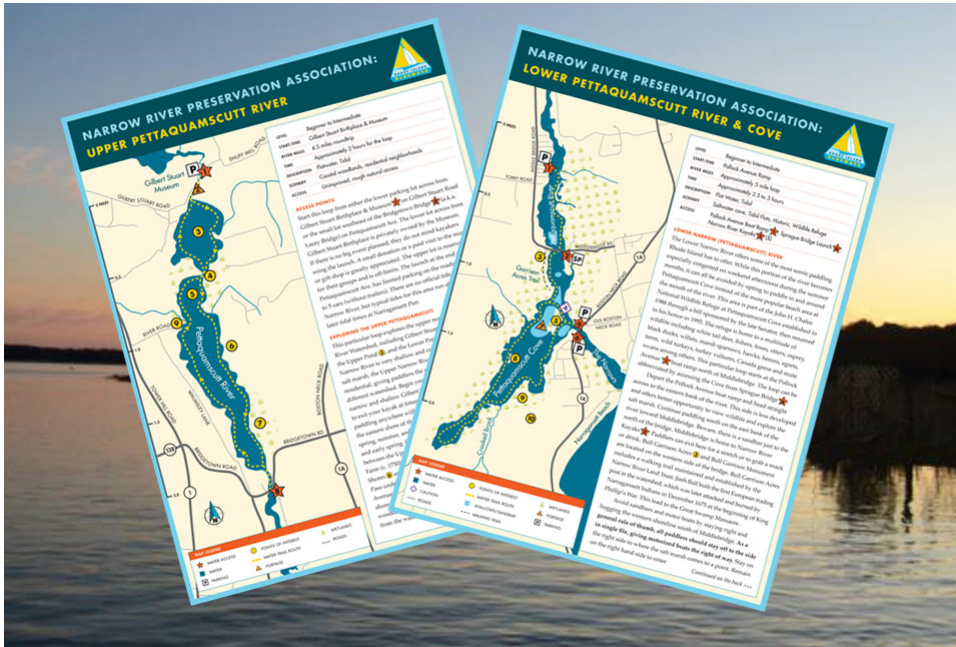


# NARROW RIVER NOTES

Narrow River Preservation Association: Preserving the Narrow River and the Watershed / Summer 2012



(Background Photo: John McNamara)

## Maps for Self-Guided Tours of Narrow River

The Rhode Island Blueways Alliance has published a series of “paddle maps,” including two maps of Narrow River, that “enable watershed organizations throughout Narragansett Bay to showcase paddling opportunities.”

The Narrow River maps include information on places to put in, points of interest and suggested routes for safely exploring one of the most beautiful waterways in Southern New England. One map shows routes on the Upper and Lower Ponds with access points at Gilbert Stuart and Lacey Bridge. The other map covers lower Narrow River from the Pollock Avenue Boat Ramp to Pettaquamscutt Cove and the Narrows. The maps also include information on the natural and cultural history of the watershed.

“There is no better vantage point than water level to explore the beauty of the river,” says Jason Considine who headed up the mapping project for NRPA, with assistance from fellow NRPA Board members Dr. Veronica Berounsky and Dr. Jon Boothroyd.

The maps are available from the **Paddle Maps** page on the NRPA website ([www.narrowriver.org](http://www.narrowriver.org)). You can also download the maps from the R.I. Blueways Alliance site ([www.exploreRI.com](http://www.exploreRI.com)), where you can view maps for other watersheds around Narragansett Bay.

## Mark Your Calendar

The 42nd NRPA Annual Meeting will be held on Thursday, October 4, 2012, from 7:00 to 10:00 p.m. at the Coastal Institute Auditorium on the URI Narragansett Bay Campus. See page 3 for details.

## Four Receive NRPA Scholarships

Congratulations to the 2012 NRPA/Lesa Meng College Scholarship winners: Caitlin Bousquet, Elizabeth Castro, Annie Hall and Tina Luo. More on page 3.

## 25th Annual Narrow River Road Race

More than 240 runners and walkers participated in this year’s Narrow River Road Race. See page 4 for race results.

