

Important Announcement!

We all have crashed from time to time, but we don't let ourselves dwell on what a really bad accident might entail...Like, "What if I don't walk away?" Well, someone we know and you may know as well is having to think about it. On September 20th, Matt Kapolka of Somerville, MA, a Dieselbikes rider, regular at ImprovBoston, and Abbot BeMex from last years "Wheels of Fury" had a mountain bike accident resulting in a severe head injury. Matt is making progress everyday in recovering his physical and mental faculties but the recovery and rehabilitation will take months. We at Dieselbikes have begun a fund raiser to assist Matt financially during this difficult period. We are asking for monetary donations from the local community. We all realize how inherently dangerous our sport is. Now one of our own is down and we need support him at this difficult time.

Donations of any amount would be gratefully accepted to assist Matt through the next couple of months while he attends rehab. His family and friends are doing their best, but his limited medical insurance will not cover all expenses. This is a serious matter and we would not be asking for help from the community unless it was necessary!

Please visit the Dieselbikes homepage (www.dieselbikes.com) to make your donation. This fund raising effort will be added to our Spooktacular Mountain Bike Festival on October 25 for anyone wanting to make a cash donation directly to Matt's recovery fund. We want to thank everyone in advance for your generous support!



What's The BUZZ

The Spooktacular Halloween Event!

The Spooktacular Halloween Mountain Bike Festival is less then 4 weeks away and it is sizing up to be a big event. What is the Spooktacular Halloween Event? This is a mountain bike social event that allows attendees to participate in a number of different related venues hosted by Dieselbikes and event sponsors. Our goal is to introduce the highlights of the Lynn Woods trail system and provide interactive games that are fun and family orientated. This event will also provide attendees with the potential to ride DEMO bikes, have access to technical information about bike maintenance, local/regional trail maintenance activities/programs along with riding clinics performed by local riders. This is a one-day event for mountain bikers of all levels that will include family orientated activities. Event attendees will be able to participate in group rides, biking games and a costume contest. Group rides will be lead by Dieselbikes members and or event sponsors. Event games will be geared to involved sponsors and attendee participation in a competitive contest for potential prizes. Secondary events such as skill clinics, demo rides, balance beam playground and exhibition shows will be held on and around the main event field.

Visit Dieselbikes.com for more information regarding this event!

Event time and date: Lynn Woods, Lynn MA
October 25, 2008 9:30am to 4:00pm



Trail Threads

Lynn Woods: Lynn, MA

September has been a busy month and October is not going to slow down. With the completion of our third trail day, we are going to move right into our fourth and last workday for 2008. We are drinking plenty of coffee to keep this pace and gearing up to participate in a number of activities this month. October in Lynn Woods is a wonderful period and will see more people in the woods than any other time through out the year. There are a number of large-scale events occurring and if you have time, we suggest you attend one or all them! Events such as Dungeon Rock Day and Our Halloween Mountain Bike Festival are sure to attract 100s from all over the region.

Below is a list of events occurring in Lynn Woods this month. All these events support this great location in some manner. Grab your bike and come on down to any of these events to experience what Lynn Woods has to offer.

- October 12 – Trail Work Day # 4 (Hosted by Dieselbikes)
- October 18 – Dungeon Rock Day (Hosted by the City of Lynn)
- October 25 – Halloween Mountain Bike Festival (Hosted by Dieselbikes)
- October 25 – Fall Foliage Tour (Hosted by the FLW)
- October 26 – Stone Tower 15K Run Challenge (Hosted by the FLW)

Special Activities

On going fundraiser – Support The Stone Tower Project ([click here for more information](#)).

Join the Friends of Lynn Woods as they celebrate the Pirate's tale of Dungeon Rock in Lynn Woods. This event is fun for the whole family with and local volunteers dressed in pirate costumes acting out the pirate's tale. Come on down for the fun, Dieselbikes will be helping out in the acting department! [Click on this link to view the Dungeon Rock Day Flyer.](#)

Animals in Lynn Woods!

