

The Spoke'n Word

Volume 49, Number 1

January/February/March 2019

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



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SUPER CYCLE SHOPS

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

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79 Swansea Mall Dr
Swansea, MA 02777
508-677-0710
www.bikeworksma.com

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Locations:
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401-438-2453

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155 Black Plain Rd
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330 Hathaway Rd
New Bedford, MA 02746
508-993-2525
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YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491
and
51 Cole St
Warren, RI 02885
401-245-9755
yourbikeshopri.com

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.

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: John Stenning, 2018 Volunteer of the Year, with Ted Shwartz.
Photo: 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.

President's Message



(Address by Ted Shwartz at the Annual Meeting, October 27, 2018)

Thank you all for coming. Most especially thank you Kris and Bob Brown for putting the annual meeting and volunteer dinner together.

Most of us joined the NBW for the bicycling. Then we made friends within the club. Pretty soon our thinking changed about the club. It's a way for us to spend time with our friends, bicycling. This is what I will be talking about this evening.

Yesterday I took a quick glance at the list of club members attending, almost a hundred people, and I knew almost every person. Most of you I have never ridden with, but I know you through the club. You know what is amazing? I did not know anyone in this room before I joined the NBW

How about you? Take a look around this room. How many people do you know? How many people did you know in this room before you joined the NBW? Take a moment and think about this.

Stand up if you knew 20 or more people in this room before you joined the NBW. Stand up if you knew 10 people or more in this room before you joined the NBW. Stand up if you knew 5 people or more in this room before you joined the NBW. Stand up if you knew 3 people or more in this room before you joined the NBW

Whatever the NBW is doing, it is making our lives better.

The 143 NBW volunteers of 2017/2018 deserve the credit for making our lives better. We had 18 new volunteers this year.

Our new volunteers this year were Cindie Aadland, Ben Averill, Stephanie Benedetti, Edward Cheng, Deb Dalessio, Brian Dalrymple, Beverly Ehrich, Robert Ferschke, Mark Hosley, Rich Kerbel, John Leca, Mary Ellen Leveille, John McCarthy, Denis Nolan, Dana Palka, Tim Scholz, Brian Turenne and Ken Vale. Please give those people a hand.

We initially join the NBW for the bicycling. Over time, as our lives permit, we spend more time bicycling with the NBW and our new friends via the Sunday series of rides. Perhaps we linger a bit at the social tent after a ride in nice weather. We might do the café series, or the Maine House. Perhaps we go to Rhody Roundup, or TFCE. Chances are that if you are in this room you eventually volunteer to help.

Time goes on, we grow older. Careers and family changes happen, our bodies change. Perhaps our bicycling becomes less important in quantity, but our time with club friends more important in quality. This is usually the point when new volunteers step forward.

Eventually, for some, the bicycling fades, but the friendships remain.

When it comes to working with volunteers, no one works harder than John Nery. TFCE could not happen without all those volunteers and John managing them. Sadly, TFCE did not happen, but their spirit is still appreciated. It never ceases to amaze me, how many TFCE volunteers there are whose only contact with the club is TFCE. Please give John Nery a hand.

I mentioned before, "Whatever the NBW is doing, it is making our lives better".

Did you know that most bicycle clubs in the US are suffering from declining memberships? Did you know that most bicycling events in the US are suffering from declining participation? How is the NBW doing? Membership is stable, and participation is up. You can thank the Sunday ride series for this. There are 4 people in this room that the club relies on heavily to make sure this happens.

Monica Foulkes for her excellent work on *The Spoke'n Word* keeping everyone on the same page. Chip Kent for his work on making sure the routes are arrowed. Rod Breault for his work on welcoming new riders, and getting everybody started. Bladimir Rodriguez for his work at the social tent after the ride. Please give a hand to these 4 volunteers.

I believe the simplicity of the NBW model—a great Sunday ride series supplemented by other events and activities—is why we continue to succeed, whereas other clubs have problems.

