

The Spoke'n Word

Volume 51, Number 2

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

June 2021

nbwclub.org



Bladi says "NBW Rides are back!"

Starting Sunday June 13—see Ride Schedule, page 6

The photo was taken at the start of the Bridges Ride, August 25, 2019, one of the last happy memories before the winter of 2020 began a year of no NBW rides. Most of you carried on riding through the pandemic either alone or in small groups, but it will be good to see you all at the start of an NBW-organized ride.

Notes from the President



May 30, 2021

The long-anticipated return of NBW rides will begin June 13! With the resumption of rides there will be some guidelines that we are asking members to follow:

- Riders will sign an online waiver agreeing not to participate in any NBW ride if they are ill, symptomatic, or have had a recent positive Covid test, or had recent exposure to a person with possible contagious illness or if guidelines or rules require or suggest isolation or quarantine. If you cannot agree, do not ride with us as you endanger yourself and all other riders.
- Drafting and pacelines are not allowed. We are following the USA Cycling's Group Ride Recommendations related to Covid.
- Per Rhode Island guidelines: If you're not fully vaccinated, wear a mask within three feet of others outdoors to protect yourself and your household

from Covid-19. Your mask should fit snugly but comfortably over your nose, mouth and chin without any gaps.

- Be aware of coughing, spitting, nose-blowing and sneezing while riding. If you are about to do any of those please make absolutely sure that no one is within the minimum distance or slipstream area.
- At this time there will be no social tent and we are asking that riders do not congregate before or after the rides in large groups. Although there are no restrictions for outdoor gatherings, there is still a 3-foot distance requirement between individuals.

Be safe, be well,
Michelle
president@nbwclub.org

Ride Schedule on page 6 shows only those rides currently scheduled; our Touring Board is working on extending the schedule, which will be posted on the website as soon as possible.

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
(incoming webmaster—Larry Rollins)
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
- Maps by ride scheduled date

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 account 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

Joseph Starnes, Manville, RI
 Clement Desjardins, Westport, RI
 Linda Nanni, Westport, RI
 Tim Burditt, Saunderstown, RI
 Steven Frederick, Shrewsbury, MA
 Johannes Toensing, Providence, RI
 Carl Frost, North Attleboro, MA
 Timothy Olean, Providence, RI
 Lisa Watts, Westerly, RI
 Vincent Grouke, Providence, RI
 Victoria Rotkow, Providence, RI
 Pete Yoest, Cohasset, MA
 Doug Falls, So Easton, MA
 Dennis Flaherty, Barrington, RI
 Andy Black, Cranston, RI
 Gisele Koenig, Providence, RI
 Lucas Alvarez, Pawtucket, RI
 Joseph Tamburini, East Greenwich, RI
 Rachel Williams, East Greenwich, RI
 Juan C. Meneses, Central Falls, RI
 Fernando, Vidinha, Dartmouth, MA
 Joan McLaughlin, Hingham, MA
 Stephen Cousin, Newport, RI

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

Club Changes

Webmaster: Larry Rollins will be taking over as NBW Webmaster when the new website is in place Sept. 1. Larry is currently working with a group designing the new website.

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

In view of restricted club activities during the pandemic, Memberships have been 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. Questions to: membership@nbwclub.org



NBW email discussion list:
<https://groups.io/g/nbwclub/topics>

NBW Facebook:
www.facebook.com/narragansettbaywheelmen

Left: 2019 TFCE, photo M. Foulkes

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

* 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

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

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

Sad News about two long-time NBW members



We were sad to hear of the death on January 26, 2021 of Bill McIlmail, NBW member since the earliest days of the club in the early 1970's.

An architect, Bill drew the fine original NBW ride maps for many years, including seventeen maps for the 1980 League of American Wheelmen Centennial rally, many of which are still being used today (with updates). Our *Century of the Century* ride was originally created for this rally. Bill also collected NBW newsletters from the earliest issues, which his son donated to the NBW archives after his death.

Bill rode tandem with his wife Sandy and is remembered for setting a fine pace over many miles, and being always willing to lend a hand with bike problems.

Many long-time NBW members remember Ray Young as "a quiet, gentle soul" and will be sad to hear of his death on May 27, 2021. Riding with the club since the late 1970's, Ray was a regular presence on club rides and on group tours, often riding alone at his own pace. Jeanne Petrarca remembers he was with a small group of riders who rode back to Rhode Island from Maryland after an LAW rally in Virginia. Bob Paiva remembers his first trip with Ray, riding to Twin Mountains in New Hampshire for an NBW weekend (it took them three days; they got rides back).

The NBW *Ray Young's Ride*—a popular ride in our north-west area, which we ride every year—was designed by Ray.

Ray was a Naval veteran, serving during Vietnam, and was buried with military honors.

Those Bridge Detours on the East Bay Bike Path!

The “temporary” detours around the closed bridges in Barrington and Warren have been giving problems for over a year now.