We do not mean people; we do mean 4-legged animals. Over the past few years the deer population has grown resulting in a number of viewings by park users. A few Dieselbikes members have found themselves surrounded by deer during a casual ride in the woods. What's amazing is the deer are becoming acclimated to us; so in many cases do not run away when you approach them. Deer are nice to look at, but their presents do attract other animals such as coyotes. We have received a number of reported coyote sightings in Lynn Woods. There is no cause for alarm; we just want to inform the riding community to be on the look out. Park officials are keeping tabs on the animal population to ensure it does not get out of hand. Ride smart, ride responsibly, ride with a buddy.



Photo Courtesy of:
Lynn Parks Department



Lynnfield 40B Housing Development

If you missed our report last month regarding the housing development in Lynnfield, just [click on this link](#) to for more information. Construction is fast pace with the first or three buildings almost complete. We feel confident this development will not encroach any closer towards the north side of Lynn Woods. Our biggest problem may be in a few years once area traffic increases and the more local kids find out they can play in the woods. If any thing changes, we will do out best to keep the riding community informed.



Trail Threads

Tompson St. Reservation (TSR) / Bruce & Tom's (B&T's): Gloucester, MA

We have worked last month with ECG, Sinister Bikes and NSNEMBA on finalizing the second trail workday at Tompson Street Reservation. We have change the scheduled work date from Saturday October 4 to Sunday October 5 due to a conflict in activities for the participating groups. Check out our trail work list on page 4 for more information. This has been a productive year for mountain biking at Tompson Street/B&T's. There have been (by months end) two trail days completed this season and a comprehensive (draft) trail management proposal submitted to ECG land managers. This is great news for the local riding community that holds Tompson St. Res./B&T's close to their heart. Be on the look out for a ton more news as we keep you updated on changes that affect you.

As always, please remember that Tompson Street and B&T's trail networks spans land owned by Essex County Greenbelt and a number of private landowners. Currently mountain biking is allowed year round on Greenbelt managed property called Tompson Street Reservation (TSR) and adjacent private property. We ask that you use some common sense when riding there. Stick to the main trail that you know and do not cut new lines/braids.

If you come across a change in the trail that you think is illegal, please do not change anything. Report it to Dieselbikes, Sinister Bikes and or NSNEMBA. We have plenty of members that ride this location and will resolve such matters to reduce any potential conflicts. There will be new efforts to make the network better and this will take some time to accomplish with proper land manager approval. So again just use common sense when riding.

Below is a listing of some recreational activities ECG will be hosting in the coming month.

Sunday November 16

Greenbelt's Mountain Bike Ride at Willowdale Meadow – Topsfield, MA

Mountain bike rides lead by NSNEMBA. Come on down and join us as we explore a new section of conserved land located within the beautiful Willowdale State Forest. The ride will be appropriate for beginner & intermediate bikers. Helmets are required; please bring water and a snack.

Location: Willowdale State Forest – Topsfield, MA

Directions: From Route 1, take the exit for Ipswich Road in Topsfield, heading east. Drive 1.75 miles (if you reach Gravelly Brook Road you have gone too far) parking is on the left.



Project 51

Who is it...What is it...Where is it?

These are questions local riders are asking us! We at Dieselbikes are working on a massive project that just may be one of the biggest mountain bike projects to hit the local community. We can not make an official statement at this time, but it is on its way...and its going to be BIG!

For now, remember the name...PROJECT 51

SPREAD THE WORD!





Trail Work Days

Trail work has resumed and we have one final workday at Lynn Woods and Tompson St/B&T's to finish out the year. Come on down and give us a hand making these riding locations better, your support is always welcomed!

Below is a list of approved trail days and locations Dieselbikes is involved with. The listing below includes a brief description of trail work to be completed. Please visit Dieselbikes (or the links provided below) for more detail information pertaining to each work event. As always, we look forward to any and all riders who can volunteer for these upcoming trail days. Without your help we will not be able to complete any trail work.