We keep it simple:

- One ride a week
- Show up on Sunday
- See lots of people before the ride starts
- Make it easy for everyone to enjoy the ride
- Ride with some, or none, of your friends
- Socialize at the end with your friends

Last year I spoke of an initiative for the NBW; an annual directory, something to serve the needs of getting in touch with our friends from the club, outside of the Sunday rides. At each table is a mockup, a prototype not a finished product. What you have is a version of the April/May *Spoke'n Word* for 2019. It would incorporate the following:

- The regular *Spoke'n Word* content
- A directory of the current membership
- Maps for the current riding season
- Additional pages as the board and/or editor see fit

Having a directory brings up all sorts of privacy issues. The NBW values your privacy, always. Our mailing list is private, our membership is private, email from the club is always in bcc (blind carbon copy) mode so no one recirculates email addresses.

By default, the only content would be a member's name. If members opt-in to show additional information such as phone, email, or address then that would show too.

The directory would be mailed to every club member who is active, and would not be available electronically. If it's available electronically that guarantees privacy problems.

What do people think of this idea? I don't know whether I would keep it by my desk, or in the car.

In order for this to go forward the board, our editor, and our touring board need to sign on and finalize the concept.

Thank you all for coming tonight.



BIKE SHOW

Kick off
SPRING

SALE

FRI-SUN

DEMO

FRI-SUN

RIDE

SUNDAY

*Narragansett
Bay Wheelmen
Spring Opener*

22nd to 24th

MARCH 2019

www.nxbikes.com

414 Warren Ave
East Providence RI
401-434-3838

NBW OFFICERS (Terms begin February 1)

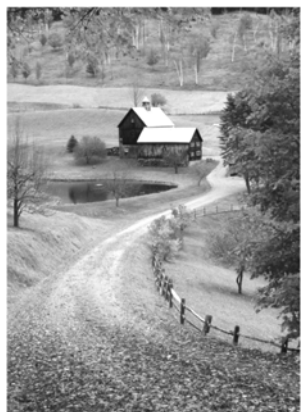
President: Ted Shwartz, president@nbwclub.org
Vice President: Elizabeth Masterson (term ends 1/31/19),
John Nery (term begins 2/1/19) vicepres@nbwclub.org
Treasurer: Rick Schwartz, treasurer@nbwclub.org
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Margaret Vigorito, secretary@nbwclub.org

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 2016: John Nery
Volunteer of the Year 2017: Chip Kent
Volunteer of the Year 2018: John Stenning

OTHER CLUB FUNCTIONS

TFCE Chair: Ted Shwartz
TFCE Volunteers: John Nery
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Raposo, Ted Shwartz
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: 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



Annual Memorial Day Weekend

In Southern Vermont

Friday, May 24 to Monday, May 27, 2019

at the Blue Gentian Lodge, Magic Mountain Rd, Londonderry, VT

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

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

Total cost \$230 per person with double occupancy (\$375 for single room, by request)

Reservations: contact Ken or Lisa at the Blue Gentian, 802-824-5908 and tell them you are with the NBW bicycling group. Questions: contact NBW member Ray Naughton, email raynaughton@cox.net or tel: 401-781-6963

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

Or call me at 508 579-1785

Thank you, Chip Kent

NBW Special Events Committee announces
the 12th annual
Maine House Getaway Long Weekend



Thursday May 16 - Monday May 20, 2019

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: \$180 per person (only 6 rooms available)**
Men or Women Dorm style bedroom: \$160 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: **Jo-Ann Del Vecchio, 99 Wampanoag Trail, Riverside, RI 02915**
For more information contact Jo-Ann at majdel98@yahoo.com, or 401-465-4800

NBW Annual Meeting & Volunteers' Dinner, October 27, 2018

See President's address to the meeting on page 1. John Stenning was named Volunteer of the Year and Dave Carroll and Bob Brown received Blue Shirts. Election of Officers: Ted Shwartz (President), Margaret Vigorito (Secretary) and Rick Schwartz (Treasurer) were re-elected, and John Nery was elected to serve as Vice-President, all for one-year terms beginning February 1, 2019. Photos: Patty Hathaway.



