paul Beaulieu. 401-300-2443)

**Shimano SHSD5 Touring Sanda.** Size 41-42. Best Offer. Paul Schaffner, call 401-523-1784.

**Two Rocky Mounts Tie Rod Bike Mounts.** 1 silver, 1 white. Will fit 99% of the roof rack crossbar shapes out there. Locks included. \$65 each OBO. Call Lou Schmitt, 401-578-2241 or email [lou.schmitt@verizon.net](mailto:lou.schmitt@verizon.net)



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## From the Touring Committee

Rod Breault, touring@nbwclub.org

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**I**t seems a bit sad to be writing the last Touring Column of 2018. Though I am writing this in early September, it makes me feel as if the year is ending soon. Because the weather has been cold the last two days, with high temperatures only in the low 60's, this column seems especially poignant.

The ending of the prime riding season seems to be a time for reflection on how that season was. Looking back at the summer schedule, I would have to say that we have had great cooperation from Mother Nature. We had NO rainouts this summer and only one partial rain issue on the Hope Valley ride. Despite cloudy skies and some showers, about 35 riders were there at the start, though I doubt that anyone stayed completely dry. I was a coward and sat out that ride!

I'm not sure if the weather this past summer has been fully responsible, but our summer rides have seen growing attendances and some Sundays have seen the parking lots at near-capacity. Ride selection becomes critical to assure that there will be sufficient parking available for these summer rides.

Despite the gloom of the past couple of days, there is still plenty of good riding in the future. Looking ahead, the ride scheduling committee has a full schedule already planned including a lot of club favorites such as the **Ray Young Ride**, **Mattapoissett** and the **Cape Cape**. You'll note that as the days get shorter, the rides do as well! On the other hand, our cycling clothes will get longer (sleeves and tights) and heavier. Hopefully, it is only the clothes getting heavier and not us!

A great success this summer has been the social tents. For that we can, in largest part, thank Bladi Rodriguez, who hosted most of the tents, with excellent liquid refreshments and even some home cooked food. Bladi has even researched and found the tastiest hot dogs to cook and serve after the ride. If I could nominate Bladi as Volunteer of the Year again, I would (the club charter limits a person to only one award!). Kudos to Bladi and to his alternate hosts.

Another change to come along with the change of the seasons is that our fantastic Arrower/Paint Coordinator, **Chip Kent** wants to "retire" from that role and is looking for a volunteer to take over. If interested, please contact either Chip or Ted Shwartz. If you'd like a smaller club role, volunteer to arrow a ride. It really is a lot of fun and good exercise too, as painting arrows requires quite a bit of stretching whether one arrows by car or by bike. If you've wanted to arrow a ride but hesitated because of lack of experience, we can team you up with a

more experienced arrower. Don't hold back, give back!

Another subject of concern and discussion among club members has been the "failure to launch" of the TFCE this year. Other than scheduling the date of the TFCE, the ride scheduling committee has little to do with the TFCE and I think I will let Ted Shwartz, our president, make whatever comments are needed in his column. On the other hand, I do want to thank our arrowers and the scheduling committee for their rapid work in getting a substitute Sunday ride in place.

Rod

### **Remember ... Ride Safely**

- Use hand/voice signals when passing other riders, turning or stopping.
- Pass other riders on their **left**, alerting them as you pass. Do not pass on the right.
- Check for arrows 150 ft **before** an intersection
- Watch for sand on the road, esp. at corners
- When you get off your bike **get off** the road. Do not stand in the road at intersections
- 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
- Before a ride, become familiar with the map or GPS file
- Share the road with motorists and pedestrians. Obey all traffic laws.



