

The Spoke'n Word

Volume 53, Number 2

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

April 2023

nbwclub.org



March 12, 2023

We've had hot drinks available after most winter rides. Tables run on a voluntary basis by Ray and Monica Foulkes, who thank riders who contributed hot chocolate mix etc. We also had exotic stuff like Green Chai and digestive biscuits! Mike Miller, Dianne Robillard, Elizabeth Masterson, Bob Gallo, Joan McLaughlin and Carleen McOsker after the Westport/Dartmouth Ride.

NBW Ride Schedule

NBW ride schedule is now posted on the NBW *RideWithGPS* account. You can find the link to this in every weekly email sent to all members by the NBW President. The link is also posted on our website, nbwclub.org. If any member does not receive the weekly email from the president, contact membership@nbwclub.org for help.

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 to: maps@nbwclub.org

Just the Nuts and Bolts President's Message



A new MA law on passing cyclists and pedestrians is now in effect. Drivers are now required to provide a "safe passing distance" of at least four feet when passing.

The law now officially allows for motorists to cross a double-yellow line in order to pass other road users "when it is safe to do so", so long as they adhere to the posted speed limit.

Additionally, the legislation requires cyclists to use a front white light and rear red light and rear reflector while riding in the dark.

More information at:

<https://www.boston.com/news/local-news/2023/04/03/massachusetts-law-passing-cyclists-pedestrians-takes-hold/>

From Steve Kahan, our Membership Chair:

It's been 3 months since we moved our membership operation to **enMotive**. Overall the process seems to have gone relatively smoothly with minimal hiccups.

Please note:

For those who are renewing membership using a different email address than the one in enMotive — In this case, you will need to email **help@enMotive.com** and mention that your current registration is under a different email from the one you would like to renew with (or that you no longer have access to the original. It may take up to 48 hours for you to receive a response, but members have reported that enMotive has easily been able to assist in this situation.

Please reach out to **membership@nbwclub.org** if you have any issues which you haven't gotten a resolution to, or any suggested improvements that we can pass along.

Thank you for your patience and support through the transition.
Steve

NBW membership fee is \$20, plus \$2.75 handling fee to **enMotive**.
To join NBW please start from our website, where you will find lots of information:
nbwclub.org/membership

Welcome New Members



Tony Adams, Providence, RI
Ella Browning, East Greenwich, RI
Laura Burkett, Pawtucket, RI
Barbara Gaughan, Forestdale, MA
Victor Huliew, Westport, MA
Glen Ilacqua, Norfolk, MA

James Jardine, Pawtucket, RI
Tracey Johnson, Warwick, RI
Christopher Moore, So Kingstown, RI
Lisa Sallee, Jamestown, RI
Susan Stoeckel, Middletown, RI
Stephan Van Ness, Holliston, MA

Current List of Club Officers & Other Important People

If there are any changes to this list, please let editor@nbwclub.org know

NBW OFFICERS

President: John Rohland, president@nbwclub.org
Vice President: Ray Foulkes, vicepres@nbwclub.org
Treasurer: Rick Schwartz, treasurer@nbwclub.org
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Dianne Robillard, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Ted Shwartz, Todd Wise
Membership Secretary: Steven Kahan, membership@nbwclub.org
Rides Coordinator: Rod Breault, touring@nbwclub.org
Advocacy Chair/LAB rep: open
Volunteer of the Year 2019: Dianne Robillard
Volunteer of the Year 2021: Flavio Salas
Volunteer of the Year 2022: Tim Scholz

OTHER CLUB FUNCTIONS

Arrows/Paint coordinator: Mike Miller, arrows@nbwclub.org
Ride starters: Rod Breault, John Rohland
Maps/rides database: open, maps@nbwclub.org
Ride schedulers: R. Paiva, R. Silvia, J. Satterlee, T. Shwartz, R. Breault, T. Scholz, Dianne Robillard
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Map & GPS creator: Ted Shwartz
Webmaster: Larry Rollins, webmaster@nbwclub.org
Special rides/events coordinator: Mark Robinson
Social events organizer: open...banquet@nbwclub.org
Social Tent organizer: Ray and Monica Foulkes
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Cartoonist: Bob Paiva

