

# The Spoke'n Word

Volume 50, Number 1

January/February/March 2020

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



## Annual Meeting October 26, 2019

*Above left:* Ted Shwartz, outgoing NBW President

*Above right:* Michelle and Rick Cortes-Harkins, Incoming President and Vice-President

*Right:* Dianne Robillard, 2019 Volunteer of the Year



President's column ... 1  
Annual Meeting/Volunteers' Banquet ... 3-4  
NBX Bikes/Spring Opener ... 5  
Memorial Day Weekend ... 6

2020 Riding Log ... 7  
Annual Holiday Party ... 9  
Cycling Sessions ... 10  
New Members ... 12

Touring ... 13  
Ride Schedule ... 14

## 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: Annual Meeting/Volunteers Banquet,  
October 26, 2019  
Photos: Monica 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.

---

## President's Message

---



[The following is the address given by Ted Shwartz at the NBW Annual Meeting & Volunteers' Banquet, October 26, 2019.]

**T**hank you all for coming. Most importantly thank you, Kris & Bob Brown, for putting the annual meeting and volunteer dinner together.

Did you know this year the NBW had 141 volunteers, contributing to the Annual Banquet and Volunteers' Dinner, our newsletter, *The Spoke'n Word*, the Touring Board, arrowing, police liaison, TFCE, and many other jobs

This year we will have 4 people rotating off the board: John Nery – Vice President and 2016 Volunteer of the Year, Alfredo Sosa - Membership Chair, Rick Schwartz –Treasurer, and Ray Foulkes - Past President. Collectively they represent at least 30 years of board expertise, and probably more.

The NBW prides itself on its arrowing. Chip Kent is stepping down, and leaving a whole trunk full of paint to his able replacement Mike Miller. Everyone who has ever done a Sunday ride with the NBW knows how great our Arrowers are.

I am going to speak briefly about two organizations that I love, and the similarities between them, despite one being a bicycle club and one being a hiking club. One is the NBW, and the other is Cold River Camp.

Cold River Camp is a hiking camp for families, run by the Appalachian Mountain Club, but run by a dedicated group of volunteers. This year was the Camp's 100th anniversary. Families love it, and have so for generations. It's a timeless place.

Once families come, they keep coming back. Some families are into their 4th generation, some hikers have been coming for 70 plus years. One defining feature of camp is that it never seems to change. It never seems to change in the really important ways. People will come back to camp after having been gone for twenty or thirty years, and comment "It's exactly the same as I remember". People come to camp, for a week, to hike, with their friends. Want to know a secret? Cold River Camp is constantly changing, but the feel and emotional connection stays the same from year to year to year...

We could say the same about the NBW. Think about how bicycles have changed in our lifetime; ten speeds, mountain bikes, disc brakes, toe clips, bike clip-in pedals, bike computers, GPS's, etc... Now it's e-bikes. Think about how our membership has changed, with friends coming and going, as their lives change.

Nevertheless, we show up on Sundays, we ride with our friends, and then we gather in the social tent. Once a year we do it at TFCE. Lots of stuff has changed through the years, but the important part is the same.

The hikers keep coming back year after year to Cold River Camp, for a week to hike and socialize with their friends.

The bikers keep coming back to NBW Sunday rides to bike and socialize with their friends. Sometimes hikers and bikers take a break, but when they come back, it feels the same, no matter how long the break.

Another common element to both Cold River Camp and the NBW is that we are volunteered, with all the pluses, and all the minuses, that implies.

Both organizations are a little old school. We value the outdoors, we value exercise, we value community, we value a dollar.

We use some technology, but in general we represent generations that are less comfortable with it.

### ***What does this all mean?***

It means we follow, rather than lead, with technology. It means that, given a choice between spending \$1 on technology versus spending \$2, we spend \$1 on technology. Think about it, we patch inner tubes...

What it means is that technology is always changing, and we get dragged into changes that can't be avoided. It means that the technology will keep changing, and sometimes for no good reason. But it keeps changing.

