

# The Spoke'n Word

Volume 49, Number 2

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

April/May 2019



**Alfredo Sosa rode the historic L'Eroica ride in the Tuscan vineyards last year. Send us a photo from your tour.**

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## SUPER CYCLE SHOPS

Support your local bike shop. They not only support the NBW but also promote safe bicycling for all. Some of these shops give a discount on parts and accessories to NBW members. Show your valid NBW membership card (your mailing label).

### BIKEWORKS

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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

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

### NBX BIKES

www.nbxbikes.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  
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401-846-7525  
www.pedalpowerri.com

### PROVIDENCE BICYCLE INC.

725 Branch Ave  
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401-331-6610  
www.providencebicycle.com  
And

### PROVIDENCE BICYCLE INC.

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1125 State Rd  
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508-636-RIDE (7433)  
www.westportbicyclema.com

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893 Landry Ave  
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508-695-6303  
www.siroisbicycle.com

### W. E. STEDMAN CO.

196 Main St  
Wakefield, RI 02880  
401-789-8664  
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### 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  
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330 Hathaway Rd  
New Bedford, MA 02746  
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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 let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Alfredo Sosa at:

**membership@nbwclub.org**

or mail: **NBW Membership, PO Box 41177, Providence, RI 02940-1177**

*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

## MEMBERS' PASSWORD

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

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

Cover: A reminder of warm days ahead on summer bike tours. Alfredo Sosa sent this photo taken in Tuscany, Italy, as he rode the strade bianche in the historic L'Eroica last year. A scene to inspire us all to get moving this year.

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

The Editor <editor@nbwclub.org> welcomes your photos of our club's activities for the newsletter and our website. Photos selected for print by your editor, who does the conversion to black/white. Some hints for what she looks for:

- Action! Try for riders moving (easiest if they're coming towards you or going away), or shots that tell a story. Tell me who your subjects are, if you know.
- Shoot in high resolution.
- Sharp focus—there's only so much I can do in Photoshop to sharpen your shot.

Do you have any photos of early NBW rides? I will scan and return your prints.

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# President's Message

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**M**arch weather, "in like a lion, out like a lamb". We can only hope that the good spring weather is on its way. It usually shows up, sometimes around, and often just after the NBW Spring Opener, hosted by NBX Bikes in March.

Speaking of lions, the NBW could use some more lions, of every variety, perhaps even your type of lion. We are a volunteer organization, strictly volunteer.

Please don't be afraid to volunteer. All are welcome. Our best ideas come from our new volunteers. Every one of our volunteers was new once as a volunteer, just like you.

In general, the work done by volunteers is split into three categories: Sunday ride series, events, and behind-the-scenes everyday club work.

The majority of the NBW's Sunday ride series work is handled by our Arrower Coordinator and the team of NBW Arrowers. There is no better way to learn about where we adventure on our bicycles than to arrow a ride. The quickest way to contribute to the NBW, and to show your appreciation to riders, is to volunteer to arrow a ride. Please contact **Chip Kent**, arrows@nbwclub.org, if you would like to volunteer.

No summer Sunday would be complete without the social tent, where all riders are welcomed back. Many volun-

teers find the best way to see their old friends, and make new friends is at the social tent. If you would like to contribute a bit of your Sunday to helping/running the Social Tent then please contact **Bladimir Rodriguez**, intercontinentaltravel@hotmail.com

Our biggest use of volunteers is the TFCE. We use volunteers planning the event, administering the event, running the event, and cleaning up after the event. If you would like to volunteer for TFCE, we can always find a place for your skills and desires. Please contact tfce@nbwclub.org to volunteer for TFCE.

The behind-the-scenes, everyday club work is handled by the board, the editor, the webmaster, liaisons, sales, outreach, banquet, etc... We are always looking for new blood for the board. **This would be a great time for you to step up to the board.** Some board members have been doing this work for a long time. Our annual meeting and election will be coming up next in October.

The NBW's strength comes from its members, volunteers, history and traditions. Some of us cannot volunteer, but we might have good ideas for the club going forward. In that case please come to a ride, talk to a board member, send us an email at board@nbwclub.org, or see us at a social tent.

See you soon, at a Sunday ride, and please remember we are looking for lions, your kind of lions.