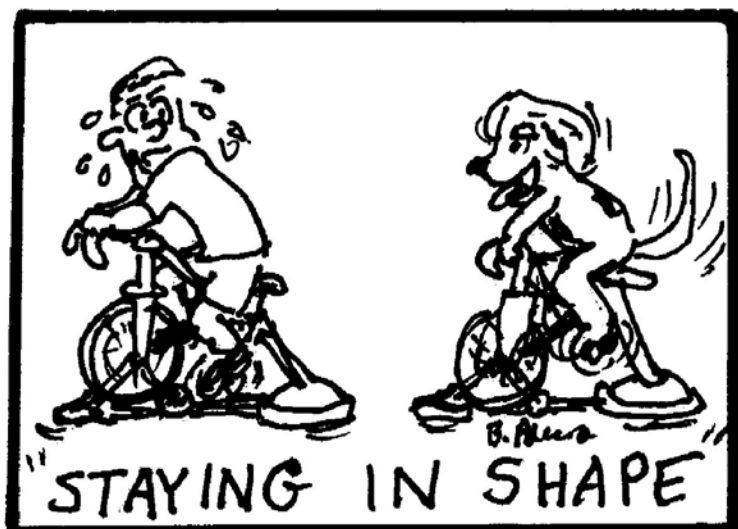


Tribute Ride for Jan Harbutiak Feb 10, 2023

Photo: Patty Hathaway

Left to right: Bob Paiva, Ray Foulkes, Pat Stark, Don McManus, Nancy Beach, Patty Hathaway, John Rohland, Rod Breault, Bill Luther. Missing from photos: John Nery, Jack Amaral, Lee Sproul, Steve Harrington.

Below: Don Paiva, Jo-Ann del Vecchio



Midnight Marathon

Don MacManus



next to Hopkinton) and ride back into the city. Within a few years it grew into a rolling party with crowds of riders lighting up their bikes, playing boom boxes and just having a good time. The organization hasn't gotten any more sophisticated since that first night. How many people go? Nobody counts. But I believe it has hit 2,000 when the weather is good.

If you want to do this ride you're pretty much on your own. The first challenge is getting to Hopkinton. Everyone has their own solution to this. Many take the MBTA train from South Station which arrives in Southbridge at 11:06 p.m. or the one that arrives at 12:06 a.m. The second challenge is to get your bike to Hopkinton. The MBTA used to allow riders to take their bikes on those trains. But after the Boston Marathon bombing the MBTA ruled that they wouldn't allow bikes on commuter trains for this event. Actually, I've seen

*Photo: 2022 Midnight Marathon
Ute Anderson, Don MacManus, John Swyers, Bill Luther*

If the idea of jumping on your bike at midnight and spending the next few hours riding through the empty streets of Boston intrigues you – read on. If not, move on to an article aimed at normal riders.

I've done the Midnight Marathon twice. It runs from the starting line of the Boston Marathon in Hopkinton to the finish line in Boston, starting at midnight the night before the actual Marathon. I did it with different people each time. And we all agreed it was one of the best rides we've ever done.

The ride itself is quite simple. You start riding your bike from Hopkinton at midnight and follow the well-marked route into the Marathon finish line on Boylston Street. The route is 26.2 miles, generally downhill. The traffic is minimal to non-existent. The silence is amazing.

The biggest challenge is that the "organizers" don't believe in organization. In fact, they revel in the fact that they don't have any organization at all. There is no registration, no maps, no volunteers or any of the accoutrements that you expect from a "ride." In essence, they say "See you in Hopkinton at midnight. Have fun!" What little information that is published is on their Facebook page. But that is spotty at best.

This unique adventure began in 2009 when a group of Boston college students announced online that they were going to take the Commuter Rail out to Southbridge (which is right

people get on the train with their bikes – but if they refuse you, you're stuck.