A public presentation by RIDOT (Rhode Island Dept of Transportation) and the town councils of Barrington and Warren May 6 discussed the need to improve the temporary detours, which force cyclists to walk bikes on narrow walkways or ride in busy traffic on the main bridges on County Road.

RIDOT’s plan would improve the detours for the next two years until the state finds the \$25 million to rebuild the old bike path bridges. The walkways on County Road bridges would be extended to make an 8 foot wide bike path. Bike lanes would be created on New Meadow Road and Sowams Road.

Barrington and Warren town councils gave reluctant approval to the temporary plan but urged RIDOT to work on permanent replacement of the old bike path bridges.

So it seems we may see some improvement to the situation on the East Bay Bike Path, but will have to live with these “temporary” detours for at least a couple more years.

We are very grateful to the arrowers who stepped forward to keep nine rides arrowed throughout the Covid era.

(Ed.—I only have a couple of arrowers’ names. Please let mxfoulkes@yahoo.com know if you arrowed so I can thank all of you in the next issue.)

NBW Archives—still looking for a few items

We are still missing a few issues of the newsletter:

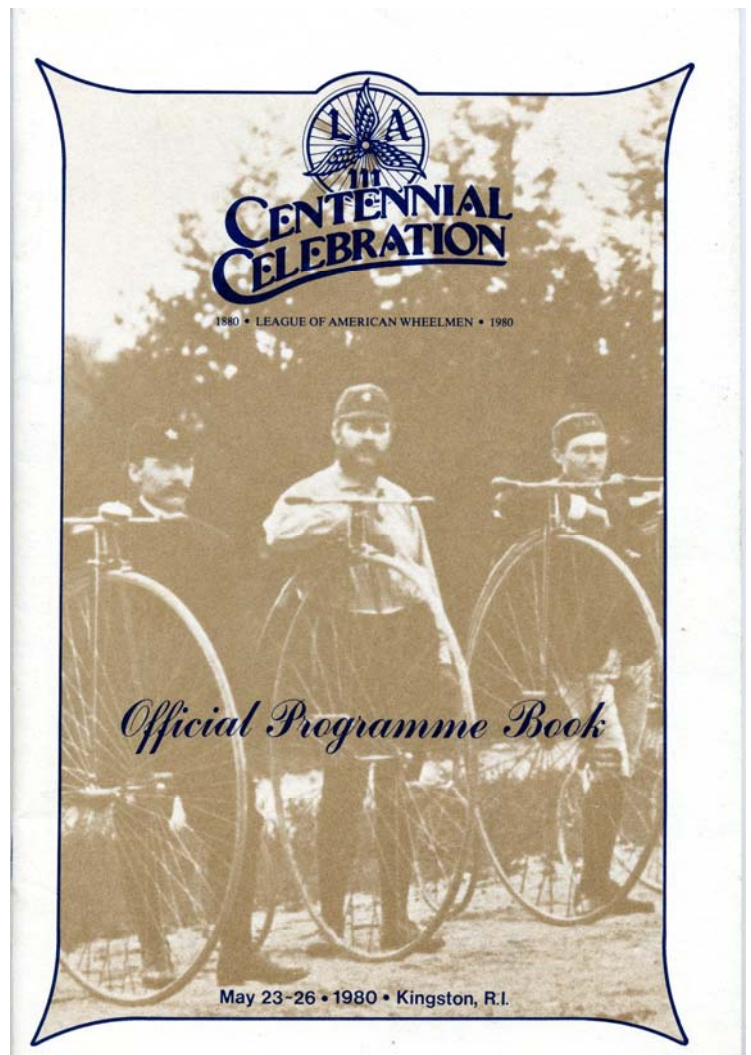
Vol. 1, No. 1 (1970-the first issue)
Vol. 2, No. 6 (1972 Spring)
Summer 1980 thru
Vol. 12 No. 2 (March-April 1982)
Nov/Dec 1982
Sep/Oct 1984
May/Jun 1985
Jul/Aug 1985
Mar/Apr 1986
Oct/Nov 1989
Jun/Jul 1990

If you can donate any of the above missing issues, Please contact Monica Foulkes, at mxfoulkes@yahoo.com

Over 171 issues of our newsletter have been donated: from Bill McIlmail’s earliest issues, Don Paiva’s collection, and my issues from 1993 to date. Don Paiva arranged the transfer to Lorenz Finison, archivist. Rick Schwartz also contributed original programs, maps, and mementos of the 1980 Centennial Rally of the League of American Wheelmen, organized with NBW at the University of Rhode Island.