Ted Shwartz  
NBW President

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## Club Officers & Other Important People

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### NBW OFFICERS (Terms begin February 1)

*President:* Ted Shwartz, president@nbwclub.org  
*Vice President:* John Nery, vicepres@nbwclub.org  
*Treasurer:* Rick Schwartz, 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 Veloza, Ray Foulkes  
*Membership Secretary:* Alfredo Sosa, membership@nbwclub.org,  
PO Box 41177, Providence, RI 02940-1177  
*Rides Coordinator:* Rod Breault, touring@nbwclub.org  
*Advocacy Chair/LAB representative:* Mark Dieterich, advocacy@nbwclub.org  
*Volunteer of the Year 2016:* John Nery  
*Volunteer of the Year 2017:* Chip Kent  
*Volunteer of the Year 2018:* John Stenning

### OTHER CLUB FUNCTIONS

*TFCE Chair:* Ted Shwartz  
*TFCE Volunteers:* John Nery  
*Arrowers/Paint coordinator:* Chip Kent, 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:* Don Paiva, events@nbwclub.org  
*NBW merchandise sales:* Rick & Michelle Cortes Harkins, 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

## Welcome New Members

Wendy Baker, Providence, RI  
Butch Balzano, Rehoboth, MA  
Ronald Bauer, Fall River, MA  
Fernando Bolona, Coconut Creek, FL  
Shawn Brown, Middletown, RI  
William Evans, Rehoboth, MA  
Edward Huff, East Providence, MA  
Gary Johnson, Mattapoisett, MA  
Arthur & Theresa Lusignan, Riverside, RI  
Michael Mascellino, North Smithfield, RI  
Juan C. Meneses, Central Falls, RI  
James Nuzzo, Franklin, MA  
Allen Rosenblum Blackstone, MA  
Jonathan Ryan, Providence, RI  
Gabriel Woolf, North Easton, MA



## Annual Memorial Day Weekend In Southern Vermont

Friday, May 24 to Monday, May 27, 2019

at the Blue Gentian Lodge, Magic Mountain Rd,  
Londonderry

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



Chip Kent sent this photo of the eight brave riders who rode the bitterly cold Jonnycake Ride, January 13.

Raul Silvia  
Chuck (don't know last name)  
Ed Goff  
Jeff Clarke  
Chip Kent  
Louis Tavares  
Bob Gallo  
Ramiro Vergnaud



# NARRAGANSETT BAY WHEELMEN THE FLATTEST CENTURY IN THE EAST September 8, 2019

1800 RIDERS

The Narragansett Bay Wheelmen's 48th one-day tour through the scenic coastal shoreline, forests and marshlands of southeastern Rhode Island and Massachusetts.

TFCE has become the largest century in New England. It is a social and recreational tour to be enjoyed by all cyclists.

## SAFETY

This is a recreational ride, not a race. Obey all traffic laws, lights and signs. The police have been advised to cite any rider not following the vehicular laws. Wear a helmet and carry plenty of water and a spare tube. REMEMBER—Think safety first.

## WHEN

Sunday, September 8, 2019 ... **RAIN OR SHINE!**  
Check in begins at 7:00 am and closes promptly at 8:00 am. The course opens at 7:00 am and riders must return by 5:30 pm

## WHERE

Ride starts and finishes in Dartmouth, MA. Directions to the start will be sent with your confirmation e-mail.

## REGISTRATION

TFCE is limited to 1,800 riders (usually it is filled by the first week in May). The fee for registration is \$31.50 per person for NBW members and \$44 for non-members.

All registrations will be processed on-line; a small servicing charge will be added by imathlete.com for on-line registration.

**Registration for NBW MEMBERS ONLY will open on April 1st.** A link to the on-line members' registration site will be available in the Members' section of our website, [nbwclub.org](http://nbwclub.org). You must begin from the Members' web page, accessed by password. For the current members' password, see the inside front cover of your *Spoke'n Word*.

**Registration for NON-MEMBERS will open May 1st.** A link to the on-line registration site will be available on the club website: [nbwclub.org](http://nbwclub.org)

Registration covers map and cue sheet, marked route, TFCE magnet, T-shirt, refreshments at three checkpoints and SAG wagons. Restroom facilities will be available at the start and the checkpoints.