2008 Lynn Woods Trail Maintenance Schedule

Saturday April 26 – Bow Ridge Trail work (COMPLETED)

This project is complete— [Click here for post trail work write up with photos](#)

Saturday May 31 – Ridge Run Trail work (COMPLETED)

This project is complete— [Click here for post trail write up with photos](#)

Sunday September 14 – Overlook Trail work (COMPLETED)

This project is complete— [Click here for post trail work write up with photos](#)

Sunday October 12 – Ridge Run area trail work

Project continuation of re-routing and rock armoring a section of Ridge Run Trail leading from trail markers E5-4 to E5-3. This trail work will make this section more appealing and offer an alternative route down from the Ballfield Trail Network. Click here for more information

2008 Tompson St Reservation / B&T's Trail Work

Sunday May 14th 2008—RT133 Trail (COMPLETED)

This project is complete— [Click here for post trail write up with photos](#)

Sunday October 5th:

Saturday October 5th: We will be completing a re-route of an eroded section of trail that is out on the blue trail loop. This trail workday has been approved by Greenbelt land managers and will be in conjunction with Sinister Bikes & NSNEMBA. Additional workday information is available by clicking this link.

Support Your Local Trail

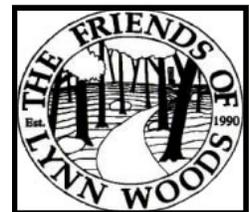
We at Dieselbikes want to stress the importance of supporting your local trail network. Many of us take for granted the trails we ride and the impact as a user group we have on those trails. Regardless you ride locally, or travel to ride other places, the fact remains mountain bike trails do not take care of themselves. Many individuals, groups and official organizations throughout New England repair trail damage caused by YOU the single rider.

In today's society, supporting your local trail has become more important than ever. With declining State park budgets, land development contracts and a increased perception of our recreational sports destroying the environment, we as a bike community must band together to support and maintain our beloved trails.

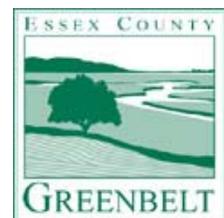
We ask all riders in the community to step up and support your local trail network. This is a rather an easy task to accomplish in two simple ways. First, volunteer for as many local and regional trail days. Second, if you cannot volunteer, donate money to such bike organizations that help maintain our trails. It is that simple! Without your support, our bike trails will disappear forever.



Please Support These Local Organizations



www.flw.org



www.ecga.org



www.nemba.org



Lynn Woods Trail Advocate Work Shirt

This was the first year Dieselbikes released a trail Advocate Work Shirt for Lynn Woods. We are happy to say the sale of this advocate work shirt generated money for the Lynn Woods Park Ranger Fund. We still have a few shirts left and monies collected from these remaining shirts will be pooled for a second trail funds disbursement for Lynn Woods.

The purchase price of this shirt is \$20 and the funds collected are treated as a donation and will be disbursed for Lynn Woods Park Ranger at the end of October. This is the prefer opportunity for individuals who can not volunteer labor hours for trail work in Lynn Woods, but would like to help our in some capacity. Every dollar counts in supporting and maintaining our beloved trails.

This shirt is a 50/50 blend of ultra cotton with polyester and has our designed Trail Advocate Stamp located on the front left chest, plus a full print of the 2008 Trail Series Work Dates on the back. Shirts are Tan color with black print both front and back. Available sizes are X-Large and Medium only.



T-shirt Front with Lynn Woods Trail Advocate Stamp!



T-shirt Back with Lynn Woods Trail Work Schedule!



Short Sleeve T-Shirt
Color-Tan
100% Ultra Cotton
Donation—\$20.00
[Click here to purchase!](#)

Available Sizes
Medium
X-Large

2008 Active Apparel is Here!

Just as a number of other local groups, we strive to make our trails better and sustainable for future generations. Regardless of our efforts, we cannot do it alone. We depend on help from the local community to assist us in any capacity. Whether this is volunteering for a trail day, event or purchasing our active apparel, every dollar and work hour counts.