Welcome New Members

Jean Claude Castelein, Bourne, MA
Orlando Correa, Pawtucket, RI
Fernando Correia, No Dartmouth, MA
Steven Fuller, Barrington, MA
George Furtado, East Providence, RI
Roxanne Gordon, Providence, RI
Jeff Haan, East Greenwich, RI

Debra Hodgkins, Centerville, MA
Christopher Ip, Providence, RI
Patty Lagoy, Hopkinton, MA
David Leblanc, Seekonk, MA
Thomas Lerner, Hope Valley, RI
Shannon Lonardo, West Warwick, RI
Stephen Lundgren, Marion, MA
Suzanne Maynard, North Falmouth, MA
Jennifer McDowell, Pittsburgh, PA

Janice Melchiore, Douglas, MA
James & Joanne Mello, Fairhaven, MA
Teal Rothschild, Barrington, RI
Arley Salas, Woonsocket, RI
Gretchen Sennott, Warwick, RI
Fernando Vidinha, No Dartmouth, MA
David Vitello, North Kingston, RI
Tarsilla Witkos, East Falmouth, MA



Fall into Winter Rides.

Patty Hathaway sent some photos from recent rides.

Top left: NBX Bikes Ride, Narragansett, Oct 28.

Top right: Cape Caper Ride, Oct 7, ebike trial by Paul Hathaway.

Bottom photos: Fall River 50, Nov 18, heading back into Fall River.

Ride Mileage Record Chart 2019

2019	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
January			1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31	1	2		
February	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	1	2		
March	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		
April	31	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		
May	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		
June	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		

Ride Mileage Record Chart 2019

2019	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
July	30	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		
August	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		
September	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		
October	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		
November	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		
December	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						

NBW members are always Touring ...

Alfredo Sosa and Jim Coggeshall rode the famous L'Eroica vintage bicycle tour in Tuscany, Italy, this autumn. Riding the *strade bianche* (white roads, i.e. gravel) in full vintage gear must have been tough, but glorious. Thanks to Alfredo for sending wonderful photos of this historic ride.

Send a photo from your latest tour, with names and places to editor@nbwclub.org

Photos printed as space is available.



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

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
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. Previously Don Chiavaroli and Ted Schwartz 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](http://RidewithGPS.com) 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

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

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com, with Suzie Piccarillo

Let's talk advanced group pacelines! Once you have built up some skills, perhaps with a group of skilled single paceline friends and a quiet road, it might be fun to try a working Circular Paceline and the beauty in motion known as the double paceline.

Both pacelines discussed today require a wider area of side road in order to be able to safely rotate the riders. Do not try this if cars are constant as not only can you create an accident, at the very least you will irritate drivers, making them dislike cyclists in general on the roads.

Circular Pace Line (Advanced Skills)

Riders cycle in two parallel lines and circulate, each taking an immediate turn once coming to the front.



Let's talk about the fast, alive **Circular Paceline**. A Circular Paceline is very useful in a small group that may have gotten dropped from the peloton and is looking for an efficient way to bridge back with the main group.

When you finish your quick pull, check back for cars. If it is safe, swing to the left forming a recovery paceline to the left of the driving paceline.

When you are back on the right side, the speed is higher and soon you will be the one in front. The beauty of an efficient paceline is always having a fresh set of

legs up front. This will almost always catch a random one or two ahead or catch a loose pack up front.

The key to this paceline is to keep the turns very short allowing the legs to stay fresh and maintain a speed that exceeds the main group you are bridging towards. The important factor is to maintain the same speed. If you can go faster, do it gradually. Surge-like pulls can destroy a paceline, causing a gap and destroying any drafting advantage. The group will begin to fall off, fade and slow down, losing all the gains it created.

A **Double Paceline** needs very quiet roads with few cars. Good road conditions are ideal as avoiding holes is hard in a formation like this. Another alternative would be roads with a wide side breakdown lane.

