

The Spoke'n Word

Volume 50, Number 2 Special Issue—online only

April/May 2020

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



Annual NBW New Year's Day Ride, 2020 Little Compton, Rhode Island

The year started off so well on a beautiful clear, sunny January 1 and the club was ready with a great Spring schedule of rides ... and then it all came crashing down. We are stunned and don't know when we'll ever get riding again.

But we will! And NBW will be ready to roll out a great program of rides as soon as we are allowed out on the roads.
Until then take great care of yourselves, stay active, healthy and ready to ride.

COVID-19 Impact on the NBW

Our lives have changed dramatically in the last few weeks with COVID-19. So, with much sadness, the NBW will be cancelling all activities. This includes club rides, registration for the TFCE, the NBX Spring Opener and all ride arrowing. We will continue to take our lead from the RI Department of Health and their recommendations. The on-going status of club activities and events will be reviewed in the lead up to May 1. This is an unprecedented action for the NBW, a club that prides itself on never cancelling a ride, and it is motivated by the desire to preserve the wellness of our club members and the wider community. Please reach out with any questions. Be safe, be well.

Updates will be announced on our website and in the weekly President's email to all members.

**Michelle Cortes-Harkins
President@nbwclub.org
Website: nbwclub.org**

This issue is online only. No paper copies will be mailed.

Notes from the President



Hi,
I am Michelle Cortes-Harkins, a mom, cyclist, hiker, runner, and nature lover. I am excited to be the new president of the NBW. I welcome all members to reach out and share ideas and thoughts on how we can continue to make the Wheel(people) a great social organization.

A little about me: I started riding again 10 years ago when my youngest son, Emory, was diagnosed with Lyme disease. His case was so severe that he had to stay home during his senior year of high school and was hospitalized for a few days. To recover and heal both body and mind, he began riding his bike. He cycled all over Providence and at times to Newport, recovering and getting stronger. As he became a stronger rider, Rick and I bought bikes to ride alongside. I discovered a passion for riding that I hadn't felt since grade school. How could I have forgotten all the exploring that can be done on two wheels! So here we are, 10 years later and I am now President and Rick the Vice President of the Narragansett Bay Wheelmen. Love it!

I also want to ask club members to continue to ride with passion but also with caution. Adhere to the rules of the road and ride at most two abreast, where legal. If you are on a busy road, shift to a single file. And most im-

portantly, if you are coming up on an unsuspecting cyclist, please call out "on your left", letting them know you are passing.

Thanks for reading,
MCH

COVID-19 Impact on NBW

Updated March 16, 2020

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Updates will be announced on our website: nbwclub.org and in the weekly email from the president.

Current List of Club Officers & Other Important People

NBW OFFICERS (Terms begin February 1)

President: Michelle Cortes-Harkins, president@nbwclub.org
Vice President: Rick Harkins, vicepres@nbwclub.org
Treasurer: Janice Velozo, treasurer@nbwclub.org
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Margaret Vigorito, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Ted Shwartz, Todd Wise, Janice Velozo
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/Michelle Cortes-Harkins
TFCE Volunteers:
Arrows/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

Cancelled until further notice

All NBW rides

Memorial Day Weekend, organized by Ray Naughton. Contact him at raynaughton@cox.net for the latest information

Beginner rides led by Ted Shwartz, planned for May 3, Jun 7, and July 6

TFCE (The Flattest Century in the East) Sep 13. With much regret, the club cannot begin to register riders for our annual TFCE. No events can be planned for the University of Massachusetts, Dartmouth (our host location) at this time.

Welcome New Members

Gordon Bowersock, Harpswell, ME
Timothy Burditt, Saundertown, RI
David Deprest, Portsmouth, RI
Gerald Diodati, Cranston, RI
David Morgan, North Smithfield, RI
David Naff, Barrington, RI
Cesar Rodrigues, Fall River, MA
Dmitry Sloodskin, Providence, RI
Katherine Spriggs, Boston, MA
Jennifer Swanberg, Smithfield, RI

We apologize to our new members that we are unable to welcome you to our rides until this coronavirus pandemic is over. Please feel free to peruse our list of ride maps on our website, and set yourself up to link to NBW files on RideWithGPS (see box on page 4). We hope it won't be long before we meet you on a ride around the back roads of South-eastern New England.

More from our New Year's Day Ride ...

The weather was so good that this group of riders still retained their summer fitness to ride 100 miles. Jon Stenning, John Leca and Frenchie Amado rode to the start, did the NY ride and then rode back to Fall River (or was it New Bedford?). Here they are in Little Compton ready to set off on their last leg. At least somebody got a Century in this year!

