

# The Spoke'n Word

Volume 49, Number 4

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

August/September 2019



*Want to volunteer to help at the Sep 8 TFCE (The Flattest Century in the East)? See page 3*

*Save the date: Annual Meeting and Volunteers' Banquet, October 26 (details coming in the October newsletter).*

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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).

### BIKEWORKS

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

### BLACKSTONE BICYCLES

391 Mendon Rd  
Cumberland, RI 02864  
401-335-3163  
blackstonebicycles.com

### BRUMBLE BIKES

49 Beach St  
Westerly, RI 02891  
401-315-0230  
www.brumblebikes.com

### LEGEND BICYCLE

181 Brook St  
Providence, RI 02906  
401-383-3070  
www.legendbicycle.com

### NBX BIKES

www.nxbikes.com  
Locations:  
414 Warren Ave  
East Providence, RI 02914  
401-438-2453

922 Boston Neck Rd  
Narragansett, RI 02882  
401-782-4444

729 Hope St  
Providence, RI 02906  
401-274-5300

3480 Post Rd  
Warwick, RI 02889  
401-739-0393

### NEWPORT BICYCLE

130 Broadway  
Newport, RI 02840  
401-846-0773  
www.newportbicycleri.com

### PEDAL POWER BICYCLE SHOP

879 West Main Rd  
Middletown, RI 02842  
401-846-7525  
www.pedalpowerri.com

### PROVIDENCE BICYCLE INC.

725 Branch Ave  
Providence, RI 02903  
401-331-6610  
www.providencebicycle.com  
And

### PROVIDENCE BICYCLE INC.

150 Lambert Lind Highway,  
Warwick, RI 02886  
401-773-7733

### RECYCLED BICYCLE

(A Full Service Shop)  
26 Mill Street.  
Woonsocket, RI 02895  
401-636-0960  
www.myrecycledbicycle.com

### SCOTTEE'S WESTPORT BICYCLE

1125 State Rd  
Westport, MA 02790  
508-636-RIDE (7433)  
www.westportbicyclema.com

### SIROIS BICYCLE SHOP

893 Landry Ave  
No Attleboro, MA 02760  
508-695-6303  
www.siroisbicycle.com

### W. E. STEDMAN CO.

196 Main St  
Wakefield, RI 02880  
401-789-8664  
westedman.com

### TEN SPEED SPOKES

18 Elm St  
Newport, RI 02840  
401-847-5609  
tenspeedspokes.com

### TRAVIS CYCLE INC.

1 Oak St  
Taunton, MA 02780  
508-822-0396  
www.traviscycle.com

### UNION CYCLE

77 Pleasant St  
Attleboro, MA 02703  
508-226-4726  
unioncycle.com

### VICTORY CYCLES

155 Black Plain Rd  
Exeter, RI 02822  
401-539-7540

### YESTER'YEAR CYCLERY

330 Hathaway Rd  
New Bedford, MA 02746  
508-993-2525  
yesteryearcyclery.com

### YOUR BIKE SHOP

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



## MOVING?

If you're planning to move, please change your new mailing address at your member account at [lamAthlete.com](http://lamAthlete.com) as the US Post Office will not forward copies. Instructions for updating your member account are sent to you every week in the President's email. For help, contact [membership@nbwclub.org](mailto:membership@nbwclub.org)

*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](mailto:editor@nbwclub.org)

## MEMBERS' PASSWORD

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

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

Cover: Salute to Bladi Rodriguez, who runs all our after-ride social tents. July 28 Tom & Pat's Fifty ride. Photo: M. Foulkes

## Want your photo in the Spoke'n Word?

The Editor <[editor@nbwclub.org](mailto:editor@nbwclub.org)> welcomes your photos of our club's activities for the newsletter and our website. Photos selected for printing usually show glimpses of a typical NBW ride, i.e. ...

- Action! Try for riders moving—we like shots that tell a story. Tell me who your subjects are, if you know.
- 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 have been a member of the NBW for nearly 20 years. In those 20 years the club has become a bigger part of my life than I ever imagined when I joined. Perhaps that is true of you too.

The friends that I have made through the club are priceless. They come from all walks of life, and all parts of the world. For some English may not be their language of choice, but bicycling is our *lingua franca*. It only takes one visit to the social tent after a ride to see and hear this.

It is the nature of the friendships that we make that they define our world. Friends extend your world. They can challenge you to see new places that you have never been to. Friends can challenge you to see the beauty that you overlook in your familiar places. Friendships can challenge you physically.