It has nothing to do with riding a bicycle, but it has everything do with being part of a modern community, particularly as new members come aboard.

And that is ok, although sometimes it is a bit frustrating.

Another common element to Cold River Camp and the NBW is the time commitment.

*Contd on page 2 ...*

Contd from page 1

What you get with that time commitment is both a physical fulfillment, and a social fulfillment. I don't think you get both of those by a short solo ride, or trainer ride in your basement, or spin at a gym. Don't get me wrong, these rides have their own role, it's just not the same as a club ride...

This dual fulfillment speaks to the ever-present challenge facing the NBW. The NBW is one small part of the bicycling world, and that is ok. We are good at what we do. That is, in large part, due to you. The NBW may change over time, and expand its role beyond the Sunday series, but it risks diminishing its social fulfillment for its members.

My 2 cents is that most big bicycle clubs try to do too much. Too many rides, lots of little communities, all in their own silos. I like our model, one Sunday ride for everyone, easy to understand, easy to join, easy to ride.

I have one last comment about Cold River Camp, the NBW, and time commitments.

My friend Bill was camp manager at Cold River for 10 years. Each season was 9 weeks. Bill figured he had been in Camp, as the manager, for 90 weeks, almost two years.

I have been your President for the last 7 years. My back-of-the-envelope calculation is that at 52 Sundays a year, that works out to 364 Sundays. Plus one extra Sunday for a Leap year. That works out to 365 Sundays. A year of Sundays...

It has been my pleasure, to have been your president for a year of Sundays.

### **Volunteer of the Year...**

The NBW Volunteer of the Year award is given each year to one club member as thanks for their contributions, above and beyond, during their membership. The rules are

simple. You can only win once. You may not be a member of the Board.

Each year when the board meets to decide on the Volunteer of the Year we find ourselves with many candidates who are worthy, and then we almost always settle down to one unanimous vote.

Would the previous Volunteers of the Year please stand... These volunteers have been doing the heavy lifting of the NBW for years...

Let me tell you about our newest Volunteer of the Year: Our volunteer is a longtime member of the club; our volunteer leads quietly, by example; our volunteer is one of the best Arrowers the NBW has ever had, Through the years, our volunteer has helped ensure thousands, tens of thousands, TFCE riders don't get lost. It seems the only thing she has not done is become a member of the NBW Board, but now she is on the Board too.

Our 2019 Volunteer of the Year is **Dianne Robillard**. May her contributions to the NBW Board be as clear and meaningful as her arrows .

### **Arrows...**

Somehow, it always comes back to arrows. We are the NBW. We arrow. They set our direction. Starting February 1st, 2020, the NBW arrows will be pointing to a new Board of Officers, setting our direction going forward.

Please welcome the NBW's Board of Officers for 2020:  
President – Michelle Cortes Harkins  
Vice President – Rick Harkins  
Treasurer – Janice Velozo  
Secretary – Margaret Vigorito

Signing off as President,  
Ted Shwartz



## NBW Annual Meeting, October 26, 2019

The proposed amendments to the NBW By-Laws were approved. The amendments were posted in full in the August and October issues of *The Spoke'n Word*, page 2.

The following were elected to one-year terms on the Board of Officers, beginning February 1, 2020:

President: Michelle Cortes Harkins  
Vice-President: Rick Harkins  
Treasurer: Janice Velozo  
Secretary: Margaret Vigorito

2019 Volunteer of the Year: Dianne Robillard

### Current List of Club Officers & Other Important People

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

*President:* Ted Shwartz (term ends 1/31/20),  
Michelle Cortes Harkins (term begins 2/1/20)  
president@nbwclub.org  
*Vice President:* John Nery (term ends 1/31/20)  
Rick Harkins (term begins 2/1/20)  
vicepres@nbwclub.org  
*Treasurer:* Rick Schwartz (term ends 1/31/20)  
Janice Velozo (term begins 2/1/20)  
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, term ends 1/31/20)  
*Membership Secretary:* Ray Foulkes, membership@nbwclub.org  
*Rides Coordinator:* Rod Breault, touring@nbwclub.org  
*Advocacy Chair/LAB representative:* Mark Dieterich, advocacy@nbwclub.org  
*Volunteer of the Year 2017:* Chip Kent  
*Volunteer of the Year 2018:* John Stenning  
*Volunteer of the Year 2019:* Dianne Robillard

