

The Spoke'n Word

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

July 2020



Note from the Editor

“The Fork in the Road” at the junction of River and Old Harbor roads in Westport was wearing a mask and gloves this Spring. There’s a lot in this photo to remind me of this stressful year and how, as usual, I found some peace and sanity by riding my bike around our quiet, familiar back-roads.

This issue of our newsletter has been delayed and delayed again as we waited for the many frequent changes to State guidelines and protocols as we all grappled with our response to the perils of Covid19 through Phase 1, 2 and now 3. As you see in our president’s message on page 2, there are still no NBW rides scheduled for the foreseeable future. I have never before worked on an issue without a ride schedule—the reason for this newsletter’s very existence. But until the day when I can again lay out the schedule I hope you are all well and riding regularly on your own or with small, informal groups. I’ve seen many of you on the roads, signaling to me that you are riding through it all. Stay safe, keep riding.

Monica Foulkes,
NBW Editor

Stay up-to-date on NBW news:

*Late-breaking news is announced in the weekly email to members from our NBW President, and on our website, nbwclub.org . If you do not receive this weekly email, first check your “junk” mail as sometimes this broadcast to all members is mistaken for spam by your email service (flag it as “not spam”). Or you may have selected the “no email” box when you registered your membership at ImAthlete.com You can check your membership account by using your personal, long code that ImAthlete sent to you on joining, and that hopefully you saved, and see if you checked “no email”, in which case you just uncheck it.
Questions: membership@nbwclub.org*

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

Notes from the President



Hi everyone,
Recently the NBW Board discussed resumed group riding. In order to be best prepared for this discussion, I spoke to the Rhode Island Department of Health. The state sporting activity guidelines for Phase 3 are not specific

to our club rides since we have different groups of riders each week and the majority are considered to be at a vulnerable age. A COVID dedicated nurse provided me with the complete list of requirements we would have to follow: riding in pods, contact tracing and keeping riders over age 65 distanced at 16 feet or more. She also stated that no drafting would be allowed.

In Massachusetts, outdoor activities such as outdoor, organized athletic or recreational events that gather large numbers of participants or spectators outdoors are prohibited until further notice.

In light of the heavy burden to ensure our riders are safe and that we are following protocols for the state, **we have decided not to resume rides**. At least for the time being.

However, we still want you to ride. The club has many maps (see our website) and rides on Ride with GPS. We are looking at having volunteers resume arrowing so that there will be fresh arrows out on the road and members can ride these routes at their leisure.

Lastly, this fall we will have NBW club **Officer elections** for President, Vice-President, Treasurer, and Secretary. If anyone is interested in being nominated, please let me know.



Mask Update:

We have a limited amount of additional NBW masks for sale. First come, first served.

Be safe, be well!

Michelle
president@nbwclub.org

Current List of Club Officers & Other Important People

NBW OFFICERS (Terms begin February 1)

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

NBW BOARD OF DIRECTORS

Past Presidents: Ted Shwartz, Todd Wise, Janice Velozo
Membership Secretary: Ray Foulkes, membership@nbwclub.org
Rides Coordinator: Rod Breault, touring@nbwclub.org
Advocacy Chair/LAB rep: Mark Dieterich, advocacy@nbwclub.org
Volunteer of the Year 2017: Chip Kent
Volunteer of the Year 2018: John Stenning
Volunteer of the Year 2019: Dianne Robillard

OTHER CLUB FUNCTIONS

TFCE Chair: Ted Shwartz/Michelle Cortes-Harkins
TFCE Volunteers:
Arrowers/Paint coordinator: Mike Miller, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Gendreau, Ted Shwartz, Pete Bissell
Maps/rides database: Rod Breault, maps@nbwclub.org
Ride schedulers: R.Paiva, R.Silvia, J.Satterlee, D.Baldwin, T.Shwartz, R.Breault, T. Sholz
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Map & GPS creator: Ted Shwartz
Ride liaison w/police depts: Steven Kahan, police-liaison@nbwclub.org
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: open....events@nbwclub.org
NBW merchandise sales: open ... sales@nbwclub.org
Social events organizer: Kris Brown, banquet@nbwclub.org
Social Tent organizer: Bladimir Rodriguez
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva



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

GPS files for all scheduled NBW rides are available to NBW members.

You need to set up a RidewithGPS account (free) to access NBW rides.