We travel widely as the NBW. Nearby roads show our marking, our arrows. Those arrows say "The NBW was here, and go this way for your ride". We see those arrows, and know our friends have been here before, and most likely will be this way again. Seeing an arrow is in some ways like looking at a fire in a fireplace, it always makes you feel better.

Riding a bicycle is a simple skill. Riding with friends makes it simply better.

Safe summer riding,  
Ted



### **Welcome new members**

Samuel Adams, West Kingston, RI  
Jared Aguilar, Coventry, RI  
Zac Belanger, Providence, RI  
Joseph Bonapace, Uxbridge, MA  
Sean Brown, Westerly, RI  
Anthony Busque, Groton, CT  
Laura Carthy, Providence, RI  
Douglas Davila, Cranston, RI  
Erin Davis, Barrington, RI  
Ellen Dirgins, Sharon, MA  
Joshua Dygon, Warwick, RI  
Mason Flagg, Sutton, MA  
Curtis Givan, Jr., Coventry, RI  
Andrew Johnson, Holliston, MA  
Mary Joyal, Warwick, RI  
Meghan Kamble, Providence, RI  
Hari Kumar, Warwick, RI  
Kelly Nevins, Providence, RI  
Myra Page, Bristol, RI  
Robert Page, Bristol, RI  
Lisa Plescia, Saint Petersburg, FL  
Mark Remillard, Whitinsville, MA  
Dave Sampson, Ashland, MA  
Jon Stenning, Cranston, RI  
Timothy Trenger, Taunton, MA  
Ann Marie Van Hof, Portsmouth, RI  
David White, Westwood, MA

**REMEMBER—JULY AND AUGUST  
SUMMER RIDES START ... 9 AM**

**CHECK THE RIDE SCHEDULE**

### **LATE NEWS!**

At last we have a volunteer to take over the position of Arrowers/Paint Coordinator. Details TBA.

We send a big "thank you" to Chip Kent for his years of volunteering in this crucial work for the club.

(left) July 28, Tom & Pat's Fifty. A large crowd of riders celebrated our new start at Coventry High School, after years of suffering that crappy, dangerous start location on Rt. 3. Thanks, John Stenning.

## Proposed amendments to the By-Laws

The Board of Directors propose the following amendments to the NBW By-Laws. These amendments will be put forward for members voting at the October 26, 2019 Annual Meeting. The existing text is shown. Text to be changed is displayed in "strike-through". Proposed changes and additions are in boldface/italics.

**Article II, Members, Section 1. Qualifications.** The members of the Association will be such persons who meet such qualifications and requirements as may be established by the Board of Directors from time to time. ***Up-to-date annual membership dues will determine if a person is a qualified member of the Association.*** The Board of Directors will be the sole judge of the qualifications of the members and its determination as to whether a person is or is not a member will be final.

**Article II, Members, Section 4. Place: Notice.** Meetings, annual or special, will be held at such place as is designated by the Board of Officers. ~~Written notice~~ ***Publication*** of each meeting of the members, annual or special, will be given in the members' newsletter, ***website and other electronic notification being utilized***, preceding the scheduled date of the meeting. The meeting will not be scheduled for a date earlier than 10 days after the mailing of the members' newsletter in which the notice appears.

**Article III, Board of Directors and Board of Officers, Section 2. Board of Directors: Purpose.** The Board of Directors will oversee the financial activities of the Association and will review the projected expenditures for the upcoming six month period and audit the actual expenditures of the prior six month period. ***The Board of Directors will also serve as an advisory board to the Board of Officers as requested by the Board of Officers.***

**Article III, Board of Directors and Board of Officers, Section 4. Board of Directors: Meetings.** Regular meetings of the Board of Directors will be held ***at least*** twice each year. Special Meetings of the Board of Directors may be called, and on the written request of seven directors will be called, by the President upon five days' notice. Meetings will be held at such place as is designated by the President. A majority of the members of the Board of Directors will constitute a quorum for the transaction of business and the act of a majority of the members present at a meeting will be the act of the Board of Directors.

**Article III, Board of Directors and Board of Officers, Section 6. Consent votes.** Any action required or permitted to be taken by the Board of Directors or the Board of Officers may be taken without a meeting if a consent ~~in writing~~, setting forth the action so taken, is signed by all the directors or officers, as the case may be.

