

NBW RIDE SCHEDULE

Last minute changes are announced via our website - nbwclub.org - and our email list - <http://groups.yahoo.com/group/nbwclub/>. Informal mid-week rides are also organized via the email list. In case of rain on Sundays, "show'n go" start (no starter, no maps) at 2 PM. "Show'n Go" ride repeats the following Saturday at the same time as first scheduled.

August 1, 2010

Westerly Watch Hill

20/40/64 miles

Sunday 10:00 AM *Map No.* 39 *Arrover:* John Satterlee

Route Westerly, Watch Hill, Kingston, Woodville, Ashaway

Directions URI, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame). Go around back of brick building to the parking lot by the soccer fields.

Drive Time 45 minutes from Providence

Description This ride passes through scenic areas of South County. The long ride passes by South County coastal areas. Stop at the Watch Hill Coast Guard Station and lighthouse for a fantastic view of the ocean.

August 8, 2010

Providence Bicycle Ride

10/35/57 miles

Sunday 10:00 AM *Map No.* 32 *Arrover:* Joe at Prov Cycle

Route Providence-Smithfield-Glocester-N Scituate-Greenville

Directions Start at Providence Bicycle, 725 Branch Ave, Providence. From I-95 South: Take Exit 24 (Branch Ave). Turn right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take 146 North to Branch Ave exit, turn left onto Branch Ave. Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.

Drive Time 10 minutes from Providence

Description Sponsored by Providence Bicycle, this challenging ride soon leaves the city behind, heading north west. The 57 mile loop goes through Lincoln and North Scituate, crossing the Scituate Reservoir before returning through Greenville. 10 milers turn off in Lincoln to return through North Providence. 35 milers turn south in Smithfield. One of our favorite riding areas, with a new look! Providence Bicycle invite riders to stop by the shop after the ride for drinks and nibbles, and to check out their latest gear.

August 9, 2010

****Martha's Vineyard Ride**

30/60 miles

Monday 9:30 AM *Map No.* *Arrover:* Org: Dave Hebert

Route

Directions Organizer Dave Hebert plans to take the 9:30 AM high speed ferry from New Bedford to Oak Bluffs, returning on the 8 PM ferry. Reservations recommended (add bike at reservation). See www.newenglandfastferry.com

Drive Time

Description SPECIAL EVENT: Our annual tour around the island of Martha's Vineyard. Rides are not arrowed but Dave will provide maps. Riders can also devise their own rides. Long ride usually circles the island, arriving back at Oak Bluffs in time to eat before catching the return ferry. Expect some hills in the middle of the island and sandy patches; we ride roads and some (narrow) bike paths.

Contact: Dave Hebert, tel 401-641-6443

August 15, 2010 **Cranberry Metric** 17/35/62 miles

Sunday 10:00 AM *Map No.* 81 *Arrower:* Scott McNeilly

Route Lakeville, Assawompsett, Middleboro, Bridgewater

Directions Start at the Staples plaza on Route 44 in Raynham, MA, near the junction of Routes 44 and 24. Park away from stores.

Drive Time 25 minutes from Providence

Description Enjoy this spectacular and relatively flat ride originated by Judy Northrup. Scenic country roads, ponds, and cranberry bogs abound throughout the ride.

August 22, 2010 **Fall River Fifty (aka Chourico)** 19/27/47 miles

Sunday 10:00 AM *Map No.* 159 *Arrower:* Mark St Amour

Route Fall River, Assonet, Lakeville, Berkley

Directions Start at Bristol Community College (BCC), Fall River. From Rt. 24 in Fall River take the President Ave Exit (exit 5), go through the rotary and take a Right on Elsbree St (1st light). Enter the last parking lot on the right, near the end of Elsbree St.

Drive Time 30 minutes from Providence

Description This scenic ride starts from the highlands of Fall River and meanders through forests, mill towns, lakes and cranberry bogs. Its rolling hills will keep your heart at an elevated state, and after a cool coast down near the waterfront in Fall River one can take a left up President Ave and return to the start. A little short cut will lead one up the infamous Weetamoe St for a little more pain.

After the ride stop by the NBW social tent for beverages etc.

August 29, 2010 **Uxbridge Animal Farm** 18/30/40/50 miles

Sunday 10:00 AM *Map No.* 106 *Arrower:* Chip Kent

Route Uxbridge, Whitinsville, Grafton

Directions Start at Uxbridge High School. Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North, for 1.5 miles. Turn left onto Rt. 122 North for 1 mile to Rt. 16 traffic light. Turn right onto Rt. 16, for 0.2 miles. Bear left onto Capron St; the high school is at the end of the street.

Drive Time 40 minutes from Providence

Description A scenic area for cycling, dotted with ridges, hills and mill towns. The Blackstone River bisects the area and was the first in New England to become industrialized. The old Blackstone Canal, opened in the 1830's, is still seen in Uxbridge and Northbridge. 40 mile riders go by Southwick's Zoo in Mendon (the former "animal farm" in the ride title). The long ride visits Upton, with an old millpond, and Hopedale before the ascent to Mendon.