### **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:**

- Aug 5 *Miles Standish*—Rob Edgren
- Aug 12 *Hope Valley*—Bill McGrane, John Swyers
- Aug 19 *Diamond Hill One*—Rod Breault
- Aug 26 *Providence Bicycle*—Bladi Rodriguez
- Sep 2 *Seekonk Southern*—Don Paiva
- Sep 9 *Tiverton 50*—Don Paiva, Ted Shwartz
- Sep 16 *Ray Young Ride*—Bladimir Rodriguez, Chip Kent
- Sep 23 *Taunton-Sharon*—J Swyers, E Holden, B McGrane
- Sep 30 *Mattapoissett*—Dianne Robillard, Mike Miller

## 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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**October 7, 2018**                      ♥ **Cape Caper Ride**                      24/40/62 miles

**Sunday**    10:00 AM            *Map No.* 130            *Arrower:* R Edgren

*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. For those who don't want to cross the boardwalk in Sandwich, a GPS route can be downloaded from the club account at Ride With GPS

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**October 14, 2018**                      **Border Crossers**                      22/42/66 miles

**Sunday**    10:00 AM            *Map No.* 167            *Arrower:* A Sosa

*Route*            Franklin-Millville-Burrillville-North Smithfield-Lincoln

*Directions*    Start at Mercymount Country Day School, 35 Wrentham Rd, Cumberland, RI. Enter via Fisher Rd into parking lot. Take Rte 146N from Providence, to I-295N (towards Boston). Take Exit 22 (Rt 114/Cumberland) and turn left from the exit onto Rte 114N. Stay on Rte 114 until the T-junction with Rt 121 - bear right on Rte 121, then right on Fisher Rd (sign says Mercymount) to the parking lot.

*Drive Time*    20 minutes from Providence

*Description*    This ride was created by Alfredo Sosa to use many of NBW's roads in northeastern RI. The route features a lot of rolling terrain, farms, woods, and very small roads. The idea is to avoid cars as much as possible. We travel through Franklin, Millville, Burrillville, North Smithfield, Lincoln and Cumberland. Beautiful roads also offer a challenge to the rider; each route definitely "punches above its weight."

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**October 21, 2018**                      **Purgatory Chasm**                      23/31/54 miles

**Sunday**    10:00 AM            *Map No.* 117            *Arrower:* C Kent

*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.

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**October 28, 2018**                      **NBX Ride**    24/37/50 miles

**Sunday**      10:00 AM              *Map No. 172*                      *Arrower:*

*Route*              Narragansett, S. & N. Kingstown, Exeter, Richmond, Charlestown

*Directions*      Start at NBX Bikes 922 Boston Neck Road (Rte 1A), Narragansett, RI. From Providence, take I-95 south to Route 4. Continue on Route 4 as it becomes Route 1, then turn left at the intersection of Rte 138 (Where Rte 138 goes right to URI) onto Bridgestone Road. After 1.4 miles, turn right, at the traffic light, onto Route 1A south. NBX Bikes will be ahead one mile on your right. Parking is limited at NBX, so park on the grass and in the lot at NBX and at Brinkleys Ice Cream and Cakes across the street (they will be closed for the season). Overflow parking is available at Domenic Christofaro Park 0.9 miles north of NBX on the same side of Rte 1A (you passed it on your way to the shop). The ride goes right by the park, so if you are running late, you can start there if you wish.

*Drive Time*      40 Minutes from Providence

*Description*      This new ride was developed by the folks at NBX Bikes to take the place of the old Caster's (now NBX) Halloween Ride. The Caster's ride endured for many years, but the popularity of the ride resulted in numerous parking problems. This ride covers familiar territory for many of us and new territory for others. We ride many of these roads, but this ride has several of them riding in the opposite direction-a totally different view. All three routes travel on Route 138 from URI and climb up to the lights on Route 1, so please exercise caution and ride single file. The good news is that we go DOWN Bridgestone Road!

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**November 4, 2018**                      **Cranberry Metric**    20/38/65 miles

**Sunday**      10:00 AM              *Map No. 81*                      *Arrower:*

*Route*              Lakeville, Assawompsett, Middleboro, Bridgewater

*Directions*      NOTE: WE HAVE RETURNED TO OUR OLD START  
Start at the Staples plaza on Route 44 in Raynham, MA, near the junction of Routes 44 and 24. Park away from the stores.

*Drive Time*      25 minutes from Providence

*Description*      Enjoy this spectacular and relatively flat ride originated by Judy Northrup, updated by Don Chiavaroli and Raul Silvia. Scenic country roads, ponds, and cranberry bogs abound throughout the ride. Long ride goes by Mattapoissett and Marion harbors.

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**November 11, 2018**                      **Royal Mills Ride**    22/30/50 miles

**Sunday**      10:00 AM              *Map No. 169*                      *Arrower:*

*Route*              West Warwick, Coventry, Foster, Scituate

*Directions*      Start: Bike Path (Washington secondary Trail) Junior Street W.Warwick R.I.