**TFCE MAPS** and cue sheets will be available on-line as soon as the route has been finalized—no later than 1 week before the ride—**only at: [nbwclub.org](http://nbwclub.org)**. Maps and cue sheets will **not** be available at [imathlete.com](http://imathlete.com). All registered riders will be emailed to let them know when the maps become available. Maps and cue sheets will also be available at check-in on the day of the ride.

No refunds will be given.

## T-SHIRTS

Registered riders will receive a T-shirt designed especially for this ride; **available on the day of the ride only**. XXL size is available for an additional \$3.

## SAG WAGONS

Sag wagons are available for first aid and irreparable breakdown. Attention is given last to riders who simply wish to be transported back to the start. Both bike and rider should be in top shape.

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## SPORTS MASSAGE

Massage therapists will be available for a nominal fee from noon to 5:00 pm.

## FOOD

Food will be available for purchase after the ride.

## HOTELS

<http://www.umassd.edu/undergraduate/hotels/>

More information at: [nbwclub.org](http://nbwclub.org)

Questions: [tfce@nbwclub.org](mailto:tfce@nbwclub.org)



# HELP WANTED

## 48th NBW-TFCE

*The Flattest Century in the East*

*September 8, 2019*



*Volunteers are needed for:*

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

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

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

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



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

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



NBW Special Events Committee announces  
the 12th annual  
**Maine House Getaway Long Weekend**



**Thursday May 16 - Monday May 20, 2019**

**Accommodations:**

- Located on the shores of Lake Christopher – mountain & lake views
- Accommodates 25+ people
- 9 bedrooms & 7.5 baths
- Updated fully equipped kitchen facilities
- 10 x 10 steam room
- Beautifully landscaped yard w/200 feet of lake frontage
- 2 boat docks, use of canoes, kayaks
- Gas grills & picnic tables
- “Endless” biking opportunities for both road and mountain bikes

**Meals:** Family style – with attendees sharing in meal preps and/or clean up

**Location:** Bryant Pond, Maine (Southwest Maine) –  
approximately 4-hour drive from Providence

**Cost:** **Queen size bedroom: \$180 per person (only 6 rooms available)**  
**Men or Women Dorm style bedroom: \$160 per person**  
(includes 4 nights stay, 4 breakfasts & 3 dinners)

**\$50.00 deposit required**

Make check payable to: **Narragansett Bay Wheelmen (NBW)**  
Mail check to: **Jo-Ann Del Vecchio, 99 Wampanoag Trail, Riverside, RI 02915**  
For more information contact Jo-Ann at majdel98@yahoo.com, or 401-465-4800

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## NBW Merchandise

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### VINTAGE NBW CYCLING JERSEY

#### SHORT SLEEVE

Yellow "ocean" design

Specify men's or women's cut

Men's sizes: S, M, L, XL

Women's sizes: S, M, L, XL, XXL

\$65 incl tax, Add \$4 postage (for 1 or 2 shirts)

#### LONG SLEEVE

Specify men's or women's cut

Men's sizes: M, L, XL

Women's sizes: M, L, XL, XXL

\$70 incl tax, Add \$4 postage (for 1 or 2 shirts)



### NBW CYCLING JERSEY

#### SHORT SLEEVE

Red or Blue

Specify men's or women's cut

Men's Blue sizes: L

Men's Red sizes: M, L, XL, XXL

Women's Blue sizes: L, XL, XXL

Women's Red sizes: S, M, L, XL, XXL

**\$55, incl tax.** Add \$4 postage (for 1 or 2 shirts)

#### LONG SLEEVE

Red

Specify men's or women's cut

Men's sizes: XL, XXL

Women's sizes: M, L, XL, XXL

\$60, incl. tax. Add \$4 postage (for 1 or 2 shirts)



### NBW CYCLING SOCKS

Specify white or black

Sizes: S, M, L, XL, XXL

**\$6** per pair.

Add \$1.50 postage

### FROM RICK AND MICHELLE ...

*Jerseys are available in men's and women's sizes. For both there will be an option for short sleeve and long sleeved styles. There is also the vintage yellow and blue jersey and the modern red style.*

*When emailing your preference please indicate if you would like a men's or women's jersey, the style (short or long sleeve) and the size (XS, S, M, L, XL, XXL) and whether you would like a vintage yellow, the blue or modern red style.*

**BEFORE MAILING A CHECK:** email your request to [sales@nbwclub.org](mailto:sales@nbwclub.org) to check if your item is in stock