## Seventh Narrow River Turnaround Swim

Fred Bartlett finished the 2012 Narrow River Turnaround Swim in 21 minutes and 26 seconds. Others took almost an hour. But all enjoyed this annual open-water swim that celebrates the beauty of Narrow River. See page 6 for the times for all 116 participants.

Also inside: *President’s Cove, Pettaquamscutt Paddle and Thank You, Sponsors.*

## President's Cove

On Thursday, October 4, NRPA will hold its 42nd Annual Meeting on the URI Narragansett Bay Campus, during which we will review activities this year and discuss plans for the 2012-2013 membership year, which starts on September 1. The featured presentation will be a report on the 20 years of data from the Narrow River Watershed Watch program, in which volunteers test water quality at 14 locations along the river. Under a grant from the Rhode Island Rivers Council, NRPA has created a highly accessible, publicly available database, which educators, researchers, and decision makers in the watershed towns and at the state level can rely on for extensive, quality-assured information about the river.

I know the database will be an important resource for NRPA's education mission. It will be integrated into the Watershed Science for Educators course, the Active Watershed Education (AWESome) curriculum, and a revised *Narrow River Handbook*. We will also use the data and analysis to promote protection of the river with *Narrow River Notes*, our website, and displays at events such as the Road Race and the On Pettaquamscutt winter speaker series.

We are able to continue Narrow River Watershed Watch and other preservation and education programs because of generous support from groups such as the Rhode Island Rivers Council, sponsors of the fund-raising events described in this newsletter, and most importantly, contributions from the annual membership drive. So, I encourage you to join NRPA for the 2012-2013 membership year, and thank you in advance for becoming a new member or renewing your membership.

Sincerely,

Richard Grant  
NRPA President

## MISSION STATEMENT

The Narrow River Preservation Association (NRPA) works to preserve, protect, and restore the natural environment and the quality of life of all communities within the Narrow (Pettaquamscutt) River Estuary and Watershed.

[www.narrowriver.org](http://www.narrowriver.org)

## NARROW RIVER PRESERVATION ASSOCIATION

P.O. Box 8, Saunterstown, RI 02874  
(401) 783-NARR (6277)  
[nrpa@narrowriver.org](mailto:nrpa@narrowriver.org)  
[www.narrowriver.org](http://www.narrowriver.org)

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### Editor

David Smith

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### Staff

David Smith, Program Coordinator

Submissions & Correspondence to  
[nrpa@narrowriver.org](mailto:nrpa@narrowriver.org)



NRPA is part of the *United Way Workplace Campaign*.

Our donor option number is  
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If you plan to give to United Way,  
please consider designating  
a portion of your gift to NRPA.



The NRPA is participating in  
the 2012 Rhode Island  
State Employees Charitable  
Appeal (SECA).  
Our fund number is **6239**.

## Rhode Island Rivers Council



## Four Receive NRPA Scholarships

Congratulations to the 2012 NRPA/Lesa Meng College Scholarship winners: Caitlin Bousquet, Elizabeth Castro, Annie Hall and Tina Luo.

Scholarship applicants are evaluated on several factors including the student's environmentally oriented activities in and out of high school; the quality of an original essay on an environmental problem/issue relevant to the Narrow River; science teacher's recommendation and academic achievement in math and science courses. We wish continued success to our four winners:

◆ **Caitlin Bousquet** is a graduate of Narragansett High School where she was a Rhode Island Environthon participant. Caitlin's team won third place in the state and the team won the state-wide forestry exam with the highest score in state history. Caitlin plans to attend Marymount University in Arlington, Virginia in the fall, where she will major in biology.

◆ **Elizabeth Castro** has been a participant for the last two summers with the Narrow River Watershed Watch program. She is a graduate of Narragansett High School, where she played on the high school soccer team for four years. Elizabeth will be attending Lehigh University in

Bethlehem, Pennsylvania in the fall, where she intends to study engineering.