The first year I did this ride there were trucks available to take your bike to Hopkinton, leaving from near South Station. You paid \$30 in advance, dropped your bike off and walked over to the train. It worked great. When I did the ride last year this wasn't available. No explanation – but there is talk of starting that up again this year. Check their Facebook page (Midnight Marathon) as the ride gets closer. The second time I did it one of the riders' wife took our bikes to Hopkinton while we parked at South Station and took the train to Southborough. Some people solve this problem by simply riding both ways.

The third challenge is the weather. Midnight in April can be a crap shoot. The first time I did it the temperature was in the 70s. Last year it was 37. I enjoyed both years, but that extra 33 degrees was definitely appreciated.

Besides a sense of adventure, you'll need a good light. The Hopkinton end of the ride is pretty dark, but as you get into the city the lighting is quite good. You should do this ride at least once in your life. I've done it twice and I'm going to do it again.

Don MacManus

2023 date: April 16

Support your local bike shop

If you know of any changes to this list, please inform
editor@nbwclub.org

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

BICYCLES PLUS, 391 East Central St, Franklin, MA
508-520-1212

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

PROVIDENCE BICYCLE INC, www.providencebicycle.com
* 725 Branch Ave, Providence, RI 02914. 401-331-6610
* 150 Lambert Lind Highway, Warwick, RI 02886. 401-773-7733

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

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. www.stedmansbikeshop.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 trekbikes.com

* 729 Hope St, Providence, RI 02906

401-274-5300

* 3480 Post Rd, Warwick, RI 02886

401-739-0393

* 263 Bedford Street, Lakeville, MA 02347

508-822-4570

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

Athlete's Kitchen

Nancy Clark, April 2023

Carbs & Athletes: Friend or Foe?

Athletes create many reasons for limiting their intake of seemingly “evil” carbohydrates: *I don't like sandwiches ... Pasta is so “heavy” ... I'm staying away from gluten ... I avoid any foods with added sugar ... I prefer to eat two veggies at dinner instead of a veggie and a carby food.* And, most often I hear: *Bread is fattening!!!* Anti-carb sentiment has pervaded my entire career as a sports nutritionist. While some fads have come and gone, the “carbs are bad” fad remains ingrained in the brains of even elite athletes. I am (again) encouraging you to reconsider your stance.

- Despite popular belief, carbohydrates are not inherently fattening. *Excess calories* of any kind are fattening. Excess calories of bread, bagels, and pasta are actually less fattening than excess calories of cheese, butter, and olive oil. That's because converting excess calories of carbs into body fat requires more energy than does converting excess dietary fat into body fat. That means, if you want to be gluttonous yet suffer the least weight gain, indulge in fat-free frozen yogurt instead of gourmet ice cream!

- To allay any confusion, let's clarify what carbs actually are. Carbohydrates include both sugars and starches. Carbs are in fruits, vegetables, grains, and milk (lactose). Sugars and starches all digest into the simple sugar glucose. Glucose travels in your blood and, with the help of insulin, gets taken into muscles and stored as glycogen for fuel. Athletes who restrict carbs commonly complain about “dead legs.”

- Sugars and starches are biochemically related. For example, an unripe fruit, such as a banana, is starchy. As it ripens, it becomes sweeter; the starch converts into sugar. Similarly, vegetables, such as peas, are sweet when young. Their sugar converts into starch as they mature.

- All carbs—both sugars and starches—are excellent sources of fuel. Both “carby” bagels and sugary candy end up as glucose in your blood and feed your muscles as well as your brain. Whether you are a marathon runner or a weight lifter, a carb-rich sports diet (with adequate protein) can enhance your performance.

- Quality carbs, such as whole grains, fruits, and veggies, offer abundant vitamins, minerals (electrolytes), and other health-promoting nutrients. Refined sugar, however, offers little nutritional value. Yet, dietary guidelines say 10% of daily calories can come from added sugar. That's at least 50 grams of sugar for most athletes and allows for some “fun foods.”