Make check payable to "NBW" and mail with order to:

**NBW/Rick and Michelle Cortes Harkins, 99 10th Street, Providence RI 02906**

Questions? Email to: [sales@nbwclub.org](mailto:sales@nbwclub.org)

*All club clothing is sold at cost*

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## NBW Wheeler Dealer

See website for latest listing

**For Sale: Cervelo R3SL 2008 upgraded.** Size 56cm. Groupset Ultegra 6700 Compact 50/34 Dura-Ace shifters. Bontager Race wheels. 6800 Ultegra brake calipers. I will miss this one but not using as have a new bike. This R3SL was the lightest frame at that time! No pedals. \$1,100. Contact: Gary Stafford, [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)

**For Sale: Specialized, mens, tarmac disc pro.** 2019, size 54, di 2, d fly setup, ultegra group, brand new, no miles, 16 lb 8 oz. black, disc brakes, latest firmware. \$5999. Call 508-410-8671, ask for AL

**For Sale: \$500 NBX Gift Card.** Asking \$450. Call Steve Kahan, 401-440-1931



## Volunteer Needed Arrower/Paint Coordinator

Hello NBW members,

I had planned to leave my position as Arrower and Paint Coordinator by the end of last year, but no one has volunteered to replace me. This is a crucial job at the very heart of our club. Please consider volunteering.

I will be glad to help with the details to make the transition as smooth as possible.

If you are interested in this position, please contact me at [arrows@nbwclub.org](mailto:arrows@nbwclub.org) or call me at 508-579-1785 or see me at rides.

Thanks,  
Chip Kent





Left: Not a bad riding winter this year — we even got to ride the infamous Triboro Tour on Jan 27 with a good turnout (although we were snowed out for the repeat in Feb).

Right: Weather was even good enough for John Rohland to try out his new e-bike.



Left: Weather on the Feb 3 Taunton Two Rocks ride was not too cold to hang around after the ride.

### Reminder .... 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; the link is sent to you in each week's email from the NBW President, with instructions, and is also available on our website in the members' section.

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

### 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](http://imAthlete.com) link: [nbwclub.org/about/membership.html](http://nbwclub.org/about/membership.html)

**CURRENT MEMBERS:** Your renewal will be automatically triggered by [imAthlete.com](http://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.

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

### Remember ... Ride Safely

- Use hand/voice signals when passing other riders, turning or stopping.
- Pass other riders on their **left**, alerting them as you pass. Do not pass on the right.
- Check for arrows 150 ft **before** an intersection
- Watch for sand on the road, esp. at corners
- When you get off your bike **get off** the road. Do not stand in the road at intersections
- Eat before you are hungry and drink before you are thirsty
- Check your helmet for fit or damage. Take it to a "Super Cycle 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 a "Super Cycle 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.

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# Cycling Sessions

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

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When someone asks you why you ride your bike so much, what do you say? Like many of you, we all get this question if we are diehard high mileage cyclists, competitive, or otherwise recreational cyclists.

Sure, riding a bike can be a fitness activity and is often the safe answer to the casual inquisitor. It can be an escape from the stress, the obligations, the commitments, the job, *insert here*. It can be for fun, fitness, commuting, competition, or a group social activity?

The group riding is social in a shared experience kind of way. It is not always about talking or gossip, but rather experience and comradely. Communication exists on a different level perhaps, not unlike the animals in the forest. There is not much talking when you are all breathing hard. No need to comment on everything, just taking in the moments in time as a group consciousness. Working together, watching out for danger, taking in the world around you; sensing the efforts of others. You feel the wind on your face, smelling the salt air, as you whizz by Horseneck beach.

As a group of like-minded cyclists, you hear the derailleurs shifting, the brakes activating, the accelerations, the hard breathing. As a group working together, you become part of a larger organism. Taking turns up front, sheltering the one behind you. The group becomes its own living entity, a wiggling, speeding serpent of color and spinning wheels streaking down a country road. You feel the ebb and flow of energy collectively shared. You begin to sense the collective energy of the group and who is strongest.