◆ **Annie Hall**, a graduate of Narragansett High School, will attend Northeastern University in Boston. Annie was also two-year participant in Narrow River Watershed Watch. She was also an active Girl Scout and a member of Future Farmers of America. Annie plans to major in nursing at Northeastern.

◆ **Tina Luo**, a graduate of South Kingstown High School, will be attending the University of California at Berkeley in the fall. Tina plans to study environmental sciences with emphasis on ecology and plant biology. Tina was president of the Amnesty International at S.K., Vice President of Students for Justice, and Student Council Historian.

## Annual Meeting Is October 4

Have you ever asked, "Is it safe to swim in Narrow River?" or "Can you eat the fish and shellfish?" Or wondered how the health of the river has changed over the years?

Answers to these and other questions will be part of the featured presentation at the 42nd NRPA Annual Meeting on Thursday, October 4 at the URI Bay Campus in Narragansett.

NRPA Board members Dr. Veronica Berounsky and Annette

DeSilva will give an overview of 20 years of data collected in NRPA's volunteer water quality monitoring program. They will share findings from their analysis of water quality trends, seasonality patterns, and storm events. They will compare bacterial and nutrient levels at various river monitoring locations.

The Annual Meeting will also include:

- ◆ Reports on NRPA activities and highlights from the past year
- ◆ Updates on important issues affecting the Narrow River including water and land use management efforts
- ◆ Highlights from NRPA's education program
- ◆ Presentation of the W.E.R. La Farge Memorial Friend of the River Award
- ◆ Drawing for this year's kayak raffle.

So, please join us at our 2012 Annual Meeting on Thursday, October 4, at the Coastal Institute Auditorium, URI Bay Campus, South Ferry Road, Narragansett.

Refreshments will be served at 7:00 p.m. and the meeting will begin at 7:30 p.m.

Visit [www.narrowriver.org](http://www.narrowriver.org) for directions and the meeting agenda.



## 25th Narrow River Road Race Draws 246

Two hundred and forty-six runners and walkers took part in the 25th Annual Narrow River Road Race on Saturday, May 19.



In the 10K run, Joe Siravo of Boston (above, right and below, right) jumped off to an early lead and never gave it up, winning the event in 36 minutes, 42 seconds.



Claire Gadrow of South Kingstown was the top female finisher in the 10K with a time of 41:32.

Following are top three male and female finishers in each age group for the 10K and 5K events. The number on the left is the place within the group; the number on the right is the place among all runners in the event.

### 10K Run - Men Under 19

1	0:47:55	Christopher Ratigan, East Greenwich, R.I.	32
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### 10K Run - Men 19 to 39

1	0:36:42	Joe Siravo, Boston, Mass.	1
2	0:38:41	Jay Calveri, Newport, R.I.	2
3	0:38:50	Joshua Curtis, Sandwich, Mass.	3

### 10K Run - Men 40 to 49

1	0:41:36	Tom Carney, Jamestown, R.I.	7
2	0:41:36	David Tetreault, Narragansett, R.I.	8
3	0:42:17	Marc McLeod, Naples, Maine	9

### 10K Run - Men 50 to 59

1	0:44:13	Kressly Spyder, New London, Conn.	16
2	0:44:17	Tim Lynch, North Kingstown, R.I.	17
3	0:44:33	John Vallune, East Greenwich, R.I.	19

### 10K Run - Men 60 to 69

1	0:42:39	Jim Ryan, Ludlow, Mass.	11
2	0:48:14	Herb Armstrong, Newport, R.I.	35
3	0:49:13	Carl Palanzi, Fall River, Mass.	38

### 10K Run - Men 70 and Older

1	1:13:18	John Phillips, Matunuck Beach, R.I.	130
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### 10K Run - Women 19 to 39

1	0:43:47	Tracey Foster, West Kingstown, R.I.	14
2	0:46:38	Elizabeth Marchetti, Wakefield, R.I.	25
3	0:48:28	Maureen Haran, Brookline, Mass.	36

### 10K Run - Women 40 to 49

1	0:41:32	Claire Gadrow, South Kingstown, R.I.	6
2	0:47:05	Tracey Allen Duff, Wakefield, R.I.	27
3	0:49:31	Leslie Battle, Warwick, R.I.	39