Dieselbikes does not offer open club membership at this time, but our active apparel, local movies and donations are the prefect way to show your support for our club's efforts to support Lynn Woods, Tompson Street and other local trail networks. As always, a portion of your purchase goes to support the club as well our trail maintenance and event efforts. We are committed to expanding mountain biking throughout New England and your support helps us accomplish this effort. Grab a shirt today and help spread the word!





Product Review: FSA Gravity Moto-X Crank Set

Well, here is another quick product review by Paul "Crashpad". This time Crashpad's epic journey through Lynn Woods has lead to yet another destructive outcome for his mountain bike. Back in mid July, Crashpad was just riding along on a Dieselbikes group ride and decided to launch tiny spacemonkey in preparation for little spacemonkey. Well, in Crashpad's usual style of destroying parts he launched the drop and proceeded to ride the landing on his ball sack. Now with that said, I will need to start from the beginning and say Crashpad rides a leftover 2007 Kona Stinky that he purchased new back in June 2008. With less then 8 weeks of riding time he has replaced and/or repaired the rear shock, front fork, (check out his fork review) rear hub and now the crank set. I personally could possibly chalk up the shock and fork going south because the bike sat on the shelf, but not the hub or crank set. Anyway, here is Crashpad's short review.



So I was out riding my bike in Lynn Woods with the Dieselbikes crew...minding my own business and guess what happens...I broke my bike. Well I really bent my cranks; in fact, I bent them so bad the non-drive side touched the chainstay! I would feel proud if this occurred on an 8-foot drop, but it was more like a typical Lynn Woods 5 footer to flat. I rolled into this drop with just a full pedal strokes and when I landed the bike bottomed out (typical on this model) driving the crank arm into the ground unearthing a hand size rock. This small rock apparently did all the damage bending the non-drive side crank arm. After recovering and walking the bike back up to the top of the drop, not knowing of this damage, we all joked about what just happened and how silly it appeared.

I got back on the bike ready to continue my ride and ended up smashing the crank arm into the chainstay. Pissed off and yelling profanity to no end, I was appalled how easy the crankarms bent because of a small rock. The stock crankarms for my 2007 Stinky were FSA Gravity Series. FSA claims these crankarms to be durable and ideal for freeride use, but I got about 8 weeks. Well, the Dieselbikes crew came up with a brilliant idea to fix my problem. They ended up pounding the crank with a large rock to bend it back so I can get out of the woods. If I remember, it only took two swings of the rock to put the crank arm back into a ride able position. I pulled into JRA Cycles where Brain and Adam were once asking me...what now? They were surprised how much the crank arm bent and chalked it up to another wonderful ride in Lynn Woods. To make matters worst, when they took the bike apart, they found a crack in the FSA bottom bracket that was a result of the twisting. I am lucky the bottom bracket broke and not the bracket shell or I would have to run around on our local trails.



So I pulled out my frequent crusher card and decided to pop on another FSA product. This time I purchased the FSA Gravity Moto-X Crank set. Am I crazy? Going with a similar crank set from the same manufacture that only lasted 8 weeks? Well this is a new 2008 crank set and appears to have a lot more meat on the crank arms as well a wicked oversized x-type bottom bracket. I felt that these cranks would last much longer then the stock units, plus I was in a hurry and wanted to ride my bike again. Well, another 8 weeks have passed and these cranks are holding up much better then the 2007 basic model. They have been sliced, hammered and slammed into more stuff then my head with no problems to report. I typically do not install my own bike parts, I let the shop do that and to date I have not had any peeps, creaks or wobble of the arms or bottom bracket. These crank arms feel much stiffer and the crank bolts are not loosing as occurring with the older pair. [Click on this link for the continuation of this product review!](#)



Bikes & Beer...A Sober Story

You're having a brisk heart-pounding ride through the woods hitting some of your favorite trail features. You push yourself through rock gardens, navigate twisting singletrack and feel a natural high that is achieved when you are on your mountain bike! At the end of your ride you crack open a smooth, cool tasty beverage called BEER! Ah yes, the ride is now complete!