**Article IV, Officers, Section 4. Financial Controls.** Expenditures of Association funds must be made pursuant to items in approved budgets. Off-budget items may be approved specifically by the Board of Officers. Expenditures up to \$1,000 may be approved by the President in an emergency but must be presented to the Board of Officers at or before its next meeting. All requests for payment must be put in writing together with the reasons for such. The Treasurer or ~~his~~ ***a*** designee shall be responsible for disbursement of all funds in accordance with the by-laws.

[The following is a proposed new Section]

**Article IV, Officers, Section 5. Term Limits.** ***Elected Officers will serve in their elected position for no more than five years. This rule will not apply if it will result in an elected position going unfilled.***

**Article V, Committees.** The Association will have such committees as the Board of Directors and Board of Officers may from time to time appoint. ***A By-Law Review Committee will be established to annually review the By-Laws to ensure compliance with RI Corporation laws and regulations and make and review recommended changes to the By-Laws.*** Chairmen of the committees will be appointed by the President with the approval of the Board of Officers.





# HELP WANTED

## 48th NBW-TFCE

*The Flattest Century in the East*

*September 8, 2019*

*Volunteers are needed for:*

- Registration
- T-shirt distribution (start late morning)
- Check points
- Parking detail
- SAG drivers
- Sales table
- PB&J sandwich-making
- Cleanup
- Logistics



*Volunteers are required to work a minimum 4 hour shift.  
You can volunteer for part of a day or for the whole day.*

*Please contact us with time available, contact name and  
email address at ....*

**[tfce-volunteers@nbwclub.org](mailto:tfce-volunteers@nbwclub.org)**



*We look forward to seeing our crew of familiar  
volunteers and new volunteers as well.*

*There's a special VOLUNTEER-TFCE ride and  
a TFCE volunteer t-shirt. Also, all volunteers  
attend our annual banquet free.*



## NBW Wheeler Dealer

See website for latest listing

**For Sale:** Accessories: Park Bike Stand: \$50, Park Pedal Wrench: \$9, Garmin Edge 820: \$80, Specialized shock pump: \$18. Contact Matt Boliver, 401-862-2305

**For Sale:** 2011 Trek touring bike. Size 54 cm. In good shape. Can text photo. \$550. Contact Ted Jablonski, 508-864-3535

**For Sale: Cervelo R3SL 2008 upgraded.** Size 56cm. Groupset Ultegra 6700 Compact 50/34 Dura-Ace shifters. Bontager Race wheels. 6800 Ultegra brake calipers. I will miss this one but not using as have a new bike. This R3SL was the lightest frame at that time! No pedals. \$1,100.

Contact: Gary Stafford, [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)

## Non-NBW Rides and Charity Events

See website for latest listing

**Sep 7—Kelly Brush Ride**, powered by VBT Vermont Bike Tours. Middlebury, VT. 100, 50, 20, 10 mile rides. VT's largest charity ride supports adaptive sports & Ski safety. Contact: [kellybrushfoundation.org/](http://kellybrushfoundation.org/)

**Sep 14—Cycle for Life**, Cystic Fibrosis Foundation. Westport River Vineyard, MA. 62, 23, 12 miles, easy riding. Contact: [fightcf.cff.org/RIcycle](http://fightcf.cff.org/RIcycle)

**Sep 15—1st Annual Tour de Rhody**, Salisbury Farm, Johnston, RI. 15, 30, 45 miles. To benefit RI cancer research, Brown Univ Oncology Research Group (BrUOG). Contact: [tourderhody.com](http://tourderhody.com)

**Sep 28—Susan G. Komen Impact Ride**, Attleboro, MA. 100, 62, 25 easy to moderate rides in southern New England. Contact: [KomenNewEngland.org/ImpactRide](http://KomenNewEngland.org/ImpactRide)

**Sep 29—Ocean State Tour de Cure**, Univ. of Rhode Island. 100, 62, 30, 15 mile rides following the RI coast and country roads. Contact: [www.diabetes.org/oceanstate](http://www.diabetes.org/oceanstate)



### *On the Tiverton 50 —That Fork in the Road*

You must have seen it on several rides in the Westport area. It stands 12 feet tall at the intersection of River and Old Harbor Rd, as you leave Adamsville, heading towards Westport.

Patty Hathaway (who notices these things) dug out this information:

“The fork was created in 2010 by Tom Schmitt of Westport using pine. He came up with the idea when he was picking out lumber in Dartmouth and noticed a pine tree. To make his creation look like an actual fork, he used grey shellac sealant and chrome paint. On Memorial Day weekend 2010, the fork was installed and gained immediate attention. Unfortunately, it wasn't there long before somebody stole it. As a result, Tom decided to install it permanently with the landowner's permission. (Eric Pauls). Now not only does the fork stand 12 ft. tall, it weighs 50 pounds but the whole structure itself weighs a couple of hundred pounds.”

