

The Spoke'n Word

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

January 2021

nbwclub.org



September 13, 2020 was the date our annual TFCE ride was scheduled before Covid totally screwed up the whole year and it was cancelled. However, four NBW riders decided to ride the route on September 13, to keep the tradition going. Lisa Caledonia, Steven Heath, Dick Martin returning to UMass, Dartmouth. Photo: Ray Foulkes.

NO TFCE IN 2021

The NBW Board met via Zoom on January 19 and, with much sadness, concluded that it was not possible to organize a TFCE ride in 2021. Normally, at this time of year, we would already have a contract with Univ. of Massachusetts, Dartmouth, and be working on permits from local police departments on the route, but none of this is possible. Rather than hope for the best and start registering riders only to have to cancel later, the Board made a difficult decision with regret.

Current position: Still no club rides, no TFCE, but there is an extension to memberships.
See page 3.

Notes from the President

Hi everyone, 2020 was quite the challenge for us all. I remember starting out the year feeling hopeful and excited for my new role as the NBW president. As Covid began to shut down all activities it was hard to believe that the club would not be able to ride together. Part of the beauty of our club is the camaraderie and friendship on the Sunday rides. Not to mention the amazing Social Tent where you can catch up, grab a bite to eat and stretch out your legs.



As the days grew warmer and longer, we were able to socially distance ride with friends and family, discovering rail trail riding and some beach roads. The trails were busy, but the beaches were quite empty. We also began to bring our camera on our rides and took some amazing photos, one of our favorites being a majestic bald eagle who perched right next to us on the limb of a large tree.



And for 2021 we unfortunately will have to cancel the TFCE once again. Even though our annual ride is held in September; we will not have the time to organize the ride for this year. We may try other online events or socially distanced activities depending on where the pandemic and vaccines take us.

This year will most likely be another year of social distancing and no group rides. But we do have the chance to explore right out our back doors on bike. This year why not go a little slower, stop more often and take lots of photos. If you have any to share, feel free to submit them for publication in *The Spoke'n*



But, despite the challenges that Covid brings, there are some silver linings. At the beginning of the pandemic the roads were clear of cars which allowed for a better riding experience. Riding felt safer and the cars on the road gave us more room. Just being able to get outside at the beginning of a very stressful time was a gift.

The weekly NBW email broadcast to all members by President Michelle Cortes-Harkins is our main communication by which we let you know of late-breaking news and events. If you do not receive this weekly email, first check your "junk" email as sometimes this broadcast to all members is mistaken for spam by your email service (flag it as "not spam"). Or check with membership@nbwclub.org to see if the address is correct in your account.

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: Brian Dalrymple, 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 rep: 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:
Arrowers/Paint coordinator: Mike Miller, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Gendreau, Ted Shwartz, Pete Bissell
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: R.Paiva, R.Silvia, J.Satterlee, D.Baldwin, T.Shwartz, R.Breault, T. Sholz
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



All NBW ride maps are available on our website:
 Maps by geographic area, and
 Maps by number

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 your account to the NBW one using the link contained in the "Welcome to the NBW" email sent to you on joining or renewing membership.

Questions: maps@nbwclub.org

Welcome New Members

Jairo Ballesteros, Plainville, MA
 Richard Billings, Barrington, RI
 Matt Carper, Providence, RI
 Reon Fogg, Beltsville, MD
 Lawrence Gallagher, Westport, MA
 Froma Harrop, Providence, RI
 James Healey, Chepachet, RI
 Carl Helmetag, Riverside, RI
 Mark Loring, Carver, MA
 Laura Miller, Newton Ctr, MA
 Teresa Schraeder, Providence, RI
 Anthony Souza, Johnson, RI
 Rick Terek, Providence, RI
 Mark Tracy, Barrington, RI
 Terry Utterback, New Haven, CT
 Eugene Whalen, Cranston, RI

We apologize to our new members that currently we are unable to welcome you to our club rides . Please peruse our list of over 100 ride maps on our website, and set yourself up to link to NBW rides on RideWithGPS (see box). We hope it won't be long before we meet you on a ride around the back roads of Southeastern New England.



2020's lonesome riders. Larry Shwartz, photo by Ted Shwartz

NBW Membership

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

For full details and links go to the home page of the NBW website nbwclub.org and click on "Online NBW membership"

Questions: membership@nbwclub.org

Members' section of our website:

You no longer need a password.

We no longer provide the list of members.

NBW email discussion list:

Our Yahoo group has been discontinued.