#### OTHER CLUB FUNCTIONS

*TFCE Chair:* Ted Shwartz  
*TFCE Volunteers:* John Nery  
*Arrowers/Paint coordinator:* Mike Miller, 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 creator:* Ted Shwartz  
*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:* open....events@nbwclub.org  
*NBW merchandise sales:* open ... 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

*Below left:* Kris Brown, Annual Banquet Organizer  
*Below right:* Janice Velozo & Wendy Emma



More Photos from the Annual Meeting/Volunteers' Banquet



*Photos: Monica Foulkes,  
Patty Hathaway*

# 2020 RHODE ISLAND BIKE SHOW



ANNUAL SALE BIKE SHOW BIKE DEMO

Celebrate Spring  
With NBX Bikes!



Friday, April 3<sup>rd</sup> -  
Sunday April 5<sup>th</sup>

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

[www.nbxbikes.com](http://www.nbxbikes.com)

"ride for the fun of it"





# Annual Memorial Day Weekend

In Southern Vermont

Friday, May 22 to Monday, May 25, 2020

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

## NBW Membership

Our membership registration and renewal process is online through [imAthlete.com](http://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](mailto: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)



## Ride Mileage Record Chart 2020

2020	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
<b>January</b>				1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31	1		
<b>February</b>	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
<b>March</b>	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
<b>April</b>	29	30	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		
<b>May</b>	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
<b>June</b>	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		

## Ride Mileage Record Chart 2020

2020	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
<b>July</b>	28	29	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		
<b>August</b>	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
<b>September</b>	30	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		
<b>October</b>	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
<b>November</b>	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
<b>December</b>	29	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				

## Holiday Party, December 8, 2019

The usual large crowd came to celebrate a year of great riding and also to contribute to those who are in need in our local area. Thanks to our wonderful hosts, Jon and Cyndi Stenning, a large contribution was made to Amos House — and we all had a great time. Here are some of the guests (photo by Jon Stenning).



### NBW Wheeler Dealer

See website for latest listing

**Free Stuff:** 1 pair Sidi road shoes, mens' 42 with Look grey cleat 4.5 degree float. 1 pair North Wave mountain bike shoes, mens' 43 with Shimano SPD floating cleat (this shoe runs a bit wide). Mens' bib shorts, Castelli, navy blue medium. Mens' bib shorts, Etxe-Ondo black/white, medium. Contact Luke Brissette, cell 401-374-7290, email [lukebrissette@yahoo.com](mailto:lukebrissette@yahoo.com)

*Right: Santa arrows in pink;  
Larry & Ted's Dartmouth Ride  
Photo: T. Shwartz*



## Cycling Sessions

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

New “events” have cropped up for those who want to have some adventures with cycling. We now have “Gravel Grinder’s, GranFondo’s, climbing events and more centuries.

For this year, it all started when I entered the **GranFondo Peschiera Del Garda**, in Italy. I had a business trip to Europe and decided to anchor some vacation days to an event. Of course, the local cyclists from Italy have been doing this for a long time.

I decided to try a GranFondo with an Italian friend, Mauro, with whom I work. Mauro is a triathlete and marathon running athlete. The group corrals were set up depending on how many GranFondo’s in Italy with this group. I was at the back.



This event was not super long, but it had a HC mountain to climb and quite a bit of steep switch backs, up which takes time to tackle them.



Once our group moved, I was ready, determined to drop Mauro as we had a bet! This was one of the most well-oiled events I have seen. Closed roads, motorcycles ahead to show turns, and flaggers.