The fork is decorated at various times of the year. Patty's photo was taken on the July 14 Tiverton 50 ride when it was adorned with a hot dog (a July 4 cookout theme?) Once someone wound white plastic hose around the tines to look like spaghetti.

Also from the Tiverton 50, Patty sends this shot of John Nery, Ron Doane, and Jan Messeck riding toward Little Compton from River Road. Jan is a friend of John's and he's riding a battery operated bike that he built himself .



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## NBW Membership

Our membership registration and renewal process is online through imAthlete.com. Single yearly memberships (\$20) only are available (no family memberships or two-year memberships are possible).

**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, every week the President's email to all members gives you your membership status and your code. Use this code to make address or other changes to your account.

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

### GPS Files for NBW Rides

GPS files for all scheduled NBW rides are available to NBW members. You need to set up a RidewithGPS account (free) to access NBW rides then link to the NBW account; instructions and links for each week's GPS files are sent to all members every week in the President's weekly email. If you don't receive this email check that your address is correct in your member account (or sometimes your email provider may be putting it in your "spam" or "junk" folder).

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



(Left) These are not the NBW club officers/important people, please note. Caption is "1890 Harold Sedgwick's father's bicycle club" and I don't remember who sent this to your editor. If you know, please email [editor@nbwclub.org](mailto:editor@nbwclub.org).

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### Club Officers & Other Important People

#### NBW OFFICERS (Terms begin February 1)

*President:* Ted Shwartz, [president@nbwclub.org](mailto:president@nbwclub.org)  
*Vice President:* John Nery, [vicepres@nbwclub.org](mailto:vicepres@nbwclub.org)  
*Treasurer:* Rick Schwartz, [treasurer@nbwclub.org](mailto:treasurer@nbwclub.org)  
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177  
*Secretary:* Margaret Vigorito, [secretary@nbwclub.org](mailto:secretary@nbwclub.org)

#### NBW BOARD OF DIRECTORS

*Past Presidents:* Todd Wise, Janice Velozo, Ray Foulkes  
*Membership Secretary:* Alfredo Sosa, [membership@nbwclub.org](mailto:membership@nbwclub.org),  
PO Box 41177, Providence, RI 02940-1177  
*Rides Coordinator:* Rod Breault, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB representative:* Mark Dieterich, [advocacy@nbwclub.org](mailto: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:*  
*Arrowers/Paint coordinator:* TBA, [arrows@nbwclub.org](mailto:arrows@nbwclub.org)  
*Ride starters:* Rod Breault, Paula Raposo, Ted Shwartz  
*Maps/rides database:* Rod Breault, [maps@nbwclub.org](mailto: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 creator:* Ted Shwartz  
*Ride liaison w/police depts:* Steven Kahan, [police-liaison@nbwclub.org](mailto:police-liaison@nbwclub.org)  
*Webmaster:* Monica Foulkes, [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* [open...events@nbwclub.org](mailto:open...events@nbwclub.org)  
*NBW merchandise sales:* [open...sales@nbwclub.org](mailto:open...sales@nbwclub.org)  
*Social events organizer:* Kris Brown, [banquet@nbwclub.org](mailto:banquet@nbwclub.org)  
*Social Tent organizer:* Bladimir Rodriguez  
*General information:* Bruce Masterson, [info@nbwclub.org](mailto:info@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Contributing writer:* Gary Stafford  
*Cartoonist:* Bob Paiva

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## From the Touring Committee

Rod Breault, touring@nbwclub.org

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**A**s you read this, summer is already well underway and the temperatures are rising. Consequently, we have already begun our summer start time of 9 AM for our Sunday rides in an effort to "beat the heat", though for me, a slower rider who likes to do the long-er routes, this technique is only partially successful. I still find myself rid-

ing in the heat! The summer start times last for July and August and return to 10 AM on September 1st.

This thought leads me to thoughts of our terrific volunteers, starting with Bladi Rodriguez, who hosts the weekly "social tent" after the rides and is, for me, a life-saver. There is nothing so cheering as riding into the parking lot after a long and hot ride, and seeing Bladi smiling and waving a small can of Coca Cola in my direction. Of course, he does this for all the riders, not just me, but it still makes me feel "special"! The food donated to the Social Tent by other, unsung, volunteers is also much appreciated!