In its place use:

<https://groups.io/g/nbwclub/topics>

NBW now has a storage facility for equipment.

Details: president@nbwclub.org

Changes in 2021

2020 turned out to be a bad year for the Club, as it did for everybody. All rides and events were cancelled, and no TFCE meant no income. At their last meeting the Board made some necessary decisions:

No club rides or events are foreseen in the near future, including no 2021 TFCE (The Flattest Century in the East). When we can resume club rides we will be delighted to send announcements ASAP. Questions to: touring@nbwclub.org

The Spoke'n Word will remain an online communication only; no paper copies will be mailed. This will be a permanent change. Questions to: editor@nbwclub.org

In view of restricted club activities, Memberships will be extended for one year. If you were a member in good standing on January 1, 2021, your expiration date has been extended by one year. Ray Foulkes is handling the process, Questions to: membership@nbwclub.org

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.nxbikes.com
* 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



Andy Wilner: NBW Zwift Rides

With the arrival of cold and snow, we've been welcoming increasing numbers of participants into NBW's weekly Zwift group rides.

Just like the traditional (pre-covid) in-real-life club rides, the indoor events start promptly at 10 AM on Sundays; though unlike IRL you can join up to 30 minutes late and be dropped right into the group. Also unlike real life, there are never cars or potholes in Zwift.

We offer short (12-15 mi) and medium (25-30 mi) distance options. The "rubber band" feature will be on for the first 12-15 miles - people can still ride as hard or easy as they like, but the group will remain stuck together, making it easier to chat. After 12-15 miles the rubber band will snap, leaving faster riders free to fly.

Zwift provides a great way to stay in touch, and stay in shape, with cycling friends when it's just too inhospitable to ride outside. A turbo trainer plus speed and cadence sensors are all you need to get started. See previous weeks' email messages sent to all NBW members from the President for more details and links to tutorials on how to get set up.

26, 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

TREK BIKE SHOP, 414 Warren Ave, East Providence, RI 02914.
401-434-3838

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

Annual Meeting, Narragansett Bay Wheelmen, November 10, 2020, held online (via Zoom)

Kris Brown, facilitator

President's Report: Michelle Cortes-Harkins highlighted the club's challenges during the pandemic, resulting in the canceling of club rides and the TFCE. However, two Zoom presentations were held (on legal and nutritional topics), over 300 face masks/gators and vintage t-shirts were sold. A virtual ride, "Fish on Bikes", was co-sponsored with the Woonasquatucket River Watershed Council, and weekly Zwift rides were organized. Eight popular NBW routes were kept arrowed by volunteers for members to ride on their own.

Treasurer's Report: Janice Velozo presented reports highlighting the reduced revenue because of the cancellation of TFCE, and reduced membership.

Membership Report was submitted via email by Ray Foulkes because of technical difficulties.

Election of Officers (one-year terms beginning Feb 1):

Michelle Cortes-Harkins, President, re-elected
Rick Harkins, Vice-President, re-elected
Janice Velozo, Treasurer, re-elected
Brian Dalrymple was elected Secretary.



Brian Dalrymple, incoming Secretary

NBW looking for a new Webmaster

NBW Webmaster

This is a volunteer position. The webmaster needs web editing experience and possesses the necessary programs to regularly update and create web pages and FTP to our host site. The job involves working regularly with the Touring chair to post ride schedules and maps, with TFCE chairs to post time-sensitive announcements, with the NBW President and other officers, and with club members for contributions. This person will be involved with a professional website designer to redesign the NBW website—nbwclub.org

If you are interested in this position, please contact NBW President, Michelle Cortes-Harkins at president@nbwclub.org

From your current Webmaster: A bit of history about our website—nbwclub.org—as far as I know:

It has been 12 years since I took over as Webmaster. Looking back, I've achieved what I intended when I began, but now my skills are out-of-date and my Dreamweaver editor is giving me problems. Now that the Board has decided to redesign our website, it's an appropriate time for me to step down and for a new Webmaster to be involved in this redesign.

Monica Foulkes

1996 NBW ride schedule was posted on a website hosted by a Lincoln bike shop (www.bandbicycle.com/bikes)
1997 club member Brian Aljian posted the first NBW web pages of ride schedules, contacts, links and a message board on his own website (www.aljian.com/nbw)
1998 the NBW information moved to the website of another member, Monique Robitaille
1999 the club got its own web address - **nbwclub.org**
2001 Rob Price became Webmaster and developed the display, information and services into a large, informative website.
2008 Monica Foulkes became Webmaster. Over the next years the NBW Maps, newsletter, TFCE registration, and GPS ride files went online. In 2011 the website was redesigned.