Then link your account to the NBW one using the link contained in the "Welcome to the NBW" email sent to you on joining or renewing membership.
 Questions: maps@nbwclub.org

Welcome New Members

- Chelsea Amaral, Philadelphia, PA
- Mike Amendola, Cumberland, RI
- Barry Abelson, Randolph, MA
- Melissa Book, Riverside, RI
- Stephen P. Costa, Mystic, CT
- Doug Crowley, Randolph, MA
- Jeff Darche, Scituate, RI
- Dennis Dion, North Attleboro, MA
- Ryan Dreyer, Philadelphia, PA
- Kevin Eberman, Providence, RI
- Cheryl Firth, Providence, RI
- Scott Growth, No Providence, R
- Edmund Hague, Cumberland, RI
- Peter Leviten, Providence, RI
- Dione Lopes, Worcester, MA
- Trevor Miller, Barrington, RI
- Christine Pellegrini, Norton, MA
- Joe Ryan, Warwick, RI
- Davian Sanchez, Providence, RI
- Paula Slinko, Coventry, RI
- James Spitler, Jamestown, RI
- Katherine Spriggs, Boston, MA
- Joseph Stein, Providence, RI
- Matthew Steinkamp, Swansea, MA
- Raymond Steinmetz, Warren, RI
- Kristin Winoker, Barrington, RI

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

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

CHANGES TO NOTE:

Members' section of our website:

You no longer need a password.
 We no longer provide the list of members.

NBW email discussion list:

Our Yahoo group has been discontinued.
 In its place use:
<https://groups.io/g/nbwclub/topics>

NBW now has a storage facility for equipment.

Details: president@nbwclub.org



Support your local bike shop

BIKEWORKS, 79 Swansea Mall Dr, Swansea, MA 02777.
508-677-0710. www.bikeworksma.com

BLACKSTONE BICYCLES, 391 Mendon Rd, Cumberland, RI 02864. 401-335-3163. blackstonebicycles.com

BRUMBLE BIKES, 49 Beach St, Westerly, RI 02891.
401-315-0230. www.brumblebikes.com

LEGEND BICYCLE, 181 Brook St, Providence, RI 02906.
401-383-3070. www.legendbicycle.com

NBX BIKES www.nxbikes.com
* 922 Boston Neck Rd, Narragansett, RI 02882. 401-782-4444
* 729 Hope St, Providence, RI 02906. 401-274-5300
* 3480 Post Rd, Warwick, RI 02886. 401-739-0393

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

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

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

Editor—

Most of our local bike shops kept open during the various phases of lockdown. On checking with them in April/May, they reported that they were very busy doing repairs and sales, by various online arrangements providing curb-side service; some handled home delivery. So bike shops were recognized by Mass and RI as a very necessary maintenance service, and proved to be very flexible and creative in solving problems. Now we're in Phase 3 some have reopened their shop space to customers, limiting number according to space available for 6 feet social distance. Call or contact online to check before you go.

Please support your local bike shop.

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

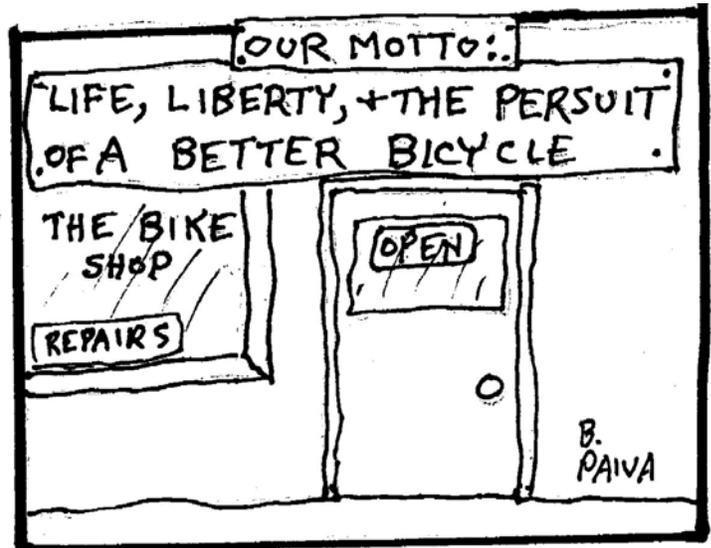
TREK BIKE SHOP, 414 Warren Ave, East Providence, RI 02914.
401-434-3838

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



VIRTUAL NBW

During lockdown the following online activities for members were announced speedily in our weekly email broadcast. On May 17 members received a video link made by President and Vice-President Michelle & Rick Cortes-Harkins, counselling members on how to deal safely with the absence of NBW rides and the informal group rides that were evolving. The President's weekly email broadcasts to members were used to announce late-breaking online events that were arranged quickly, including:

Zoom presentations (*Providence Streets Coalition: Building a movement for safer streets and more transportation choices; Easy, Better, Stronger: Make Your Own Cycling Snacks; and What to Do if You are in A Bike Accident*)

Zwift rides, organized by NBW members Andy Willner and Ben Dowling, started in May and are ongoing.

Watch for announcements of virtual events in your weekly email from the President. This has become our best way to communicate directly with you about late-breaking news.