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

Right: 1980 Official Programme Book of the LAW Centennial week-long rally. Courtesy of Rick Schwartz. Anybody have a photo from this rally? Email to: mxfoulkes@yahoo.com



NBW RIDE SCHEDULE

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

June 13, 2021

♥ **Joe Medeiros Ride**

17/25/47/63 miles

Sunday 10:00 AM *Map No.* 62 *Arrower:* T Scholz

Route North Dartmouth, Freetown, New Bedford

Directions Start at the commuter parking lot off Rt. 140 - 1062 Mt Pleasant St, New Bedford, MA. From Providence, take I-195 E to exit 13B, Rt. 140 N, to Exit 4 (King's Hwy). Bear R off the exit and turn right at the next T intersection onto Mt. Pleasant St. The lot is 1/4 mi ahead on the right. From the north of New Bedford, take Rt. 140 S to Exit 4 (Mt. Pleasant St.). Turn right at the end of the ramp; the parking lot is on your right.

Drive Time 30 minutes from Providence

Description This ride was nurtured by Joe Medeiros, a former club vice president. Under Joe's guidance, this gently rolling ride through the rural countryside between Fall River, New Bedford and Freetown was improved and extended to 63 miles.

June 20, 2021

Great Grandma's Farm Ride

13/21/49 miles

Sunday 10:00 AM *Map No.* 49 *Arrower:* R Breault

Route Burrillville, Uxbridge, Pascoag, Chepachet, Glocester, Smithfield

Directions NEW START at the North Smithfield Junior Senior High School, 412 Greenville Rd, North Smithfield, RI. Take Rt 146 N to Exit 11, RI 104 N. Smithfield Woonsocket. At the end of the exit ramp, turn right onto Rte 104 continuing for 1.8 miles; the school is on the left.

Drive Time 35 minutes from Providence

Description This challenging, but lovely, ride, designed by Luke Brisette, was the winner of our 1998 design-a-ride contest. It's a good hilly workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd (the two fascinating houses that everyone sees from Rt. 295 in Smithfield) and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) Thanks to Ted Schwarz for scouting out a new start location away from the traffic at the Lincoln Mall and for adding an option for avoiding the dreaded Burlingame Rd climb. Be aware that avoiding Burlingame Rd involves some off-road travel on the Smithfield Scenic trail but shortens the medium and long rides by 3 miles and 500 feet of climbing! The RWGPS files for this option are in the members only section and are labeled "Dirt SC"

June 27, 2021

♥ **Mattapoissett Ride**

14/31/49 miles

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

Route Mattapoissett, Rochester

Directions Start at the Commuters' Parking Lot, 87 North St, Mattapoissett, MA - off I-195 at the Mattapoissett 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 Mattapoissett 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.

July 4, 2021

Fish Road

16/22/33 miles

Sunday

9 AM

Map No. 149

Arrower: Mike Emma

Route

Tiverton, Sakonnet

Directions

Start at the commuter parking lot, 970 Fish Rd, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Rd 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. **Summer start time 9:00 AM**

July 11, 2021

Lakeville Tour

15/25/42 miles

Sunday

9 AM

Map No.47

Arrowers: 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. **Summer start time 9:00 AM**

From the Touring Committee ...

I am so happy to be able to announce that our Sunday riding program is about to resume after 14 months of "hiatus". I know that this isn't new information but I am so pleased that we are resuming that I just HAD to repeat it!

I know that many of the members have made do with small group rides or solo excursions but there is something just so "NBW" about the Sunday rides that make for a special riding experience.

The touring board anticipated that we wouldn't have a lot of time to prepare for resuming rides so, with the help of our paint and arrower coordinator, Mike Miller, we were able to get a few rides arrowed in advance of the lifting of restrictions. These rides constitute the shortened ride schedule that is posted in *The Spoke'n Word*. A thousand thanks to our indefatigable arrowers, for getting this abbreviated schedule ready, especially Tim Sholtz, Mike Emma (2 rides) Mike Miller and Diane Robillard (also 2 rides)

As soon as possible, the touring board will get more rides scheduled and published in *The Spoke'n Word*.

With this long "hiatus" in club activities, some changes in our rides may have happened without being noticed. One such change affects ride #49, Great Grandma's Farm ride, scheduled for June 20. Possibly because it was closed most of last year, new construction has taken place at the Raymond LaPerche School in Smithfield, which we've been using as a start location since 2009 after the Lincoln Mall became untenable.

The new construction at the school has eliminated most of the parking lots so we have been forced to **relocate the start to the North Smithfield Junior Senior High School, 412 Greenville Road, North Smithfield, RI**. This school is right along the route so the course lengths stay the same, but the short route splits off right at the start!

The RWGPS files have been updated and a new map has been posted on the website. Please check before the ride to be sure you have the current data.

There are new guidelines to follow for our Club rides; please be considerate of others and follow them. I hope you all haven't forgotten about riding safely, especially in groups. Refresh your memories in the "Remember...Ride Safely" section below.

Let's ride...I can't wait to see you all on Sunday, June 13!

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, especially at corners.
- When you get off your bike get off the road! Do not stand in the road at intersections.
- Never call out "clear" at intersections. It is each rider's individual responsibility to decide if it is safe to cross. What is safe for you may not be safe for the rider behind you.
- 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