This paceline is perfect if you have room with a group, Drafting benefits are higher as two riders are always up front blocking the wind. As we do with any paceline,

your goal is all about staying fresh and not burning out. It may also be good if you match yourself with someone of roughly the same ability as you, if possible. Otherwise you are you going to fade out, and affect the strength of the paceline. Don't try to be the hero! No half wheeling!

Double Pace Line

Riders line up in pairs

Both front riders need to hold the same pace. When one gets tired, he or she should signal the roll-out to the other. Right goes right and left goes left, slowing your speed to free wheeling as the middle driving paceline progresses forward. When up front on the double line, let your partner know that you are ready to roll back; left moves to left, right to right side, and slow down. As we did in the circular paceline, the last two can call out that they are last to help the returning riders know to drop in after them. I always make sure to remember who is in front of me so I know who to look for.



When the double paceline is working well, everyone gets a great deal of rest due to the wind blocking that two bodies provide, so the double paceline is a great paceline for long efforts or energy conservation. Almost always the roads do change. Be aware that the paceline may need to go to single line at any time. Be prepared when up front to announce this to the group loudly.

Look for a good group or ask questions. Stay in touch with the NBW. Always obey traffic laws!

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



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

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 to check if your item is in stock
Make check payable to "NBW" and mail with order to:

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

Questions? Email to: sales@nbwclub.org All club clothing is sold at cost

NBW Holiday Party, December 9, 2018

A large and happy crowd celebrated a good year of riding and raised \$\$\$\$ for Amos House at the same time. John Stenning received the Volunteer of the Year award from Ted Shwartz (see photo on cover).



From the Touring Committee

Rod Breault, touring@nbwclub.org



By the time that you are reading this, the 2018 cycling season will be over. All in all, I think it has been a rather successful year for cycling, with the exception of the loss of this year's TFCE and the month of November, the second wettest on record.

Despite all the rain in November, the club really only lost one Sunday ride—the Coventry-West Greenwich ride—and that was actually in December. Some riders might class the Newport Circuit Tour on November 25 as a flood out rather than a rain out!

The good news is that planning for TFCE is has already begun and will, I hope, be successful. In addition to that, the touring board has received routing for a new ride in the Hope Valley area, planned for later in 2019. More on that in a later column.

Something else to look forward to in 2019 will be the return of the Social Tent, now in hibernation. Perhaps I should say it is in migration as Bladi Rodriguez, who will host the Tent again this year, has flown away to Florida for the winter. With Bladi managing most of the tasks, we can expect another summer of great social tents.

In January, we have scheduled the Simple Arrow (less) ride. This ride will not be arrowed, relying on GPS, maps and cue sheets to guide the riders. As 2018 demonstrated, this was a good idea for a winter ride that might be difficult to arrow and usually is attended by few. Because the first attempt was snowed out and fewer than ten riders attended the repeat ride, the board got little feedback, but the "arrower" was happy! We'll call it a success to be repeated.

2018 was also a relatively cycling incident-free season for the NBW, except for the loss of our friend Kate Imbrie in a cycle/car collision. Reflecting on that tragedy leads me to thoughts on safe riding techniques for our Sunday rides.

Although gratifying to see some of our members using "blinky" lights, I'd like to see more use of them, especially white, blinking front lights. Most riders carry red, rear blinky lights, but I think the front lights are at least as important to alert motorist to the presence of cyclists on the road. Often, we are "invisible" to them as they are looking for other motor vehicles, not bicycles. Modern LED lights are bright, lightweight, long lasting and relatively inexpensive. Check out some being used on Sundays and join the trend.

Another lightweight and inexpensive safety item is a rear view mirror. I see many riders without any way to

see what is coming up behind them except to look back (and, most likely, swerve in the direction of the look) or just not bother to look. That last tack seems most foolhardy. None of us has a "Spidey" sense and I have seen way too many riders dart out to pass another rider while being overtaken by a motor vehicle.

Let's make a resolution to ride more safely in 2019, by adopting blinky lights, mirrors and also by following the suggestions listed after this column.