We can't forget our other volunteers, those who arrow the Sunday rides. To quote our President, Ted Schwartz, "What makes NBW rides special is our arrowing of routes. That feature sets the NBW apart from other bike clubs". That, of course, means that all of our arrowers are special, too. I've heard from many new riders and guests over the years about how those arrows make riding with the NBW so easy and enjoyable.

So a special thanks to the June and July arrowers, Ted Schwartz, John Satterlee, Mike Emma, Ray Foulkes, Don Paiva, Rob Edgren, Chip Kent, Bob Ferschke, Ramiro Vernaud, Flavio Salas, John Darcy, Tim Scholz, John Stenning, and Bob Gallo. If I've left anyone else, I apologize and, if you let me know, I'll post your name in the next column.

Another volunteer to thank is Gary Archer who has contributed a new ride for the club: "The Friar's Ride" which is scheduled for August 11. This ride, with loops of 22, 34 and 59 miles, will be starting in Hope Valley and will be another challenging ride. Not only did Gary plan out the route, but he is arrowing it as well.

There has been discussion in the NBW Yahoo groups about the fact that the Rhody Roundup has been omitted from this year's schedule. I followed the discussion, but didn't participate in an effort to allow opinions to be formed and expressed, but do want to "chime in". There does seem to be some interest in resuming the Rhody Roundup in some form, so what we need is ... you guessed it ... a volunteer(s) to come up with a proposal for and to manage a new, "New Rhody Round-

up". As mentioned in the President's message in the last issue of the SnW, most feedback from club members has been that our recent format has gotten a bit stale and that a new venue may be in order. It seems that there is at least some desire on the part of the membership to have a summertime "Event".

Finally, and still in the vein of volunteerism, the Board wants to hear your comments on bike routes and scheduling. Suggestions are always welcome. Send them to me at touring@nbwclub.org or to any of the Executive Board Members or just talk to me; I'm at almost every Sunday ride.

So let's enjoy our summer season: may it not get too hot, may we all have our best year of riding ever and may everyone ride safely and accident free.

See you all 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
- Obey all traffic laws.

### LATE NEWS!

At last we have a volunteer to take over the position of Arrowers/Paint Coordinator. Details TBA.

We send a big "thank you" to Chip Kent for his years of volunteering in this crucial work for the club.

### **Want to arrow a ride?**

A new coordinator is taking over from Chip You will see him frequently at rides and can reach him to volunteer to arrow a ride by emailing him at: **arrows@nbwclub.org**

NBW 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)

## 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>August 4, 2019</b>	<b>BikeWorks Swansea Ride</b>	16/25/50 miles	
<b>Sunday</b>	9:00 AM	Map No. 160	Arrows: Arrower:
<i>Route</i>	Swansea, Dighton, Freetown		
<i>Directions</i>	NEW START: Start at the SWANSEA MALL, 262 Swansea Mall Dr, Swansea, MA. Park near former Apex Store. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to turn left onto Rt 118 North (Swansea Mall Dr). Turn left at the first light on Rt 118 into Swansea Mall. Park near the former Apex Store. Ride will start out of the back of the Mall on Cousineau St.		
<i>Drive Time</i>	15 minutes from Providence		
<i>Description</i>	A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 25 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store (across Rt 118 from the Mall) after the ride for shopping and refreshments.		
	July and August rides start at 9:00 AM		

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<b>August 11, 2019</b>	<b>The Friar Ride</b>	22/34/59 miles	
<b>Sunday</b>	9:00 AM	Map No. 175	Arrows: G Archer
<i>Route</i>	Hope Valley, Richmond, Hopkinton, Stonington, Voluntown		
<i>Directions</i>	Start at the Stop & Shop Plaza, 3 Stillson Rd., Richmond (Hope Valley), RI. Take I-95 South to Exit 3-A; go left at the exit and left into the parking lot. Please park well away from the stores.		
<i>Drive Time</i>	40 Minutes from Providence		
<i>Description</i>	This ride was developed by member Gary Archer, who is a great Friars fan, hence the name of the ride. Gary designed this ride to avoid some of the issues with the Hope Valley Extra ride and to stay off main roads such as Rte 138 by finding a back way out of the parking lot and using some unfamiliar roads as well as some roads that we haven't ridden on before. This area is noted for its hills, so be prepared!		
	July and August rides start at 9:00 AM		