- Sugar-avoiders please note: the 3 grams of added sugar in 2 tablespoons of peanut butter will not negate peanut butter's health-promoting fiber, protein, and anti-inflammatory fats. Nor will the sugar in chocolate milk diminish its value as

(Contd) a helpful recovery fluid after a hard workout. Please look at the vitamins, minerals and protein that come *along with the added sugar*, not just the sugar itself.

- Sports drinks, gels, and sports gummies are little more than refined sugar. That’s not bad; it’s exactly what the body wants during extended hard exercise. Even though refined sugar adds “empty calories” to a sports diet, athletes need not eat a perfectly sugar-free diet to have an excellent diet. There’s a time and a place for sweets.
- The messages that carbs are inflammatory, fattening, and bad for you is targeted at sedentary people who consume excessive calories, often from highly processed foods. For those unfit (often unhealthy) people, excess carbohydrate can contribute to elevated blood glucose, which triggers the body to secrete extra insulin. Consistently high insulin can be inflammatory and lead to nasty health issues. Yet, most athletes can handle carbs with far less insulin than the average American—and without carbs causing “sugar crashes” or weight gain.
- The most common reason for “sugar crashes” (hypoglycemia) among athletes relates to running out of fuel. The shakiness and sweats are because the athlete did not eat enough carbs to maintain normal blood glucose levels and the brain has to demand a quick fix—sugar! One marathoner credited the sugary gel he took at Mile 16 to cause him to “crash.” More likely, he needed more just one gel to meet his energy needs.
- For athletic people who routinely train hard 4 to 6 days a week, carbs should be the foundation of each meal. The International Olympic Committee’s recommendations for a performance diet include far more carbs than many athletes consume via fruit, salads, and cooked veggies. Baseline targets for a 150-pound athlete are:

375 g carb/day for ~1 hour of *moderate exercise*

450 g carb/day for ~1-3 hours of *endurance exercise*

525 g carb/day for >4-5 hours of *extreme exercise*

This comes to about 100 to 150 grams carb/meal, which equates to about 400 to 600 calories of grains, fruits, and/or veggies per meal. This menu exemplifies what 450 grams of carb “looks like”:

TIME	MEAL	CARB (g)	SAMPLE MEAL
6:30	Pre-exercise snack	40	Clif Bar
7:30	Post-exercise Breakfast	110	--1.5-hour bike ride-- 1 cup dry oats cooked in 1 cup milk 1 large (9”) banana drizzle honey
11:30	Early lunch	125	Sandwich Fruit yogurt 4 fig newtons
3:30	Hearty Snack	45	Dried fruit (in trail mix) Latte
7:30	Dinner	130	Chicken 2 cups (brown) rice 1 c cooked carrots 8 Hershey Kisses

If your daily menu lacks starchy foods, experiment with adding grains to each meal and snack. You just might discover how much better you can feel and perform!

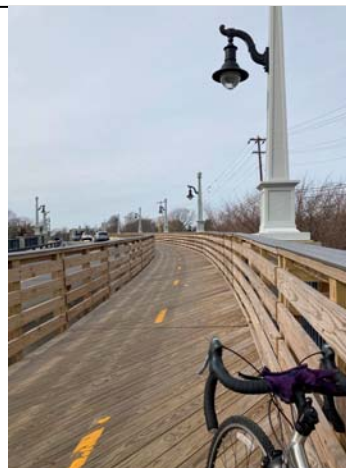
Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (Newton; 617-795-1875). Her best-selling *Sports Nutrition Guidebook* is a popular resource, as is her online workshop. Visit NancyClarkRD.com for info.

East Bay Bike Path News

On the Barrington Ride I noticed with pleasure that RIDOT did a nice job creating a temporary wide, safe bikepath next to the traffic over the Barrington bridge on the East Bay Bike Path. The detour is doable now. However, it looks like we’ll be waiting a long time for permanent replacement of the bike path’s bridges.

By the way, it is FLAT. It’s just an optical illusion that makes it look slanting on my photo!