I'll see you out on the road.
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

Thanks to our most recent ARROWERS:

- Oct 7 *Cape Caper*—Rob Edgren
- Oct 14 *Border Crossers*—Alfredo Sosa
- Oct 21 *Purgatory Chasm*—Chip Kent
- Oct 28 *NBX Bikes*—Bob Gallo
- Nov 4 *Cranberry Metric*—Bill McGrane, John Swyers
- Nov 11 *Royal Mills*—Bob Paiva, Pat Stark
- Nov 18 *Fall River 50*—Rod Breault, Ted Shwartz
- Nov 25 *Newport*—Fred DeFinis
- Dec 2 *Coventry W. Greenwich*—John Stenning, Bob Gallo
- Dec 9 *Cranston*—Mike Emma
- Dec 16 *Northern Border*—Chip Kent

NBW RIDE SCHEDULE

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

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

January 6, 2019	♥ Taunton Two Rocks Ride	13/24 miles
Sunday	11:00 AM	Map No. 104 Arrower:
<i>Route</i>	Taunton, Berkeley, Assonet, North Dighton	
<i>Directions</i>	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.	
<i>Drive Time</i>	30 minutes from Providence	
<i>Description</i>	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.	

January 13, 2019	♥ Jonnycake	16/24 miles
Sunday	11:00 AM	Map No. 42 Arrower:
<i>Route</i>	Kingston, Usquepaugh, Shannock	
<i>Directions</i>	URI, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.	
<i>Drive Time</i>	45 minutes from Providence	
<i>Description</i>	This ride travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. A good tourist stop is the Kenyon Grist Mill in Usquepaugh which grinds corn meal into jonnycake ("journeycake") flour. This ride will be repeated Feb 10.	

January 20, 2019

Simple Arrow Ride

9/27 miles

Sunday 11:00 AM *Map No.* 12 *Arrows:* 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! Last year, this ride was not arrowed as an experiment, and weather conditions prevented riding on the first occasion and the repeat ride was sparsely attended. These were exactly the conditions that led to the experiment in not arrowing the ride. Such a success has led the club to repeat the process. Cue sheets and maps will be available at the start and, as always, GPS files for this ride will be available on line, but the ride will not be arrowed. This ride will be repeated Feb 17.

January 27, 2019

♥ Triboro Tour

18/29 miles

Sunday 11:00 AM *Map No.* 66 *Arrows:* 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 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.

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 will be repeated Feb 24.

February 3, 2019

♥ Taunton Two Rocks Ride-REPEAT

13/24 miles

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

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 is a repeat of the Jan 6 ride.

March 10, 2019

Walpole Dover

15/28 miles

Sunday 11:00 AM *Map No. 109* *Arrower:*

Route Walpole, Medfield, Millis, Sherborn, Dover, MA

Directions Start from the Municipal Parking Lot, in the center of Walpole MA, just off Rt. 27, Walpole, MA. From the south, take Rt. 95 N to exit 9 (Rts 1 & 27, Walpole exit). Bear right off the exit onto Rt. 1N for 1.1 mi. Go Left at the light onto Rt. 27. Stay on Rt.27 for 1.7 mi until approaching the junction with Rt 1A in Walpole. Just before that light take a left on an UNNAMED street (there's a "Public Parking" sign at the turn). You'll see the parking area on the right, behind the shops on Rt.1A and behind the Fire Station.

Drive Time 40 minutes from Providence

Description Lovely ride around small towns and farms south and west of Boston, crossing the Charles River a couple of times on surprisingly rural roads. Ponds, marshes, lots of horses and a few cows to be seen. Expect a few little hills but nothing major. At this time of year watch out for potholes on the little roads in the Charles River watershed area.

March 17, 2019

♥ Chariho Tour

15/25/30/47 miles

Sunday 11:00 AM *Map No. 17* *Arrower:*

Route Charlestown, Richmond, and Hopkinton

Directions Start at Chariho High School, 453 Switch Rd, Wood River Junction, RI. Take 95S to exit 3B West (Rt 138W Hope Valley). Go 1.1 miles to a traffic light and go straight on Rt. 3/Rt 138. About 1 mile on Rt. 3 bear left at blinking light onto Mechanic St. (which becomes Switch Rd, then bears right and becomes Hope Valley Rd), for about 4 miles to the school on the right. Please park at rear of school.