Bicycling in the Time of COVID and the NBW

Ted Shwartz

I miss my Sunday rides with the NBW. I think we all miss them. Unfortunately, it might be some time before they resume, and when they resume they might be different because of Covid.

What have I been doing to fill the hole left behind by the cessation of the club rides? Mainly I have been doing picnic rides with my wife. At first, we would ride somewhere from our home and have a picnic, and then ride home. The first picnic ride was priceless, we left home, went somewhere, and life felt a little better.

Over time these picnic rides have changed a bit. We have been driving to places to picnic, and ride a 20-30 mile loop, returning to a shady picnic at the end. Over time, we have started to invite a few friends to ride with us (socially distant) and picnic with us (socially distant). Lately we have been incorporating a swim to our ride and picnic.

Our rides are short, but they are so rewarding. Sunday morning has a routine again. Get up, walk the dog, pack a picnic, load our stuff into the car, and go... Often our picnic will stretch to an hour or two. We return home refreshed, ready for another week.

For me, this is not the summer of challenging long rides. It's not the summer of Sunday rides with the greater NBW. Nor is it the summer of the social tent. No brevets, no centuries, no cycling vacations.

What it has been, is the summer of picnic rides, with swims.

What can the NBW do for you, in this time of Covid? Do what we have done. Take advantage of the great NBW Ride Library, the maps, the RWGPS files. Travel discreetly, ride discreetly, and perhaps picnic discreetly. It feels good to leave home and go for a bicycle ride.



COVID REACTIONS

March—shock, realization, isolation, fear of outside, can I ride my bike?

April—got to get out, just a little ride, bike paths closed, devise cunning local ride, talk with trusted friend, make masks, hand sanitizer for back pocket, dig out recipe for banana bread, empty roads feel safe, so good to cover some miles.

May—rides getting longer, got used to riding 6 feet away but don't want to ride with more than 2 others, still very careful, bandana or buff better than mask for riding because can pull up quickly only when needed, see many NBW riders out, call "hi" across the road. Hey we got this.

June—back to normal mileages, know all the places to stop, get drinks. Miss the club rides. Oh, social after-ride tent, will we ever meet again?



Monica and Carleen started riding early in April, checking out all the little beaches around Westport—and there are a surprising lot of them, usually down dead-end dirt roads—taking our home-made banana bread and water, and contemplating the vagaries of life while listening to the breaking waves. No-one there but us. It's busier now, but April/May was a slice out of time to remember. And then by June the Bayside opened with eat-outside food. Yay! Life is good.

What's your riding been like in the time of COVID?

Drop an email to editor@nbwclub.org about your experience.

Overlooking Briggs Beach

This just in from the Woonasquatucket River Watershed Council ...

We Just Gave Away 60 Bikes in Olneyville!

One of our 2020 summer highlights: more kids on bikes! We set the goal to donate at least 50 bikes and helmets to youth in our Olneyville community.

Today we celebrated as the 60th kid rode down the bike path in Riverside Park ready for healthy outdoor summer fun on the Woonasquatucket River Greenway.



Huge thanks to our partners at Lifespan Health for donating helmets to keep our kids safe while riding, to our funders from Ocean State Charities Trust and the Rhode Island Department of Transportation, and to the many generous donors who support our work.

And we're just getting started! With your help, we can keep it going.

We're looking for donations of gently used bikes, especially for ages 10-14. Do you have a bike to donate or questions? Email Bicycle Program Director Donny Green at dgreen@wrwc.org.

NBW Wheeler Dealer

See website for latest listing

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

Non-NBW events & charity rides

Note: Some of these large charity rides are scheduled for fall 2020. You should check their website for COVID restrictions and any refunds if they have to cancel.

Weekly Thursday night rides. Organized by Jo-Ann Del Vecchio, in and around RI and Mass. Staggered starts, social distancing, masks required. Contact Jo-Ann: majdel98@yahoo.com

Saturday, August 15, Social Distance Gravel Middle Massachusetts Edition. 100 km and 100 mile routes & 9mph-20+mph options. Contact <https://www.rideshortlist.com/>

Saturday, September 5, Bike to the Beach, for Autism awareness, with Bike Newport. 62 miles from Woonsocket to Newport. Contact: <https://biketothesea.org/>

Sunday, September 13, Bikes Not Bombs 33rd Annual Bike-A-Thon. Contact <https://bikesnotbombs.org/>

October 4, Buzzards Bay Coalition Watershed Ride, 100, 75 and 35 miles. Contact <https://www.savebuzzardsbay.org/events/2020-buzzards-bay-watershed-ride>



No, this is not happening. It's just a reminder of what normal NBW rides starts are like.

Photo: September 1, 2019. Seekonk South Ride from Seekonk High School. It was a good ride.