### 10K Run - Women 50 to 59

1	0:44:05	Marge Bellisle, Warren, R.I.	15
2	0:47:40	Mary Camire, Wakefield, R.I.	29
3	0:54:21	Kris Senecal, North Smithfield, R.I.	60

### 10K Run - Women 60 to 69

1	1:49:00	Carol Janus, Hope, R.I.	135
---	---------	-------------------------	-----

### 5K Run - Men Under 19

1	25:42	Sean MacDonald, Narragansett, R.I.	20
2	27:22	Tillman Bartholomew, Belgrade, Mont.	26
3	29:20	Kane Hall, Narragansett, R.I.	37

### 5K Run - Men 19 to 39

1	16:47	Thijs Kolet, Providence, R.I.	1
2	20:54	James Tsagaroulis, Saunterstown, R.I.	6
3	21:54	Webb McDonald, Portsmouth, R.I.	7

### 5K Run - Men 40 to 49

1	19:01	Mark Wholey, Wakefield, R.I.	2
2	19:33	James Chaves, Providence, R.I.	5
3	27:29	Brian Shim, Providence, R.I.	29

### 5K Run - Men 50 to 59

1	19:05	Fred Bartlett, Narragansett, R.I.	3
2	23:06	Mark Lardati, Winsted, Conn.	11
3	23:54	David Hemendinger, East Greenwich, R.I.	12

### 5K Run - Men 60 to 69

1	22:28	Toby Roberts, Narragansett, R.I.	8
2	26:52	John Cory, Cranston, R.I.	23
3	31:26	Tom Green, Wakefield, R.I.	51

### 5K Run - Men 70 and Older

1	29:33	Jack Campbell, Warwick, R.I.	40
---	-------	------------------------------	----

### 5K Run - Women 19 to 39

1	19:23	Michaeline Nelson, Providence, R.I.	4
2	22:52	Maggie Rokovic, Narragansett, R.I.	10
3	24:03	Jennifer Castro, Narragansett, R.I.	13

### 5K Run - Women 40 to 49

1	24:05	Mary Lincoln, Narragansett, R.I.	14
2	26:35	Melita Motherway, Mystic, Conn.	22
3	27:28	Linda Leduc, Harrisville, R.I.	28

### 5K Run - Women 50 to 59

1	33:09	Patricia Repos, Rockville, R.I.	59
2	35:53	Laura Angell, East Greenwich, R.I.	66
3	36:38	Kathy Lafond, Wakefield, R.I.	67

### 5K Run - Women 60 to 69

1	27:36	Shirley Freitag, Narragansett, R.I.	30
2	32:44	Lynne Hale, Saunderstown, R.I.	58

### 5K Run - Women 70 and Older

1	39:47	Kathleen Kelley, Greenville, R.I.	72
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### Keeping Pace

Paras Aryal and Dibya Tripathi, both of North Providence, cross Middle Bridge on their return to Narragansett Beach where they finished the 10K in 1:06:12.

### 5K Walk

37:59	Karen Flint, Narragansett, R.I.	1
39:52	Russell Brown, Wakefield, R.I.	2
41:04	Theresa Mattos, Portsmouth, R.I.	3

(Photos Pages 4 and 5: John McNamara)

## Pettaquamscutt Paddle



*Some the 48 participants in this year's Pettaquamscutt Paddle on July 21 view the sun setting over Tower Hill from a sand bar in the Narrows. The event, sponsored by the Rhode Island Blueways Alliance and Narrow River Kayaks, featured an evening tour of lower Narrow River including Gooseberry Island, the Pettaquamscutt Cove and the Narrows. Before and after the tour, there were talks on the ecology of the watershed, raffles and refreshments. All proceeds from the event went to the NRPA. Many thanks to Jason Considine and his crew at Narrow River Kayaks for organizing what one participant called "the best event of the summer."*



# 2012 Narrow River Turnaround Swim



*Fred Bartlett of Narragansett (above) steps out of Narrow River ahead of 115 other swimmers in the Seventh Annual Narrow River Turnaround Swim on Saturday, June 23. Bartlett completed the one-mile loop course in 21 minutes and 26 seconds.*

(Photo: Charlie Biddle)



*Paul McCaffrey (left) and Mick Westcott, Cochairs of the Turnaround Swim Committee, congratulated Amanda Guy of Lakeville, Massachusetts, who finished the swim in 22 minutes and 40 seconds, the best time among women and the third fastest overall.*

(Photo: Annette DeSilva)

Here are times for all swimmers in the Seventh Narrow River Turnaround Swim.