Photo provided by Frenchie



The walking group of seven non-riders and two dogs did 3 or 4 miles along the beach. This photo and the panorama of riders on our cover were taken by Perky Nellison, who hosted the New Year's Day Ride in Little Compton. Thanks, Perky

Support your local bike shop

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.nbxbikes.com
* 414 Warren Ave, East Providence, RI 02914. 401-434-3838
* 922 Boston Neck Rd, Narragansett, RI 02882. 401-782-4444
* 729 Hope St, Providence, RI 02906. 401-274-5300
* 3480 Post Rd, Warwick, RI 02886. 401-739-0393

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

PROVIDENCE BICYCLE INC, www.providencebicycle.com
337 Warren Ave, East Providence, RI 02914. 401-228-6991
And 150 Lambert Lind Highway, Warwick, RI 02886
401-773-7733

RECYCLED BICYCLE, 26 Mill Street, Woonsocket, RI 02895
Repairs only. 401-636-0960. www.myrecycledbicycle.com

SCOTTEE'S WESTPORT BICYCLE, 1125 State Rd, Westport, MA 02790.
508-636-1266. 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 BICYCLE, 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



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

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

MEMBERS' PASSWORD

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

NBW email discussion list:

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-Ono black/white, medium. Contact Luke Brissette, cell 401-374-7290, email: lukebrissette@yahoo.com

For Sale: 2012 Specialized Camber Mountain Bike. Great condition, lightly used, wheels are true, front fork & rear shock in great shape. Frame: aluminum, size medium. Brakes: Tektro Draco hydraulic brakes 180mm Rotors. Shifters: Shimano SLX 9-speed trigger. Front & rear derailleurs: Shimano SLX. Cranks: Shimano Alivio. Chain rings: 44/32/22. Tires: Specialized The Captain Sport. Price: \$650 or make offer. Contact: tel: 401-339-7836. email: yap40j@gmail.com

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

From the Touring Committee

Rod Breault, touring@nbwclub.org



I wrote a column for the April-May issue before the Corona virus epidemic reached the USA and has had such an effect on all of us. I wrote that earlier version in late February; without a crystal ball, I had no idea that what seemed to be something confined to China would have the impact that it has and continues to have on us here in Southeast New England.

What seems to be such a simple pastime, cycling, now becomes a dangerous activity for many of us. Inasmuch as many of our members are in that "above 60" category and some of our very strong riders well past that, it seems wise that we should take the lessons of China, Italy and Spain to heart and suspend our activities until this epidemic shows serious signs of receding.

For now, as you've read elsewhere in this issue, the Executive Board has decided to cancel all of our Sunday rides. This means at least six of our Sunday rides will not happen, including the ever popular Spring Opener.

At least one of those rides is on the "Repeat" schedule: Great Grandma's Ride. Hopefully we'll be able to resume our schedule before too long.

It's certain that some of the rides scheduled for the remainder of March and April will have been arrowed by now and I want to thank those arrowers for their work, even though we didn't get to make use of their efforts. Though these rides may be arrowed, I do want to discourage anyone from making use of them. At this time, taking chances doesn't just affect you; it may well have impacts on others. Even a solo fall from a bike that sends you to the hospital could have an impact on our strained health care system and, if you were well before the crash, do you want to spend time in a hospital filled with COVID19 victims?

During this period, the touring board is working on the schedule for the rest of the year; we're optimistic that we'll get to riding again soon. Some new rides are on the drawing board,

two for winter use, and we hope to have another new ride ready for summer use this year.

As the effects and measures to try to control the pandemic continue to be unpredictable, please check your emails and the Club website for the latest updates to the riding schedule.

I hope that I don't hear of ANY club member being taken ill by this virus. Please be careful and calm during this stressful period.

Stay home, stay healthy should be the watchwords. May we meet out on the road again soon.

Rod



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

NBW provides the paint, map and instructions. Arrowing guidelines are posted on our website at: nbwclub.org/resources/nbw_arrowing_guide.pdf

Thanks to our recent arrowers:

Dec. 8, Coventry/W Greenwich, Mike Emma
 Dec 15 & 29 Larry & Ted's Ride, Dianne Robillard/Mike Miller
 Dec 22 & Jan 19, Barrington, Don Paiva
 Jan 1, New Year's Day, Perky Nellison
 Jan 5 & Feb 2, Taunton Norton, Brian Dalrymple
 Jan 12 & Feb 9, Worden Pond, Rob Thompson
 Jan 26 & Feb 23, Johnston Winter, Ted Shwartz
 Mar 1, Fish Rd, Mike Emma
 Mar 8, Our Lady, Queen of Martyrs, Rod Breault
 Mar 15, Walpole Dover, Bill McGrane
 Mar 22, Lakeville, Dianne Robillard/Mike Miller
 Mar 29, Westerly, ?
 Apr 5, NBX/Spring Opener, Euclides Amado

We can only hope that some of our future schedule can be used The following was the plan, but watch the website and the President's email for confirming announcements as soon as we can get out on the roads again.

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
May	Sun 3	160	BikeWorks Swansea Ride	Swansea, MA	16/25/50	
	Sun 10	49	Gt Grandma's Farm—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	
Jun	Sun 7	111	Westport	Westport, MA	13/26/44/49	D Robillard/M Miller
	Sun 14	97	For Pete's Sake Ride	Smithfield, RI	19/24/47	
	Sun 21	59	Mystic Metric	Ashaway, RI	15/30/64	
	Sun 28	62	Joe Medeiros Ride	New Bedford, MA	17/25/47/63	T. Scholz
Jul	Sun 5	88	Scramble Metric	Seekonk, MA	17/27/55/64	
	Sun 12	95	TriState Century	Smithfield, RI	31/62/100	
	Sun 19	166	Foxboro 55	Attleboro, MA	23/36/55	C. Bonin?
	Sun 26	105	Tiverton Fifty	Tiverton, MA	21/33/51	M Miller/D Robillard