*Drive Time*      20 minutes from Providence

*Description*      A scenic ride with challenging hills, takes you through rural landscapes out to western Coventry to the border of CT. into Foster and Scituate. Ride through historic Rice City in Greene and Foster center. Exhilarating descent through Claysville to the Scituate reservoir, Tunk Hill road to the Scituate Ave Hill...short but challenging! Ride along the Pawtuxet River to Historic Phenix.

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**November 18, 2018**                      **Fall River Fifty (aka Chourico)**    18/27/47 miles

**Sunday**      10:00 AM              *Map No. 159*                      *Arrower:*

*Route*              Fall River, Assonet, Lakeville, Berkley

*Directions*      Start at Bristol Community College (BCC), Elsbree Street, Fall River. From Rt. 24 in Fall River take the President Ave Exit (exit 5) to the rotary, take first right off the rotary. Take a Right on Elsbree St at the 1st light. Enter the LAST PARKING LOT ON THE RIGHT, at the end of the college buildings.

*Drive Time*      30 minutes from Providence

*Description*      This scenic ride starts from the highlands of Fall River and meanders through forests, mill towns, lakes and cranberry bogs. Its rolling hills will keep your heart at an elevated state, and after a cool coast down near the waterfront in Fall River one can take a left up President Ave and return to the start. A little short cut will lead one up the infamous Weetamoe St for a little more pain.

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**November 25, 2018**                      **Winter Newport Island Circuit Tour**                      19/29 miles

**Sunday**      10:00 AM      *Map No. 64*                      *Arrower:*

*Route*              Newport, Middletown, Portsmouth

*Directions*      Start from Fort Adams State Park, off Harrison Ave in Newport, RI. Get there by going through downtown Newport along the harbor, staying on Thames St. Turn right onto Wellington Ave and follow the signs to Fort Adams. You will go past the Ida Lewis Yacht Club. Turn Right on Harrison Ave. then right again at the next stop to remain on Harrison Ave. Fort Adams entrance is on the right. Use the first parking lot on the left.

*Drive Time*      45 minutes from Providence

*Description*      This is a new route of an old favorite, updated by Pete Rice, which is designed to keep us off busy roads and is especially suited to late fall and early spring rides. The short ride travels the famous Ocean Drive with its majestic bay and ocean views, and then continues up Bellevue Avenue past the mansions. The longer ride heads further up the island past Middletown's farmlands and beaches.

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**December 2, 2018**                      **Coventry West Greenwich**                      15/28 miles

**Sunday**      10:00 AM      *Map No. 18*                      *Arrower:*

*Route*              Coventry, Summit, Greene

*Directions*      Coventry Plaza on Rt 3 in Coventry, RI. Take I-95 S past the Rt 4 split (stay on I-95) to exit 6, Rt.3N (not exit 6A) and bear right onto Rt 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

*Drive Time*      35 minutes from Providence

*Description*      This hilly but scenic, rural ride goes by the Flat River and Coventry Reservoirs before heading to Summit, Greene, Hopkins Hollow and West Greenwich center. Short ride returns along Harkney Hill. Longer loops climb Plain Meeting House Road. Because this ride is scheduled so late in the year, the long ride has eliminated.

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**December 9, 2018**                      **Cranston Holiday Ride Winter**                      9/18/29 miles

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

*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 changing to our winter start time of 11:00 AM starting next Sunday

Cyndi and Jon Stenning will host a fund raising party to benefit Amos House again this year at their home, #6 Hunters Crossing Drive, Coventry, RI 02816. Directions: Right out of parking lot at Western Hills, in 0.2 miles turn left onto route 12 (Scituate Ave), in 5.4 miles take left onto Rt 116 (North Rd), in 3.7 miles turn right onto Hunters Crossing Drive, third house on the left, #6. Bring your checkbook and make a donation to help out those less fortunate. Jon and Cyndi request that members only bring desserts as they will provide the food!  
Cyndi 401 374 7649    John 401 316 0493



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**December 16, 2018**                      **Northern Border**                      12/28 miles

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

*Route*            Slatersville, Uxbridge, Millville, Blackstone

*Directions*    Start at Slatersville Plaza, junction of Rts. 5, 102, 146A in Slatersville, RI. Take Rt. 146 N to the first exit in Massachusetts, Rt. 146A (there is a McDonalds at the exit). Bear right off exit and follow Rt. 146A into Slatersville. At traffic light, Plaza is across street on the right. Please park as far away from the supermarket as possible.