From the start, near Lake Garda, speed quickly went up on the flats to 30 mph plus. Time to jump up into another group. Bridging to the next group I had some that jumped on my wheel. I was sure that my Arc team jersey was clear that I was an American. Lots of attacks, finally a group as the early climbs came in.



As I climbed up the switch backs, the beautiful Lake Garda could be seen. No time to take a picture, also because it was 10% grade!

(Super climbs created some foggy glasses.)

*Contd. on next page ....*

Contd. from previous page ...



Soon the 180 turns called switch backs, averaging 5 to 9%, sharp on the corners. Fortunately, I got out with Mauro for a 100 km check on the rental bike and felt familiar. I had a disc brake road bike, which was great coming down the 180 turns. I managed to beat Mauro on the big climb.

Once you feel good going down the mountain on the switches it really brings up an emphatic feeling like being a kid again. As we got back down to the valley the roundabouts started to show up with flaggers to tell us which way to go.

Suddenly Mauro came by as he bombed the downhill with his local fitness and technique! Yes, Mauro did get to the finish line 2 minutes faster than me.



After he passed my group, the speeds started to go very fast. Speeds were easily 28 plus to 40 mph as we all knew that we had 10 km to the finish. With the transmitters everyone wanted a good result.

We both got in in the 1/3 of the groups. More important were the sights, the friendly way that everybody was as they played with their moves and not so serious like we get in USA.

Like the wine and the good food, the emotions of finishing a special ride for sure. Sprints to finish!



As the weather was with our pasta with some sprinkles, *Una cena senza vino e come un giorno senza sole* – A meal without wine is a day without sunshine!

grazie

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 at [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)

## CALLING ALL NBW MEMBERS IN FLORIDA ...

Quite a few club members spend the winter or vacation in Florida. NBW member Burt Abrams is wondering if enough members would be interested in meeting in Florida for a ride of a day or two. Of course it's a big state, but if the idea is of interest a meeting place could be determined, depending on where most would be coming from. Contact Burt Abrams at [smarba6@gmail.com](mailto:smarba6@gmail.com)



---

## Welcome new members

Humberto Alves, Dorchester, MA  
Elkin Angel, Cumberland, RI  
Eric Archer, Warwick, RI  
Brian Ayotte, New Bedford, MA  
Dennis Banks, Hope Valley, RI  
Jay Baronowski, Newton, MA  
Joel Bauman, Sudbury, MA  
Heath Beaudoin, Whitinsville, MA  
Steven Berkowitz, Sharon, MA  
Allyson Bonner, North Scituate, RI  
Kevin Boyd, North Attleboro, MA  
Christopher Brown, Jamestown, RI  
Linda Burrows, Cranston, RI  
Carroll Caldwell, East Greenwich, RI  
Michael Campanella, Warren, RI  
Grace Chan, Boston, MA  
Wilson Cheung, Sharon, MA  
Daniel Connor, North Providence, RI  
Patricia Devereux, Narragansett, RI  
Anna Drakulich, Providence, RI  
Monika Dreslin, Stonington, CT  
Jen Eyl, Providence, RI  
Paul Fischer, Franklin, MA  
Jenn Forbes, Fairhaven, MA  
Gayle Gifford, Providence, RI  
Laura Homer, North Attleboro, MA  
Alex Hood, Boston, MA  
Jonathan Howard, Providence, RI  
Kory Hunter, Cranston, RI  
Alex Joseph, Portsmouth, RI  
Paula Kahr, Franklin, MA  
David Kellogg, Providence, RI  
David Krick, Plainville, MA  
Eliza Lawson, Barrington, RI  
Laurie Iris Lerner, Norton, MA  
Keith Lesage, Plainfield, CT  
Rachel Lindstrom, South Easton, MA  
Joao Lopes, New Bedford, MA  
Doug Lyman, Bristol, RI  
Parker Lyman, Warren, RI  
Peggy Macdonald, Burlington, VT  
Wayne Maguire, Smithfield, RI  
Lisa Maloney, Hamden, CT  
Denise Miles, Oxford, CT  
William Millette, Cumberland, RI  
Guy Minkin, Swansea, MA  
Aravind Mohan, Attleboro, MA  
Ricardo Mundarain, Pembroke Pines, FL  
Paul Munroe, Tiverton, RI  
Scott Myers, Yarmouth Port, MA  
Barry Rosenblum, Sharon, MA  
Joseph Roth, Norton, MA  
Mary Serreze, Fairhaven, MA  
Lou Shames, East Greenwich, RI  
Ann-Marie Shea, North Attleboro, MA  
Scott Shuler, Providence, RI  
Gregory Sprague, Coventry, RI  
Natalie Stone, Dighton, MA  
Steven Subotnick, Providence, RI  
Carlos Tamup, Cranston, RI  
Deborah Tanner, Medway, MA  
Greg Vlasov, Warwick, RI  
Chris Wilcox, Charlestown, RI  
Dennis Young, Natick, MA