Drive Time 45 minutes from Providence

Description This scenic ride on quiet roads in the southwest corner of RI passes first through Woodville, with its dam and millpond, and continues through Charlestown, which hosts bike races at Ninegret Park. You'll travel through Burlingame State Park and to the ocean along Quonochontaug Neck before returning through Wood River Junction. CAUTION when crossing Rt. 1 on the long routes!

March 24, 2019

NBX /Spring Opener

18/32/43 miles

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

Route East Providence, Seekonk, Rehoboth

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

Drive Time 5 minutes from Providence

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

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

March 31, 2019

Foxboro 55

23/36/55 miles

Sunday 10:00 AM *Map No. 166* *Arrower:*

Route Attleboro, No Attleboro, Wrentham, Franklin, Norfolk, Foxboro, Mansfield, Norton

Directions Start from the overflow parking lot of LASALETTE SHRINE, PARK ST (RT 118), ATTLEBORO.
Directions from Providence: Rt 95 North to exit 3 in MA. Right off the exit onto Rt 123 East. Follow Rt 123 into downtown Attleboro and stay straight onto Rt 118 South at the lights (Rt 123 East continues left at these lights). Follow the signs to LaSalette, about 1.7 miles on the right. Park in the overflow parking lot just past the LaSalette Shrine, on the right at the kiosk. It is where the buses park during the Christmas season. If you are heading south on Route 118 and go past Lifecare, you passed the overflow lot..

Drive Time 20 minutes from Providence

Description This ride takes us from Attleboro to Foxboro and back, through towns we often ride in but in opposite directions. Although the 36 and 55 mile loops cross busy Rt 1, all crossings are at traffic lights. These scenic loops ride the back roads of Plainville and Cumberland. The 55 miler goes north through Wrentham, Franklin, Norfolk and Foxboro, just north of Gillette Stadium. As you cross Rt 1 in Foxboro, look right to see the lights high above the stadium. On the 36 miler use caution on South St (Rt 1A) in Wrentham. On the 23 miler use caution on Kelly Blvd when turning left to the Fish Hatchery.

April 7, 2019

Oneco Pond Ride

17/29/45 miles

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

Route Escoheag, Sterling, Oneco, West Greenwich

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

Drive Time 45 minutes from Providence

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

♥ Beginners will love these rides!

* Holiday Show'n Go

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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
 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

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Mar	Sun 31	166	Foxboro 55	Attleboro, MA	23/36/55	
Apr	Sun 7	3	Oneco Pond Ride	Sterling, CT	17/29/45	
	Sun 14	47	Lakeville Tour	Lakeville, MA	15/25/42	D Robillard/M Miller
	Sun 21	49	Great Grandma's Farm Ride	Smithfield, RI	12/21/49	L Brissette
	Sun 28	60	CT Coastal & Ridges Ride	Ashaway, RI	22/30/46	
May	Sun 5	111	Westport	Westport, MA	13/26/44/49	
	Sun 12	49	Grt Grandma's Farm REPEAT	Smithfield, RI	12/21/49	L Brissette
	Sun 19	122	Plymouth Century	Seekonk, MA	26/57/105	
	Sun 26	170	Speedway Ride	Glocester, RI	23/40/50	
Jun	Sun 2	113	Westerly Ride	Ashaway, RI	26/36/50	
	Sun 9	69	Norwich Metric	Norwich, CT	30/44/60/63	
	Sun 16	88	Scramble Metric	Seekonk, MA	17/27/55/64	
	Sun 23	171	South Shore Short Century	Kingston, MA	28/58/83/96	
	Sun 30	174	Re-Cycled Bicycle Ride	Woonsocket, RI	21/30/47	

Don't forget to smell the roses ... as you ride around New England in fall (to be accurate, in this case it would be falling leaves and sun shining on the waterfall). Nice shot by Ted Shwartz, who stopped to take in the view on the Oct 28 NBX Bikes Ride in Narragansett.