From the Editor:

NBW Archives

I have been contacted by an archivist, Lorenz Finison, looking for original copies of old NBW newsletters, programs or items from the 1980 rally that the club organized with the League of American Wheelmen, or any other memorabilia from the early days of the club.

The collection of items from New England Bicycling Clubs will be housed at the University of Massachusetts, Boston.

I can provide original newsletters from 1993 and some other stuff, and I put Larry in touch with a couple of NBW members whom I knew had early copies and I know he's contacted Bill McIlmail's son, who is willing to donate his father's collection, and Don Paiva.

If you are interested in donating items, contact Larry at: lfinison@gmail.com
Or editor@nbwclub.org

Right: Small group riding—Pat Stark, Bob Paiva, Lee Sproul and Jan Harbutiak met up with Carleen McOsker and Monica Foulkes, both groups heading to Demarest Lloyd State Beach



From the Touring Committee

Rod Breault, touring@nbwclub.org

It has been a long time since I've written a Touring Board column for publishing in *The Spoke'n Word*. It's been a long time since there has been a *Spoke'n Word* issue for that matter.

What can be said about that that hasn't already been said in many other places by better writers than me? Normally, this column would be about past rides and plans for the future, but the pandemic has eliminated the former and made it impossible to have any of the latter.

I'm sure that most members would like to know when the club will resume the Sunday Ride schedule, but it would be the greatest folly on my part to hazard a guess. What I can assure the members is that we WILL resume a schedule and that the Touring board will be ready with that schedule when the circumstances permit.

I do have a memory about past rides that I would like to share. I remember the first time the club actually cancelled a ride. It was April of 2010, the year of the great flooding of the Pawtuxet river that left large parts of RI under water. I suspect that only a few of our members will remember that it was the Westerly Ride #113 on April 4 that was cancelled, as some of the roads used by that ride were submerged.



Rod Breault, Ted Shwartz, Jim Gilbane, Michael Majoros.
Photo: Ted Shwartz, who said "This photo says it all about 2020".

At the time, it seemed to be a pretty big deal that the Club had to cancel a ride after a very long stretch of success. I remember telling new riders (with some degree of pride) that the Club never cancels Sunday rides and how I had to retract that boast after the flood.

One ride being cancelled seems such a small thing now. Two TFCEs and so many Sunday rides have been lost to the pandemic.

I do know that many of us have continued to ride. There is nothing inherently bad, pandemic-wise, to riding alone, it is group riding that may pose a danger. I have continued to ride, sometimes alone and sometimes with a very small group of the same people. The small group size has gotten even smaller as the cold weather has set in!

I do miss the camaraderie of Sunday rides, even in winter, and hope that we will all be together again very soon.

In the meantime, I just want to urge all of our members to continue to be safe: wear a mask, avoid groups other than your immediate family. If you are still riding with others, try to keep your group small and maintain safe distancing. Wear bright clothes, use front and rear "blinkie" lights, hand signal your turns and stops, and expect motorists to do the craziest things!

I hope to see you all soon, Rod

The following NBW Rides are currently arrowed, thanks to our noble arrowers. They are listed, with links to maps, on the home page at nbwclub.org

- #47 Lakeville Tour, arrowers Mike Miller, Dianne Robillard (White),
- #67 Our Lady Queen of Martyrs (White),
- #109 Walpole Dover (Red),
- #113 Westerly Ride (alt route because of construction),
- #149 Fish Road (White),
- #160 BikeWorks Ride (Yellow),
- #166 Foxboro 55 (Red).
- #172 NBX Bikes Narrowgansett, arrower Wayne Tikkanon (Pink)

If you want to look after the arrows on a ride,
Contact Mike Miller, arrows@nbwclub.org

**And there's always the NBW Sunday Zwift Rides!
See page 4**

Interesting article on the creation of the East Bay Bike Path, which has proved its value to the community during these long months of Covid shutdowns:

www.ecori.org/transportation/2020/12/19/east-bay-bike-path-has-made-community-connections

Ride Mileage Record Chart 2021

2021	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
January						1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
February	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		
March	28	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		
April	28	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		
May	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		
June	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		

Ride Mileage Record Chart 2021

2021	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
July	27	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		
August	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		
September	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		
October	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		
November	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		
December	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			