## Want to arrow a ride?

Mike Miller is our NBW 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](mailto: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)

## Thanks to our most recent arrowers:

Oct 6—Ray Young's Ride—Pete Bissell  
Oct 13—Putnam Ride—Paul Rider  
Oct 20—Cape Caper—Rob Edgren  
Oct 27—Scituate Reservoir South—Pat Stark, Bob Paiva  
Nov 3—Cranberry Metric—Tim Scholz  
Nov 10—Taunton Sharon Ride—Bill McGrane  
Nov 17—Don & Raul's Fall River Ride—Brian Dalrymple  
Nov 24—Winter Newport Tour—Pete Rice  
Dec 1—Jamestown Tour—Jan Harbutiak, Lee Sproul

## 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, especially 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 your local bike  
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 your local bike 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.

---

## From the Touring Committee

Rod Breault, touring@nbwclub.org

---



I'm sitting at my desk, writing this column and looking out at the ground outside, covered by the first snowfall of the winter of 2019-2020. The snow started falling after the Sunday ride of December 1 on Jamestown. The ridership for that Sunday was about 15, a far cry from some of the 150 or more riders that we've had for some of our summer Sunday rides!

I want to salute those who braved the snow forecast for that day and got rewarded with a (relatively) pleasant ride on the island. I did that ride and the tour of the island made me do some musing about winter cycling.

As I cycled past the entrance to the Ft Getty campground, I remembered the old Rhody Roundup picnics the club had there years ago and got to thinking about summer versus winter riding.

Of course, air temperatures are a key difference between the seasons; the lower temps of late fall and wintertime complicate preparations to ride by forcing us to decide which clothing combinations will be appropriate for the temperatures. Gone are the days when hot temperatures impel us to wear only lightest and least clothing possible! Now, one has to consider the temperature at the beginning as well as at the end of the ride, trying to achieve enough warmth for the ride start as well as not to be overheated by the finish. Although the conventional wisdom says to dress in layers in winter, I've not yet been able to make myself stop and take off a layer of clothing midway in a ride! Especially when I would need to remove my winter cycling jacket first to get a thinner layer off....so I just try to guess what will work for the entire ride and hope I get it right. Experience pays off here, big time.

As I started the long climb up to Beavertail State Park just south of the Fort Getty access road, another difference occurred to me. In fairer weather, I just love going downhill. Most of the time, the faster I go, the better I like it. What I hate is the long, hot, sweaty climb to the top of the hill and prefer the cooling off period while "bombing" downhill.

In winter, this is completely reversed. Climbing a hill is much preferred (for warming up) than flying down a hill. I'm even tempted to brake going downhill to preserve body heat! Even the choice of position going downhill gets complicated: do I get in an aero position to limit my exposure to the wind even though I go faster downhill, or do I sit upright and go slower? I suspect it makes no difference; either way I'm chilled at the bottom of the hill.