When you are riding alone, sometimes, when it all lines up, something happens; you let it go. You know, you let your mind go. The constant chatter, worries, comments. You let go of the story, of who you are. You are just riding a bike, feeling the speed, the effort, the dance of spinning legs. You find yourself just plain happy, like when you were a kid with no worries except maybe if there will be dessert after dinner when you got home later. Perhaps you can sometimes forget the *You* altogether, and become the bike, the movement, the moments in time.

There is pain in cycling. Physical pain as you push yourself to new achievements; longer distances, bigger hills, faster speeds or keeping up with your friends. That pain will not kill you, but it sure gets your attention. There is pain in your lungs, pain in your legs. That pain takes whatever you are worrying about and puts it away as you focus on tolerating the burn, the physicality of the moment. Guess what? You are Present in the moment!

When the weather gets warmer and I am more inclined to journey out for long rides on my bike, I look forward to the quiet country road over the CT line, the wild turkeys and the horses, the eagles in the sky. Away from the traffic and man-made noise. I look forward to the challenges laid before me. Not life or death stressful challenges, but challenges to experience life at its fullest. To test my fitness, feel the sensations, live moment to moment. Competing with myself in a world that does not demand answers, just fun and deliberate focus!



Just become the activity. Use sensation to experience it in real time. To leave the goals, texts or worries aside, if only from time to time when it calls to you. When you were a kid, a big part of your life was the present moment.

I guess my answer to the question of why I ride my bike is passion; becoming that which you enjoy. Passions that come from the heart, whatever they really are, drive your essence into the moment, into the zone. Most of us are looking at our bikes and wonder where it really takes us.

The bike can take you to the zone, where we all long to be; in the moment, the second, the action; the bliss of No-Mind in Zen Buddhism. The moment you hit the saddle, if cycling is your passion, your journey is that place, not finishing the ride, but during the ride. It is not about the destination, but rather the journey that it most important, yes?

A passion for the activity, feeling like I am that kid, with the dirty hands and big smile, with the moment in front of me and no worries about the past or future. That kid who knew more about finding joy in the moment than I may know now, but for the momentary reminder.

Perhaps it is not really all about the bike after all. It's where in your mind that it takes you to. To be present. To let you escape the little voice. To become that kid again. Go ahead. Clip in and take that journey and rediscover that freedom. Take a big breath and smile and unplug.

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

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## From the Touring Committee

Rod Breault, touring@nbwclub.org

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**B**y the time that most of you read this column, we'll have survived another New England winter, ridden the "Spring Opener", and be looking forward to another great season of bike rides around our favorite areas.

I know that some of our members survived the winter by moving themselves to areas of the country that are more conducive to bike riding in the winter months. I spent a few days in February in Florida (not enough time to go for a ride, unfortunately) and was surprised how much cycling-related facilities exist in the two communities I visited, St. Petersburg and Vero Beach. Extensive on-road bike lanes and bike paths exist in both places.

This is in contrast to RI, where public pressure has caused the DOT to withdraw a plan to reallocate funding for alternate transportation (bicycles and pedestrian) into more highway construction projects. Hopefully, we've seen the last of that plan. I do wonder how a state with no income tax and a high, if seasonal, proportion of elderly residents, can spend so much on "alternate" transportation as opposed to Rhode Island, which tries to rob funds earmarked for the same purpose to fund road construction.

Enough editorializing on my part and on to what interests you most, the season's riding schedule.

The touring board, (or ride scheduling committee) has been working hard over the winter months to line up a schedule of popular rides for the upcoming summer. The Scramble Metric and Plymouth Century, of course, are on the schedule, but we are also bringing back some rides from previous years like #171 Shorty on the South Shore, Ted Shwartz's revision of the South Shore Century, and #170 Thompson Speedway Ride that we didn't schedule last year. A new ride for the club is in the works for the Richmond, RI/Voluntown, CT area. We hope to have this ride, designed by Gary Archer, on the schedule for late summer.

I'd like to thank the touring board members, **Bob Paiva, Dave Baldwin, John Satterlee, Ted Shwartz** and **Raul Silvia** for their work in setting up the ride schedule. There are over 170 routes listed on the club website and, with only 51 rides scheduled per year, some routes can get neglected. If you have a favorite that hasn't been on the schedule recently, talk to a member of the touring board about getting it listed. Bear in mind that the board is scheduling rides several months in advance, for publication reasons, so we can't get your favorite ride on the list immediately. Any other

suggestions to make our rides better are always welcome.