M. Foulkes





touring@nbwclub.org

Our Paint and Arrowing Coordinator, Mike Miller, is looking for volunteers to arrow some of our upcoming rides.

If you'd like to give back to the club by arrowing a ride (or two), contact Mike at

arrows@nbwclub.org

or you can talk to him at most ride starts. A message to the ride starter will get to him as well.

Many thanks to our recent arrowers:

- Apr 9 Great Grandma's Farm—Rod Breault
- Apr 2 Middletown—Mike Miller, Dianne Robillard
- Mar 26 Point Judith—Wayne Tikkanen
- Mar 19 Charibo—Gary Archer
- Mar 12 Westport/Dartmouth—M. Miller, D. Robillard
- Mar 5 Seekonk South—Ray and Monica Foulkes
- Feb 26 Fish Rd—Mike Emma
- Feb 19 Simple Arrowless—noone
- Feb 12 Barrington—Don Paiva, Mike Emma
- Feb 5 Jonnycake—Wayne Tikkanen
- Jan 22 Simple Arrowless—noone

Cranberry Metric Ride—remember last fall?

Photo: Patty Hathaway, who always sends us some history. Oliver Mill Park in Middleborough, Mass. It's an historical place named after Judge Peter Oliver who "operated an ironworks that included one of the earliest rolling and slitting mills in New England." This helped Middleborough's economy. Judge Oliver was an important Tory official (British Political Party) and Judge. When the revolution broke out in 1776, the town of Middleborough was opposed to the British despite the fact that Judge Peter Oliver helped the growth of Middleborough. He was "impeached for receiving a salary from The Crown," and his home was burned to the ground in 1778. (Well !)



Ride Schedule: This has moved to the **NBW RideWithGPS** account. Links to the schedule appear on our website—nbwclub.org—and in the weekly email to members from our president. This newsletter will also provide a record of the schedule in the former print format (see next pages).

If you aren't receiving the weekly email to members contact membership@nbwclub.org to check your address is correct.

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.
- Use "blinkies" so you are more visible to motorists.
- Share the road with motorists and pedestrians. Obey all traffic laws.

NBW RIDE SCHEDULE

Last minute changes are announced via our website - nbwclub.org - and our weekly email ride notices as well as the Ever Calendar on Ride With GPS

March 5, 2023	♥ Seekonk Southern Ride	16/29/52 miles	
Sunday	11:00 AM	Map No. 89	Arrower:
<i>Route</i>	Seekonk, Rehoboth, Somerset		
<i>Directions</i>	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. Please park near the tennis courts and take advantage of the Port-a-John there. School officials have asked that we not park near the main entrance. Good will on the part of the school department will allow us to continue to use this convenient ride start.		
<i>Drive Time</i>	10 minutes from Providence		
<i>Description</i>	This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob Paiva. This year the 52 mile loop will not be arrowed. RWGPS files are available for those wanting to brave the weather for a longer ride.		

March 12, 2023	Westport Dartmouth	21/32 miles	
Sunday	11:00 AM	Map No. 112	Arrower:
<i>Route</i>	Westport, Dartmouth		
<i>Directions</i>	Start at Westport School Administration Building, 19 Main Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 16). Head south on Rt 88 for about 4 miles to Old County Road (2nd traffic light). Turn right, then left onto Main Rd. High school is on the right - park in the lot at the far end of the school (as you face the school, it's the one on the left).		
<i>Drive Time</i>	30 minutes from Providence		
<i>Description</i>	A quiet, flat winter ride designed by Gil Peel, through woodlands and marshes and quaint villages.		