Cruising downhill from the Beavertail start led me to another thought: what about safety? Some safety concerns that are not an issue in fairer weather are:

- Ice on the shoulders of the road.
- Sand on the roads, everywhere.
- Motorists that aren't expecting to see riders on winter Sundays (or any other day of the week). There is some safety in numbers after all. Drivers expect cyclists in good weather. I'm also of the opinion that winter riding makes blinkies, front and rear, even more valuable.
- Water on the road surface. Melting snow means that the roads will be wet; a concern for black ice if the road surface is below freezing. If not frozen, the water sprayed up from the tires will chill you even faster than the air will, making fenders desirable.

So, why not just hang up the bike for the winter and skip riding 'til the weather improves?

Well, for me, there's something about the challenges of winter riding that makes it special. I suppose there's a bit of smugness about it, too when I've successfully "braved the elements". But mostly, it's some of the same reasons to ride in better weather: the camaraderie, the sense of accomplishment and the enjoyment of the countryside while riding. Snow cover causes even familiar areas to take on a new appearance and the loss of leaves on trees causes new sights to reveal themselves, making even old familiar rides look different.

To encourage winter riding the touring board has put together a ride schedule that we hope will accomplish that goal. As usual, we select shorter rides in winter and try to keep the ride starts closer to the Providence area to accommodate the shorter days. We also try for flatter rides to avoid the dreaded downhills!

*We begin the New Year with the traditional **New Year's Day ride**, hosted again this year by Perky Nellison. From then the rides travel around Taunton, the Scituate Reservoir, Worden Pond, and Tiverton.*

But the best part, perhaps, is the last ride on the schedule.....**The NBX/Spring Opener on April 5**. See, it won't be all that long before we can start shucking our winter duds.....!

Ride safely this winter and if you aren't riding at all during the cold months, I'll see you on the road in the spring!

Rod

## 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.

---

<b>January 1, 2020</b>	<b>*New Year's Ride</b>	~20/30 miles
<b>Wednesd</b>	11:00 AM	Map No. Arrower: P Nellison
<i>Route</i>	Little Compton	
<i>Directions</i>	NEW START: Perky Nellison's home, 15 Quoquonset Lane, Little Compton, RI. From Providence take I-195 east through Fall River MA. Take exit 8A to Rte 24 S. to the Fish Rd. Exit. Turn left onto Fish Rd. Drive 1.4 miles, turning right onto Bulgarmarsh Rd. At the end of Bulgarmarsh Rd, turn left onto Rte 77 S. Drive 10 miles, turning left onto Quoquonset Lane. #15 is on the right, about 500 feet ahead. Park on shoulder of road to leave as much road space as possible. Do not block road.	
<i>Drive Time</i>	50 minutes from Providence	
<i>Description</i>	Following the old tradition, Perky will devise a ride of around 20/30 miles through the Little Compton and Tiverton area for members to start the New Year off in good style. This ride will have arrows only. Coffee and donuts will greet riders upon return. Move on after the ride to Carleen McOsker's traditional pot-luck New Year's Open House party after 2 PM. Please note that Carleen has relocated, temporarily, to 594 River Rd, Westport, MA. Directions to Carleen's will be provided at the ride.	

---

<b>January 5, 2020</b>	<b>Taunton Norton</b>	15/29 miles
<b>Sunday</b>	11:00 AM	Map No. 103 Arrower: B Dalrymple
<i>Route</i>	Taunton, Norton, Mansfield	
<i>Directions</i>	Start at Plaza 44, 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.	
<i>Drive Time</i>	50 minutes from Providence	
<i>Description</i>	This ride is scenic and secluded even though it's only 30 miles from Boston. Level terrain abounds with country roads looping past ponds and farmland. You'll pass Norton Reservoir, Winneconnet Pond, Watson Pond and Lake Sabbatia. This ride repeats on Feb 2.	