September 5, 2010 **Tom & Pat's Half Century** 19/28/50 miles

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

Route Coventry, Foster, Sterling

Directions Coventry Plaza on Rt. 3 in Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 6 (not 6A) and bear right onto Rt. 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

Drive Time 35 minutes from Providence

Description A very scenic 50 miles straddling the Rhode Island/Connecticut border. The ride was designed by Tom Chabot and Pat Young, who have toured throughout the USA.

September 6, 2010 ***Labor Day Show'n Go****Monday** 10:00 AM *Map No.* 81 *Arrower:**Route**Directions**Drive Time**Description* Repeat Cranberry Metric ride (map #81). Follow arrows from Aug 15.

September 12, 2010 ****TFCE****Sunday** *Map No.* *Arrower:* TFCE crew*Route**Directions**Drive Time**Description* This annual ride is for PRE-REGISTERED riders only.

September 19, 2010 **Diamond Hill One** 13/32/50 miles**Sunday** 10:00 AM *Map No.* 129 *Arrower:* Rod Breault*Route* Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA*Directions* Start at Diamond Hill State Park on Rt. 114 in Cumberland, RI, 1.5 miles north of Rt. 120.*Drive Time* 20 minutes from Providence*Description* This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses. There is also an ice cream store across from the park (open in season).

September 26, 2010 **For Pete's Sake Ride** 20/27/52 miles**Sunday** 10:00 AM *Map No.* 97 *Arrower:* Ed Holden*Route* Greenville, Slatersville, Nasonville, Wallum Lake, Pascoag*Directions* Start at the commuter parking lot behind McDonalds, next to the Apple Valley Mall at junction of Rts 44 and 5 in Greenville, RI. Take I-295 to Exit 7B (Rt. 44 W). 1/2 mile from exit turn right on Rt. 5 and McDonalds is on your right. Do not park in the shopping plaza to the left (where the fish market is). If the commuter lot is full, go around to the front of McDonalds and park well away from the stores - over by Rt. 44.*Drive Time* 20 minutes from Providence*Description* This is a rolling-to-hilly ride, traveling through old mill towns in northern RI. Long-time member Pete Petrocelli and his wife Jennifer contributed this ride.

October 3, 2010 **Hope Valley "Extra" Ride** 18/29/42/58/70**Sunday** 10:00 AM *Map No.* 156 *Arrower:* Tina Williams*Route* Hope Valley-Charlestown-Richmond*Directions* NOTE NEW START: Start at the Stop & Shop Plaza, Rt 138, Wyoming (Hope Valley), RI. Take I-95 South to Exit 3-A; go left at the exit and left into the parking lot. Please park well away from the stores. (This lot is just on the other side of Rt. 95 from our old start in the Chariho Plaza, which we have been told not to use.)*Drive Time* 40 minutes from Providence*Description* This popular ride was created by Tina Williams to include many of our favorite roads in this area. The basic ride is a scenic 18 mile loop, with the possibility of taking 3 extra loops. Choose 1, 2 or all 3 loops. Loop #3's return along Rt. 3 is one of RI's best downhill. If you're looking for a challenge, take the "Hero" loop with an extra 11 mile hilly section up and over Mt. Tom, to get your mileage to 70.

October 10, 2010

♥ Mattapoissett Ride

15/30/50 miles

Sunday 10:00 AM *Map No. 52* *Arrower: Mike Miller*

Route Mattapoissett, Rochester

Directions Start at the Commuters' Parking Lot off I-195 at the Mattapoissett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, do NOT park on street or sidewalks and do NOT park in the coffee shop across the street from the commuter lot - please use the industrial park just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right).

Drive Time 40 minutes

Description This easy ride travels past Mattapoissett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

October 11, 2010

***Columbus Day Show'n Go**

Monday 10:00 AM *Map No. 97* *Arrower:*

Route

Directions

Drive Time

Description Follow arrows from the For Pete's Sake Ride, map #97

October 17, 2010

Taunton-Sharon Tour

15/30/50 miles

Sunday 10:00 AM *Map No. 92* *Arrower: Don Chiavaroli*

Route Taunton, Norton, Mansfield, Foxboro, Sharon, Easton

Directions Start at BJ's Shopping Center at the corner of Bay Rd and Industrial Park Rd, Taunton. Just off Rt. 495, Exit 9. At light, turn left into lot. Please park away from the building.

Drive Time 40 minutes from Providence

Description This is a flat, easy ride along Massapoag and Winneconnet Ponds with some nice stretches of the remaining farmland in Easton and Norton. Formerly called the Sharon Tour, but because of problems with the old start location Bob Paiva has found us a new start, half-way round the route, in Taunton. Otherwise, the route stays the same.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event