March 19, 2023	♥ Chariho Tour	15/25/47 miles	
Sunday	11:00 AM	Map No. 17	Arrower: G. Archer
<i>Route</i>	Charlestown, Richmond, and Hopkinton		
<i>Directions</i>	Start at Chariho High School, 453 Switch Rd, Wood River Junction, RI. Take 95S to exit 7 West (Rt 138W Hope Valley). Go 1.1 miles to a traffic light and go straight on Rt. 3/Rt 138. About 1 mile on Rt. 3 bear left at blinking light onto Mechanic St. (which becomes Switch Rd, then bears right and becomes Hope Valley Rd), for about 4 miles to the school on the right. Please park at rear of school.		
<i>Drive Time</i>	45 minutes from Providence		
<i>Description</i>	This scenic ride on quiet roads in the southwest corner of RI passes first through Woodville, with its dam and millpond, and continues through Charlestown, which hosts bike races at Ninigret Park. You'll travel through Burlingame State Park and to the ocean along Quonochontaug Neck before returning through Wood River Junction. CAUTION when crossing Rt. 1 on the long routes!		

March 26, 2023	♥ Narragansett Point Judith	15/28/32 miles	
Sunday	11:00 AM	Map No. 108	Arrower:
<i>Route</i>	Narragansett, Galilee, Point Judith, Wakefield		
<i>Directions</i>	Start at Salt Pond Shopping Center, Rt 108 (Point Judith Rd), Narragansett, RI. Take I-95 S to Rt 4 S (left exit) to Rt 1 S. Take Rt 108 S exit. Bear right at end of ramp. Shopping center is just ahead on right. Please park in the Stop & Shop parking lot - away from stores.		
<i>Drive Time</i>	40 minutes from Providence		
<i>Description</i>	Beautiful ride that explores the midpoint of Rhode Island's southern coast and marshlands. A highlight of the ride is pedaling beneath the Narragansett towers as well as the lighthouse at Pt. Judith. Regular ride start time of 10:00 AM begins next week		

April 2, 2023 ♥ **Rochester-Middleborough** 15/31/48 miles

Sunday 10:00 AM *Map No.* 182 *Arrower:*

Route Rochester, Middleboro, Lakeville

Directions Start at the Old Colony Regional Vocational Technical School 476 North Ave, Rochester, MA. From I 195, take exit 24B, Rte 140 North in New Bedford. Use exit 10 to turn left onto Chace Rd. Take the second exit at the rotary onto Mason Rd. In 0.8 miles, turn left onto Middleboro Rd. In 1.2 miles, continue straight onto Morton Rd. (Morton Rd. becomes North Ave. after crossing MA 105). The Vocational School is 3.0 miles ahead on the right.

Drive Time 50 minutes from Providence

Description Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is basically the Lakeville, or Land-O-Lakes ride, an old club favorite. There's nothing wrong with the old start location, and we may return there, but we wanted to try out this location just to see if we could add something new to the ride. This area is noted for its lakes, ponds and cranberry bogs.

April 9, 2023 **Great Grandma's Farm Ride** 13/21/48 miles

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

Route Burrillville, Uxbridge, Pascoag, Chepachet, Gloucester, 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 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 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"

April 16, 2023 ♥ **Westport** 13/25/44/50 miles

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

Route Westport, Dartmouth

Directions Start at Westport Elementary/Middle/High Schools Complex, 380 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 16). 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 maps, cue sheets or GPS files.

April 23, 2023 **The Speedway Ride** 24/41/51 miles

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

Route Gloucester, Foster, Putnam, Douglas, Burrillville, Thompson

Directions Start at Ponagansett High School, 91 Anan Wade Rd, North Scituate, RI. (Yes, the High School is in Gloucester, 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.

April 30, 2023 **Walpole Dover** 15/28 miles

Sunday 10:00 AM *Map No.* 109 *Arrower:*

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

Directions Start from the Municipal Parking Lot, behind the Fire Station at 20 Stone St. Walpole, MA in the center of Walpole MA. From the south, take Rt. 95 N to exit 9 (Rts 1 & 27, Walpole exit). Bear right off the exit onto Rt. 1N for 1.1 mi. Go Left at the light onto Rt. 27. Stay on Rt.27 for 1.7 mi until approaching the junction with Rt 1A in Walpole. Just before that light take a left on Stone St. street (there's a "Public Parking" sign at the turn). You'll see the parking area on the right, behind the shops on Rt.1A and the Fire Station.