---

<b>January 12, 2020</b>	<b>Worden Pond</b>	16/26 miles
<b>Sunday</b>	11:00 AM	Map No. 40 Arrower: B Thompson
<i>Route</i>	Kingston, Tuckertown	
<i>Directions</i>	Start at Univ of RI, Rt 138, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	This scenic tour of South County goes by Worden's Pond and historic Kenyon's Grist Mill. Caution on Shannock Rd, just before Rt.2 (watch curves and sand). This ride will repeat Feb 9.	



---

**January 19, 2020**                      ♥ **Barrington REPEAT**                      11/17/26 miles

**Sunday**    11:00 AM            *Map No. 2*                      *Arrower: D Paiva*

*Route*            Barrington, Seekonk

*Directions*    Start at Barrington High School (220 Lincoln Ave, Barrington,RI), Upland Way parking lot, Barrington, RI. Take the Wampanoag Trail (Rt. 114) to Rt. 103. At the intersection of Rt. 103 and Federal, where there is a large white church on the left, turn right on Federal. Take first left on Upland Way. The school is on your left after you make the turn.

*Drive Time*    20 minutes from Providence

*Description*    This ride crosses the Barrington River and heads north into Seekonk along the Palmer River. Returning south to Barrington, we pass Barrington Beach, the Rhode Island Country Club, Nayatt Point, Echo Lake and Bullocks Cove. If you omit Rumstick Point, your mileage will be about 3 miles less.

---

**January 26, 2020**                      **Johnston Winter Ride**                      15/30 miles

**Sunday**    11:00 AM            *Map No. 141*                      *Arrower: T Shwartz*

*Route*            Johnston, Scituate Reservoir

*Directions*    Start at the North Scituate Town Common, across Route 116 from the North Scituate Community House, 546 W Greenville Rd, Scituate, RI. To get there, take Route 6 West from Rt. I-295. Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

*Drive Time*    10 minutes from Providence

*Description*    An old winter ride, updated by Tina Williams. There is a nice challenge on Pine Hill to test your winter gears. The 30 miler goes around Scituate Reservoir. This ride repeats on Feb 23.

---

**February 2, 2020**                      **Taunton-Norton REPEAT**                      15/29 miles

**Sunday**    11:00 AM            *Map No. 103*                      *Arrower: B Dalrymple*

*Route*            Taunton, Norton, Mansfield

*Directions*    Start at Plaza 44, 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*    50 minutes from Providence

*Description*    This ride is scenic and secluded even though it's only 30 miles from Boston. Level terrain abounds with country roads looping past ponds and farmland. You'll pass Norton Reservoir, Winneconnet Pond, Watson Pond and Lake Sabbatia. This is a repeat of the Jan 5 ride.

---

**February 9, 2020**                      **Worden Pond - REPEAT**                      16/26 miles

**Sunday**    11:00 AM            *Map No. 40*                      *Arrower: B Thompson*

*Route*            Kingston, Tuckertown

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

*Drive Time*    40 minutes from Providence

*Description*    This scenic tour of South County goes by Worden's Pond and historic Kenyon's Grist Mill. Caution on Shannock Rd, just before Rt.2 (watch curves and sand). This is a repeat of the Jan 12 ride.

---

**February 16, 2020**                      **Simple Arrow Ride**                      9/27 miles

**Sunday**    11:00 AM            *Map No.* 12                      *Arrower:* No Arrows

*Route*            Burrillville, Harrisville, Douglas, Uxbridge

*Directions*    Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N. Get off at the RI 5/RI 102 exit in North Smithfield (this is the exit after Pound Hill Rd exit). Bear Right onto School St. Take quick Left onto Rt 146A, Great Rd (this will become Rt 102, Victory Highway). Go 6.0 miles. Turn Right onto Rt 107, East Ave. Go 1.0 miles to Burrillville High School, 425 East Ave, Harrisville, RI, on your left. Park behind school.

*Drive Time*    35 minutes from Providence

*Description*    Fascinating ride on rolling, rural terrain - so simple you don't get arrows! 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.