One change that is coming to our Sunday rides will be the need for non club members to sign liability waivers. Club members sign a waiver when they sign up or renew their membership. In order to protect the club, Sunday riders who are not members will be asked to join the club, sign a waiver or refrain from joining the club ride. If you know someone who joins the Sunday rides, but isn't a member, encourage them to join the club. The membership fee couldn't be more reasonable and membership makes the paperwork so much easier. You'll be hearing more on this in April.

Now that the summer riding season approaches, I know that many of you are getting your bikes to the bike shop for the yearly tune up. While attending to tires, chains, brakes etc., please consider the purchase of daytime front and rear "blinkies", for safety's sake. We had a very successful 2018, safety-wise, and I'd like to continue that trend. Everything that we can do to make ourselves more visible to motorists will help and I believe the front white blinky can be a big help. About 1/2 of our riders are using blinkies all the time and I'd like to see that percentage grow in the future.

Enough talking about riding; let's go do some! Have a happy, safe and fun riding season. I hope to see many of you out there on our club rides.

Rod



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

Chip Kent is our 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**

Chip 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:**

Jan 1 *New Year's Day*—Perky Nellison  
Jan 6 *Taunton 2 Rocks*—Bill McGrane  
Jan 13 *Jonnycake*—John Satterlee  
Jan 27 *Triboro Tour*—Paul Slinko  
Feb 3 *Taunton 2 Rocks (Repeat)*—Bill McGrane  
Feb 10 *Jonnycake (Repeat)*—John Satterlee  
Feb 24 *Triboro Tour (Repeat)*—Paul Slinko  
Mar 3 *Fish Road*—Mike Emma  
Mar 10 *Walpole Dover*—Flavio Salas  
Mar 17 *Chariho*—Gary Archer, Rod Breault  
Mar 24 *NBX/Spring Opener*—Frenchy Amado  
Mar 31 *Foxboro 55*—Bill McGrane, Cheryl Bonin

## NBW RIDE SCHEDULE

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

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<b>March 31, 2019</b>	<b>Foxboro 55</b>	23/36/55 miles	
<b>Sunday</b>	10:00 AM	Map No. 166	Arrower: W McGrane, C Bonin
<i>Route</i>	Attleboro, No Attleboro, Wrentham, Franklin, Norfolk, Foxboro, Mansfield, Norton		
<i>Directions</i>	Start from the overflow parking lot of LASALETTE SHRINE, PARK ST (RT 118), ATTLEBORO. Directions from Providence: Rt 95 North to exit 3 in MA. Right off the exit onto Rt 123 East. Follow Rt 123 into downtown Attleboro and stay straight onto Rt 118 South at the lights (Rt 123 East continues left at these lights). Follow the signs to LaSalette, about 1.7 miles on the right. Park in the overflow parking lot just past the LaSalette Shrine, on the right at the kiosk. It is where the buses park during the Christmas season. If you are heading south on Route 118 and go past Lifecare, you passed the overflow lot.		
<i>Drive Time</i>	20 minutes from Providence		
<i>Description</i>	This ride takes us from Attleboro to Foxboro and back, through towns we often ride in but in opposite directions. Although the 36 and 55 mile loops cross busy Rt 1, all crossings are at traffic lights. These scenic loops ride the back roads of Plainville and Cumberland. The 55 miler goes north through Wrentham, Franklin, Norfolk and Foxboro, just north of Gillette Stadium. As you cross Rt 1 in Foxboro, look right to see the lights high above the stadium. On the 36 miler use caution on South St (Rt 1A) in Wrentham. On the 23 miler use caution on Kelly Blvd when turning left to the Fish Hatchery.		

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<b>April 7, 2019</b>	<b>Oneco Pond Ride</b>	17/29/45 miles	
<b>Sunday</b>	10:00 AM	Map No. 3	Arrower: D Baldwin
<i>Route</i>	Escoheag, Sterling, Oneco, West Greenwich		
<i>Directions</i>	Sterling Memorial Library (formerly School), 1183 Plainfield Pike (Rt 14A), Sterling, CT. From Providence: Take Rt.6 West to Rt.295 South. Take Exit 4 Rt.14/Plainfield Pike and go West on Rt.14 for 19 miles (you'll cross the Scituate Reservoir - Rt.102 joins and leaves Rt.14 - stay on Rt.14). At the CT line bear Left at the fork on Rt.14A for 1 mile (don't miss this turn). Library/School is on the Left.		
<i>Drive Time</i>	45 minutes from Providence		
<i>Description</i>	This is basically the old Beach Pond Ride, with a new start because RI closed off Beach Pond. Scenic, rural rides around the SW RI border and into CT. Expect some hills. Rt. 49 runs along Ekonk Hill, a high open ridge with superb views. Bob Paiva has extended this ride into the Plainfield CT area, with a short extension to Gibson Hill Road to include a food stop.		