---

1	21:26	Fred Bartlett, Narragansett, R.I.	16	24:46	Robert Wolfgang, East Greenwich, R.I.
2	21:36	Matt Gilson, Providence, R.I.	17	24:50	Merin Troutman, Mystic, Conn.
3	22:40	Amanda Guy, Lakeville, Mass.	18	24:54	Bob Nelson, Arrowsic, Maine
4	23:03	Dianne Leight-Doucett, Wakefield, R.I.	19	25:17	David Cote, Wakefield, R.I.
5	23:06	Kerry Silva, Seekonk, Mass.	20	25:19	Richard Mack, Bristol, R.I.
6	23:13	Bruce Novis, Jamestown, R.I.	21	25:31	Anne Galliher, Old Lyme, Conn.
7	23:25	Jonathon Dell, Bristol, R.I.	22	25:44	Kristen Lynch, East Greenwich, R.I.
8	23:40	Carly Eckles, Sherborn, Mass.	23	26:00	Megan Falkenberry, East Greenwich, R.I.
9	23:44	Tim Morse, Seekonk, Mass.	24	26:06	Sally Miranda, East Greenwich, R.I.
10	23:51	Douglas Sayles, Middletown, R.I.	25	26:08	David Prior, Warwick, R.I.
11	24:04	Jonathon Haisman, Dartmouth, Mass.	26	26:12	Ann Palms, Rehoboth, Mass.
12	24:15	Thomas Gleason, Middletown, R.I.	27	26:14	Ray Unzueta, Santa Barbara, Calif.
13	24:17	Frank McQuigg, East Providence, R.I.	28	26:21	Christopher Roman, Wakefield, R.I.
14	24:22	David Grote, Coventry, R.I.	29	26:53	Timothy Coffey, Wakefield, R.I.
15	24:39	Michael Seidenberg, Warwick, R.I.	30	26:57	Paige Morganti, East Greenwich, R.I.