---

**February 23, 2020**                      **Johnston Winter Ride REPEAT**                      15/30 miles

**Sunday**    11:00 AM            *Map No.* 141                      *Arrower:* T Shwartz

*Route*            Johnston, Scituate Reservoir

*Directions*    Start at the North Scituate Town Common, across Route 116 from the North Scituate Community House, 546 W Greenville Rd, Scituate, RI. To get there, take Route 6 West from Rt. I-295. Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

*Drive Time*    10 minutes from Providence

*Description*    An old winter ride, updated by Tina Williams. There is a nice challenge on Pine Hill to test your winter gears. The 30 miler goes around Scituate Reservoir. This is a repeat of the Jan 26 ride

---

**March 1, 2020**                      ♥ **Fish Road**                      16/22/33 miles

**Sunday**    11:00 AM            *Map No.* 149                      *Arrower:* M Emma

*Route*            Tiverton, Sakonnet

*Directions*    Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Road exit. Take a right turn off the exit; parking lot is on the right.

*Drive Time*    35 minutes from Providence

*Description*    Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.

---

**March 8, 2020**                      ♥ **Our Lady, Queen of Martyrs Ride**                      20/28 miles

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

*Route*            North Smithfield, Uxbridge, Mapleville, Burrillville

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

*Drive Time*    20 minutes from Providence

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

---

**March 15, 2020**                      **Walpole Dover**                      15/28 miles

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

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

*Directions*    Start from the Municipal Parking Lot, behind the Fire Station at 20 Stone St. Walpole, MA in the center of 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 Stone St. 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 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 22, 2020**                      ♥ **Lakeville Tour**                      15/25/42 miles

**Sunday**    11:00 AM            *Map No.* 47            *Arrower:* D Robillard/M Miller

*Route*            Lakeville, Freetown, Acushnet, Rochester

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

*Drive Time*    40 minutes from Providence

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

---

**March 29, 2020**                      **Westerly Ride**                      26/35/50 miles

**Sunday**    11:00 AM            *Map No.* 113            *Arrower:*

*Route*            Westerly, Watch Hill, Niantic, Bradford, Ashaway

*Directions*    START: Car pool commuter lot in Ashaway, RI. (Across from 401 Main St. Ashaway, RI) Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

*Drive Time*    40 minutes from Providence

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

---

**April 5, 2020**                      **NBX /Spring Opener**                      18/32/43 miles

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

*Route*            East Providence, Seekonk, Rehoboth

*Directions*    Start at NBX Bikes, 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*    15 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. See you there, after the ride at the bike show in the tent.

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!

---

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

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

Presorted Standard  
 US Postage  
 PAID  
 Providence, RI  
 Permit No. 527

**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 weekly email from the President

**Tentative Future Ride Schedule—SUBJECT TO CHANGE—comments to touring@nbwclub.org**

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Apr	Sun 5	28	NBX/Spring Opener	East Providence, RI	18/32/43	E. Amado
	Sun 12	49	Great Grandma's Farm Ride	Smithfield, RI	13/21/49	L. Brissette
	Sun 19	174	Re-Cycled Bicycle Ride	Woonsocket, RI	21/30/47	C. Kent
	Sun 26	57	Miles Standish State Forest	Wareham, MA	23/50	
May	Sun 3	160	BikeWorks Swansea Ride	Swansea, MA	16/25/50	
	Sun 10	49	Gt Grandma's Ride-REPEAT	Smithfield, RI	13/21/49	L. Brissette
	Sun 17	19	Tom & Pat's Half Century	Coventry, RI	18/26/48	
	Sun 24	122	Plymouth Century	Seekonk, MA	26/57/105	



Although our Summer Social Tents are finished, Ray Foulkes devised a "pop-up social tailgate" offering hot noodle soup for returning riders after the Nov 17 Don & Raul's Fall River Ride. The steaming kettle was a draw after a cold ride.