*Drive Time*    25 minutes from Providence

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

NOTE: WINTER START TIME 11 AM

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**December 23, 2018**                      ♥ **Seekonk North**                      13/18/25 miles

**Sunday**    11:00 AM            *Map No.* 90                      *Arrower:*

*Route*            Seekonk, Rehoboth

*Directions*    Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.

*Drive Time*    10 minutes from Providence

*Description*    Ride meanders easily through the remaining farms of Seekonk and Rehoboth, past Caratunk Sanctuary, and through old Rehoboth on the return.

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**December 30, 2018**                      ♥ **Dartmouth Ride #1**                      18/26 miles

**Sunday**    11:00 AM            *Map No.* 25                      *Arrower:*

*Route*            Dartmouth, Russells Mills

*Directions*    NEW START: Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA. From I-195 going east, take Exit 12 (Fauce Corner Rd, Dartmouth). Right at exit. Go 1.2 miles. Turn left at lights onto Rt. 6 E. Go 0.2 miles. Turn right at first light onto Tucker Rd. Go 3.3 miles to Dartmouth High School on the left (road name changes to Bakerville at 2nd stop sign).

*Drive Time*    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.

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**January 1, 2019**                      \***New Year's Ride**                      ~20/30 miles miles

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

*Route*            Little Compton

*Directions*    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.

*Drive Time*    50 minutes from Providence

*Description*    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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**January 6, 2019**

**♥ Taunton Two Rocks Ride**

13/24 miles

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

*Route* Taunton, Berkeley, Assonet, North Dighton

*Directions* Start at Shaw's plaza, 280 Winthrop St (Rt 44) Taunton MA. This is at the junction of Rt. 44 and Joseph E. Warner Blvd (traffic light at corner, McDonald's at entrance). From Providence, take Rt. 44 for ~15 miles; plaza is just as you enter the Taunton area, on right after light. If using Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Do not park near McDonalds. Park in center of large parking lot opposite the liquor store so as not to block stores.

*Drive Time* 30 minutes from Providence

*Description* This ride goes past two notable rocks: Profile Rock, which (to some) looks like the profile of a Native American face, and Dighton Rock, which bears some unusual and mysterious inscriptions. This ride will be repeated Feb 3.

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event

Narragansett Bay Wheelmen  
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### Deadline for the next issue is Dec 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](http://nbwclub.org)  
 Also see your weekly email from NBW President for information on your membership and how to renew, change address, etc.

### Tentative Future Ride Schedule—SUBJECT TO CHANGE—comments to [touring@nbwclub.org](mailto:touring@nbwclub.org)

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Jan	Tue		New Year's Ride	Little Compton, RI	~20/30	P. Nellison
	Sun 6	104	Taunton 2 Rocks Ride	Taunton, MA	13/24	
	Sun 13	42	Jonnycake	URI Kingston, RI	15/25	
	Sun 20	12	Simple Arrow	Burrillville, RI	9/27	No arrows
	Sun 27	66	Triboro Tour	Plainville, RI	17/28	
Feb	Sun 3	104	Taunton 2 Rocks REPEAT	Taunton, MA	13/24	
	Sun 10	42	Jonnycake REPEAT	URI Kingston, RI	15/25	
	Sun 17	12	Simple Arrow REPEAT	Burrillville, RI	9/27	No arrows
	Sun 24	66	Triboro Tour	Plainville, RI	17/28	



Left: After the hot Miles Standish Ride, August 5. Baking hot as usual through the State Forest, which we call "the Desert" as there's no shade on those roads. Luckily there's always plenty of shade when riders return to the Wareham start.



Right: After the cool Tiverton 50, September 9, a hasty replacement for the suddenly-cancelled TFCE. A surprisingly large group turned up to ride some of the TFCE roads at least, and Bladi greeted us with hot dogs cooked to order on our return, to cheer us up. Cool bikes on display!