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<b>April 14, 2019</b>	<b>♥ Lakeville Tour</b>	15/25/42 miles	
<b>Sunday</b>	10:00 AM	Map No. 47	Arrower: D Robillard/M Miller
<i>Route</i>	Lakeville, Freetown, Acushnet, Rochester		
<i>Directions</i>	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.		
<i>Drive Time</i>	40 minutes from Providence		
<i>Description</i>	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.		

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**April 21, 2019**

**Great Grandma's Farm Ride**

12/21/49 miles

**Sunday** 10:00 AM *Map No. 49* *Arrows: L Brissette*

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

*Directions* NEW START: Raymond LaPerche School, 11 Limerock Rd, Smithfield, RI. Take Rt 146 N to the exit marked RI 123 W Breakneck Hill Rd. Turn left onto Breakneck Hill Rd, continuing for 2 miles. Turn left onto Limerock Rd. Continue for 1.9 miles, school is on the left.

*Drive Time* 20 minutes from Providence

*Description* This challenging, but lovely, ride, designed by Luke Brissette, 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!

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**April 28, 2019**

**Connecticut Coastal & Ridges Ride**

22/30/46 miles

**Sunday** 10:00 AM *Map No. 60* *Arrows: J. Satterlee*

*Route* Ashaway, Stonington, Mystic

*Directions* START: Start from the car pool commuter lot in 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* 45 minutes from Providence

*Description* A scenic, though hilly, ride traveling to Mystic Seaport and Stonington Point. On the long ride the climb up Lantern Hill past Long Pond leads to an optional foot trail with a great view at the top of Lantern hill. Wintechog Hill offers a tough climb, but rewards with a smooth run to Clarks Falls. 30 and 46 milers detour to the ocean in Stonington. 22 milers cut back before the coast, heading back through Westerly. Thanks to Paul Martens and John Satterlee for revising this old ride.

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**May 5, 2019**

**♥ Westport**

13/26/44/49 miles

**Sunday** 10:00 AM *Map No. 111* *Arrows:*

*Route* Westport, Dartmouth

*Directions* Start at WESTPORT MIDDLE SCHOOL, 400 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (traffic light intersection). Turn LEFT on Old County Rd. Middle School is on your left, about 1/4 mile, as you begin to go down the hill. Park rear left of the school.

*Drive Time* 30 minutes from Providence

*Description* This ride is considered to be one of the club's best, rolling down the Westport waterway to scenic Horseneck Beach. Easy riding past rural farms. 50 mile extension by Gil Peel. If the town of Westport does not allow us to paint arrows on the pavement again this year, the route will be guided by signs, maps, cue sheets and GPS files.

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**May 12, 2019**

**Great Grandma's Ride -REPEAT**

12/21/49 miles

**Sunday** 10:00 AM *Map No.* 49 *Arrower:* L Brissette

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

*Directions* NEW START: Raymond LaPerche School, 11 Limerock Rd, Smithfield, RI. Take Rt 146 N to the exit marked RI 123W Breakneck Hill Rd. Turn left onto Breakneck Hill Rd, continuing for 2 miles. Turn left onto Limerock Rd. Continue for 1.9 miles, school is on the left.

*Drive Time* 20 minutes from Providence

*Description* This challenging, but lovely, ride, designed by Luke Brissette, 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 and the historic Smith Appleby House on Stillwater Rd (the two fascinating houses that everyone sees from Rt. 295 in Smithfield). 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!

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**May 19, 2019**

**♥ Plymouth Century**

26/57/105 miles

**Sunday** 9:00 AM *Map No.* 122 *Arrower:*

*Route* Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton

*Directions* NEW START: Start at Seekonk High School, 261 Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.