Drive Time 40 minutes from Providence

Description Lovely ride around small towns and farms south and west of Boston, crossing the Charles River a couple of times on surprisingly rural roads. Ponds, marshes, lots of horses and a few cows to be seen. Expect a few little hills but nothing major. At this time of year watch out for potholes on the little roads in the Charles River watershed area.

May 7, 2023 **Mystic Metric** 15/30/64 miles

Sunday 10:00 AM *Map No.* 59 *Arrower:*

Route Ashaway, Mystic, Stonington

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

Drive Time 45 minutes from Providence

Description This ride starts through North Stonington cow country and old farms, travelling beautiful country roads to Mystic and the Stonington coast. We are reverting to our old route (the casino has built a new road so is no longer a problem).

May 14, 2023 **♥ Westport REPEAT** 13/25/44/50 miles

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

Route Westport, Dartmouth

Directions Start at Westport Elementary/Middle/High Schools Complex, 380 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 16). 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 maps, cue sheets or GPS files.

May 21, 2023

♥ Plymouth Century

23/54/100/102/126

Sunday 8:00 AM *Map No. 122* *Arrower:*

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

Directions 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. Please park near the tennis courts and take advantage of the Port-a-John there. School officials have asked that we not park near the main entrance. Good will on the part of the school department will allow us to continue to use this convenient ride start.

Drive Time 10 minutes from Providence

Description The Plymouth Century Ride has long been a staple of the NBW route library, a perennial favorite and almost always the first century ride of the year. Despite its popularity, comments from many club members and hard work by Touring Board members Tim Scholz, Ted Shwartz and Raul Silvia have let to this updated version of the ride.

Traffic issues in downtown Plymouth have led us to remove this portion of the ride, though the RWGPS files have a "Scenic" 102 mile loop that does go by Plymouth Rock. A 200K (126 mile) loop, for the truly intrepid, has also been added. The double metric goes by the Manomet Lobster Pound for those interested in a lobster sandwich!

The longer routes pass through Miles Standish Forest, but now use some roads we haven't ridden before.

Note that the Scenic route and the 200 K route are not arrowed. Guidance is by RWGPS and map only.

Century riders start at 8 AM All others start at 10 AM.

May 28, 2023

Tiverton Fifty

21/33/51 miles

Sunday 10:00 AM *Map No. 105* *Arrower:*

Route Tiverton, Little Compton, Westport

Directions Start at the Tiverton Middle School, 10 Quintal Drive, Tiverton, RI. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school at the end.

Drive Time 35 minutes from Providence

Description An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

June 4, 2023

Tom & Pat's Half Century

18/26/46 miles

Sunday 10:00 AM *Map No. 19* *Arrower:*

Route Coventry, Foster, Sterling

Directions Coventry High School, 40 Reservoir Rd., Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 18 and bear right onto Rt. 3N for about 2.2 miles. Turn left at the traffic light for Reservoir Road. School Access Rd is about 0.3 miles ahead on the left.

Drive Time 35 minutes from Providence

Description A very scenic 46 miles straddling the Rhode Island/Connecticut border. The ride was designed by Tom Chabot and Pat Young, who have toured throughout the USA.

June 11, 2023

Oneco Pond Ride

17/29/45 miles

Sunday 10:00 AM *Map No. 3* *Arrower:*

Route Escoheag, Sterling, Oneco, West Greenwich

Directions Sterling Memorial Library (formerly School), 1183 Plainfield Pike (Rt 14A), Sterling, CT.
From Providence: Take Rt.6 West to Rt.295 South. Take Exit 6 (old 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.

Drive Time 45 minutes from Providence

Description 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.

June 18, 2023

Tiverton Fifty REPEAT

21/33/51 miles

Sunday 10:00 AM *Map No. 105* *Arrower:*

Route

Directions Start at the Tiverton Middle School, 10 Quintal Drive, Tiverton, RI. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school at the end.

Drive Time 35 minutes from Providence

Description An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

June 25, 2023

♥ Joe Medeiros Ride

17/25/47/63 miles

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

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 24B, 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.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event