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<b>August 18, 2019</b>	<b>Diamond Hill One</b>	16/32/48 miles	
<b>Sunday</b>	9:00 AM	Map No. 129	Arrows: Bonin, C
<i>Route</i>	Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA		
<i>Directions</i>	Start at Mercymount Country Day School 35 Wrentham Rd., Cumberland, RI. (Access is via Fisher Rd) Directions: From Providence, take Rt 146 North, to Rt I-295 North. Take Exit #22, Rt. 114, Cumberland. At the end of the ramp, turn left onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). After 1.7 miles, bear right onto Rte 121 (Wrentham Rd.). Turn right onto Fisher Rd. Entrance to the school is on your left.		
<i>Drive Time</i>	30 minutes from Providence		
<i>Description</i>	This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses.		
	July and August rides start at 9:00 AM		

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**August 25, 2019**                      **The 'Bridge' Ride**                      16/28/44 miles

**Sunday**      9:00 AM              *Map No.* 131              *Arrower:*

*Route*              Burrillville, Uxbridge, Northbridge

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

*Drive Time*      35 minutes from Providence

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

July and August rides start at 9:00 AM

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**September 1, 2019**                      ♥ **Seekonk Southern Ride**                      16/29/52 miles

**Sunday**      10:00 AM              *Map No.* 89              *Arrower:*

*Route*              Seekonk, Rehoboth, Somerset

*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. Please park near the tennis courts. School officials have asked that we not park near the main entrance. Good will on the part of the school department will allow us to continue to use this convenient ride start.

*Drive Time*      10 minutes

*Description*      This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob Paiva .

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**September 8, 2019**                      **\*\*TFCE**

**Sunday**                      *Map No.*                      *Arrower:* TFCE crew

*Route*

*Directions*

*Drive Time*

*Description*      This annual ride is for PRE-REGISTERED riders only.

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**September 15, 2019**                      **NBX Ride**                      24/37/50 miles

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

*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. During the blazing descent on Bridgetown road, take care not to miss the right turn onto Middlebridge Road!

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**September 22, 2019**                      **Border Crossers**    22/42/66 miles

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

*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 Rte114 until the T-junction with Rt 121 - bear right on Rte121, 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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**September 29, 2019**                      ♥ **Mattapoisett Ride**    14/31/49 miles

**Sunday**      10:00 AM              *Map No.* 52                      *Arrower:* D Robillard/M Miller

*Route*              Mattapoisett, Rochester

*Directions*      Start at the Commuters' Parking Lot, 87 North St, Mattapoisett, MA - off I-195 at the Mattapoisett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, use Industrial Rd just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right). Do NOT park on street or sidewalks and do NOT NOT park in the coffee shop across the street from the commuter lot (you know this is a NO NO to park in the little coffee shop lot, so don't do it, please).

*Drive Time*      40 minutes

*Description*      This easy ride travels past Mattapoisett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

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**October 6, 2019**                      **Ray Young's Ride**    12/19/23/33/55

**Sunday**      10:00 AM              *Map No.* 120                      *Arrower:* P Bissell

*Route*              Greenville, Chepachet, Pascoag

*Directions*      The ride will start from the back of the Anna McCabe Elementary School, 100 Pleasant View Ave (Rt 116), Smithfield RI - on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. Directions: Rt I-295 N to Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto Rt 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.

*Drive Time*      20 minutes from Providence

*Description*      This ride, and Ray Young, are so famous that the ride is written up in Howard Stone's book, "Short Bike Rides in Rhode Island." It's a scenic, rolling ride, with plenty of apple orchards and farmland.

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

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Mailing label is your valid membership card; includes your number and expiration date  
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**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
Oct	Sun 6	120	Ray Young's Ride	Smithfield, RI	12/19/23/33/55	P. Bissell
	Sun 13	79	Putnam Ride	Putnam, CT	15/32/66	
	Sun 20	130	Cape Caper Ride	Bourne, MA	24/40/62	
	Sun 27	84	Scituate Reservoir South	N Scituate, RI	10/23/37	
Nov	Sun 3	81	Cranberry Metric	Raynham, MA	20/38/65	
	Sun 10	92	Taunton-Sharon Tour	Taunton, MA	21/29/49	
	Sun 17	168	Don & Raul's Fall River Ride	Seekonk, MA	21/33/51	
	Sun 24	64	Winter Newport Circuit	Newport, RI	19/29	
Dec	Sun 1	38	Jamestown Tour	Jamestown, RI	17/24	



(Top left and right) May 26, Speedway Ride, start in West Gloucester.

(Left) June June 2, Westerly Ride. Jan Harbutiak on the lovely Anandale loop.