*Drive Time* 10 minutes from Providence

*Description* We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor. Unfortunately, the Mayflower II is still in Mystic, CT undergoing restoration work. The ride back takes us through the rolling hills of Miles Standish Park.

In order to simplify the starting sequence, all loops will start at 9 AM.

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**May 26, 2019**

**The Speedway Ride**

23/40/50 miles

**Sunday** 10:00 AM *Map No.* 170 *Arrower:* P Rider

*Route* Glocester, Foster, Putnam, Douglas, Burrillville, Thompson

*Directions* Start at Ponagansett High School, 91 Anan Wade Rd, North Scituate, RI. (Yes, the High School is in Glocester, but the mailing address is N. Scituate!) Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). Stay to the right on 101 at the fork where Rt. 6 splits from Rt. 101. Go 3 miles then straight on 101 through the junction with Rt 102. Go 2 miles then turn right on Anan Wade Rd. School is one mile on the left.

*Drive Time* 35 minutes from Providence

*Description* This is one of the NBW's newer rides, designed by long time member Paul Rider. This clockwise tour through northwestern RI and northeastern CT, with a pass through Douglas, MA has enough climbing to keep one's heart pumping and one's leg moving. In Thompson, CT, we pass by the Thompson Speedway, for which the ride is named.

June 2, 2019

Westerly Ride

26/36/50 miles

Sunday

10:00 AM

Map No. 113

Arrower:

Route Westerly, Watch Hill, Niantic, Bradford, Ashaway

Directions: START: Car pool commuter lot in Ashaway, RI. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 miles 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.

♥ Beginners will love these rides.

\* Holiday Show'n Go

\*\* Special Event



### Bladi has some news for North East riders ...

**Bladimir Rodriguez**, long-time NBW member and organizer of our Social Tents, has been appointed as Marketing Consultant, North East Region of **Corratec**, a German bicycle company founded in 1990.

*Extract from the information Bladi sent:*

“**Corratec** started introducing bicycles in Florida about two years ago, and since, we have been able to open 28 dealers that carry our brand, sponsor athletes and races in the South Florida area, and form a **Corratec** Team that races in the U.S. and abroad. We are excited to announce that we are now opening operations in the North-east Region through our Representative Bladimir Rodriguez.”

Bladi hosted a presentation for NBW members and friends in March, where a large range of Corratec bicycles were examined and test-ridden. **Fernando Bolona**, Director, Corratec USA East Region, was present to answer questions. What could be more fun on a cold March day in New England than contemplating new bikes? (Loved the “rampant lion” logo!)



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**Deadline for the next issue is May 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 Members' section of our website: [nbwclub.org](http://nbwclub.org)

**Tentative Future Ride Schedule—SUBJECT TO CHANGE—comments to [touring@nbwclub.org](mailto:touring@nbwclub.org)**

Month	Date	Map#	Ride Title	Ride Start	Distances	Arrower
Jun	Sun 2	113	Westerly Ride	Ashaway, RI	26/36/50	
	Sun 9	69	Norwich Metric	Norwich, CT	30/44/60/63	
	Sun 16	88	Scramble Metric	Seekonk, MA	17/27/55/64	Emma,Foulkes,Paiva
	Sun 23	171	South Shore Short Century	Kingston, MA	28/58/83/96	
	Sun 30	174	Re-Cycled Bicycle Ride	Woonsocket, RI	21/30/47	C Kent
Jul	Sun 7	76	Hill & Gully Rider	W Glocester	24/30/45/65	
	Sun 14	105	Tiverton Fifty	Tiverton, RI	21/33/51	
	Sun 21	62	Joe Medeiros Ride	New Bedford, MA	17/25/47/63	
	Sun 28	19	Tom & Pat's Half Century	Coventry, RI	19/28/48	
Aug	Sun 4	32	Providence Bicycle Ride	Providence, RI	11/35/58	

**New Year's Day Ride, January 1, 2019**

Sun and a relatively balmy day (compared to last year) drew a large crowd to Little Compton to ride the New Year in. Hosted again by Perky Nellison, who took this photo and organized hot drinks and donuts after the ride. The dog, who belongs to Paula Bissell, was taken for a lovely walk on the beach by a small walking group.



Thanks to your generosity at our annual Holiday Party for Amos House, John & Cyndi Stenning presented a contribution from NBW of \$4,656 towards their work to support homeless people in Rhode Island.