31	27:00	Thomas Page, Leeds, Maine	74	32:55	Joe Dowling, Riverside, Conn.
32	27:02	Matthew Oliverio, East Greenwich, R.I.	75	32:57	Ezra Smith, North Kingstown, R.I.
34	27:06	Anthony Sisti, Newport, R.I.	76	33:02	Joe Serdakowski, East Greenwich, R.I.
33	27:06	Paul Dow, Portsmouth, R.I.	77	33:04	Jonathan Cooper, Newport, R.I.
35	27:08	Joseph Strong, Barrington, R.I.	78	33:18	David Haskett, Kingston, R.I.
36	27:14	Andreas Ladas, Wakefield, R.I.	79	33:25	Manny Astiasaran, Glastonbury, Conn.
37	27:26	Robert Records, Wakefield, R.I.	80	33:28	Richard Wallace, Wakefield, R.I.
38	27:38	Michael Davis, Warwick, R.I.	81	33:29	Leslie Battle
39	27:58	George Alexandre, Barrington, R.I.	82	33:31	Edgar Mercado, North Kingstown, R.I.
40	28:13	Tommy Sprague, East Greenwich, R.I.	83	33:33	Brain Gardner, Narragansett, R.I.
41	28:16	Nikki Trupiano, East Greenwich, R.I.	84	33:34	Brian London, Cambridge, Mass.
42	28:19	Allison Falkenberry, East Greenwich, R.I.	85	33:37	Bethany Healey, Derwood, Maryland
43	28:22	Isabel Buroker, Providence, R.I.	86	33:47	Brian Sullivan, Saunderstown, R.I.
44	28:28	Marc Belenger, Shrewsbury, Mass.	87	33:54	Jennifer Buonaccorsi, Providence, R.I.
45	28:32	Cheyenne Grote, Coventry, R.I.	88	33:57	Kelly Powers, Middletown, R.I.
46	28:36	Graham Powers, Middletown, R.I.	89	34:13	Deanne Capotosto, Narragansett, R.I.
47	28:40	Perry Ross, Newport, R.I.	90	34:22	Betsy McGrail, Leeds, Maine
48	29:01	Kathy Lewis, Newport, R.I.	91	34:54	Rich Bell, Narragansett, R.I.
49	29:06	Susan O'Hara, Warwick, R.I.	92	35:09	Patrick Brannon, Warwick, R.I.
50	29:09	Mary Phelan, Wakefield, R.I.	93	35:11	Perry Buroker, Providence, R.I.
51	29:24	Colleen Callaghan, Saunderstown, R.I.	94	35:13	Alison Cleary, Narragansett, R.I.
52	29:30	Michael Gardner, Narragansett, R.I.	98	35:15	Kelsey Obeneur, Narragansett, R.I.
53	29:56	Beth Rodewig, East Greenwich, R.I.	95	35:23	Gregory Behie, Wakefield, R.I.
54	29:59	Kelsey Degan, Warwick, R.I.	96	35:23	Solange Morrisette, Newport, R.I.
55	30:04	Onne van der Wal, Newport, R.I.	97	35:37	Richard Limbird, Saunderstown, R.I.
56	30:06	John Carter, Saunderstown, R.I.	99	35:50	Stephanie LaPlante, Narragansett, R.I.
57	30:10	David Spilane, East Greenwich, R.I.	100	35:57	Tom McGovern, Lexington, Mass.
58	30:13	Michael Garr, Kingston, R.I.	101	36:33	Jason Considine, Saunderstown, R.I.
59	30:16	Curt Mason	102	36:57	Kathleen Gorman, Wakefield, R.I.
60	30:26	Michael Zani, Portsmouth, R.I.	103	37:06	Dana Sarubbi, Narragansett, R.I.
61	30:44	Kim Trupiano, East Greenwich, R.I.	104	38:10	Marc Lamson, Narragansett, R.I.
62	30:47	Lori Pugh, North Kingstown, R.I.	105	39:06	Amy Sexsmith, Narragansett, R.I.
63	30:50	Todd Gregory, North Kingstown, R.I.	106	39:35	Mark Hefner, Warwick, R.I.
64	31:01	Madeline Brannon, Warwick, R.I.	107	40:36	Richard Terek, Providence, R.I.
65	31:14	Judy Beckman, Jamestown, R.I.	108	40:50	Steven Turilli, Jamestown, R.I.
66	31:21	Thor Johnson, Saunderstown, R.I.	109	41:09	Nicole Rattay, North Kingstown, R.I.
67	31:27	Lilly Wolfgang, East Greenwich, R.I.	110	43:11	Ann-Marie Harrington, Providence, R.I.
68	32:11	Anne Walsh, Riverside, R.I.	111	43:30	Louis Sardelli, East Greenwich, R.I.
69	32:21	Michael Buonaccorsi, Pawtucket, R.I.	112	45:29	Stephen Hale, Saunderstown, R.I.
70	32:25	Katherine Bell, Narragansett, R.I.	113	47:10	Tracy MacNeal, Narragansett, R.I.
71	32:44	Ann Strong, Barrington, R.I.	114	47:36	Carol Sarubbi, Narragansett, R.I.
72	32:48	Susan Hannel, North Kingstown, R.I.	115	48:14	Bob Stepanian, Narragansett, R.I.
73	32:53	Miles Dowling, Riverside, Conn.	116	48:34	Veronica Berounsky, Narragansett, R.I.

# Thank You, Sponsors

Many thanks to the following companies and individuals for their generous support of NRPA in 2012 through sponsorship of events such as the Narrow River Road Race and the Narrow River Turnaround Swim:

---

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