Well, here This caption may not apply to all us mountain bikers, but for many New England riders, a cold frosty beer is the choice of beverage to finish off a great bike ride. Many people question this beverage choice and ask "why would you drink a beer after working out?" First, most of us would not consider riding our bikes a "work out", but the answer to this question can be rather simple...mountain biker's love BEER! If you sit back and think openly about it, you may realize that mountain biking and beer go together. This article will have a number of opinions and theories stated by the writer with no scientific background to support it. But these opinions and theories may be fun to contemplate over a cold tasty BEER!



Different Flavors - Different Riding - Different Characters

Mountain biking and beer have a ton of similarities that can (this is a long shot) interpret one's character. For example, most people who see a mountain biker with an 8" travel bike wearing body armor will likely think they are an extreme downhiller and sick in the head. Subsequently, if you see someone drinking a pint of Guinness, again think they are sick in the head because they love motor oil. These are stereotypes with no real meaning but can lead one to have a pretty funny conversation over a couple drinks. Beer has a number of different flavors just as individual mountain bikers have different riding styles. I can personally relate to the difference in my own riding as to which type of beer I prefer to drink after a ride. Typically when I am out in the woods, I try to ride with flow and finesse, but this is usually not the case and by the end of the ride, my body is beaten and bruised. Due to the lack of my riding skills, I prefer to end a ruthless ride with a beer that is smooth with little bitterness. But on those days that I am in the zone and ripping the trail with minimal effort, I choose a more flavorful dark brew.

Now, what I consider "a little bitter" or a "fuller darker brew" will be different from the next person, but the point is beer selection is somewhat a personal celebration for that just completed ride. Aroma, appearance, taste and aftertaste are all important factors in beer that determine how satisfying it will make you feel. Where as mental state, bicycle condition, rider's adrenaline and hitting that first technical challenge all will determine how satisfying your ride will turn out. We all had that moment where we were pumped to ride our bike. 10 minutes into the ride, we hit our first technical challenge that crushes our sprit and changed our riding mood. Whether your ride was good or bad, the end result may determine what kind of beer you prefer for that post-ride beverage.

- [Click on this link for the complete story](#)





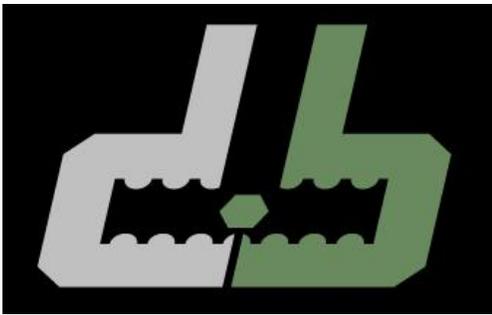
DIESELBIKES

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***“New England Mountain Bike
News and Trail Information”***



Who We Are:

We are just a group of riders who started this web-site to quietly get into the mountain bike industry. We do not expect anything big from this venture but to have fun doing what we love, RIDE OUR BIKES!!! Over this past year we have seen a huge following for Dieselbikes and plan on turn this hobby into a business to help support and expand New England mountain biking.

Our Roots:

The roots of Dieselbikes starts in the City of Lynn better know as the "City of Sin." Over the past years we have added riders to our team whom brings their own unique style of riding and personality. Our local (unofficial) freeride park is none other than Lynn Woods. You will find us riding there 3 ~ 4 times a week during the biking season. Whether working our day and/or night jobs, we all find the time to make that blissful ride of downhill descends, jumps, hucks and friendly camaraderie that is only found when we RIDE OUR BIKES!!!

Mission:

Our mission is expand, promote and create a distinct portrait of mountain biking in and around New England. We believe that New England is one of the best places to mountain bike and feel by bringing all mountain bikers together, we will create a VIBE which will help expand this sport!

Whether posting pictures, videos, local trail maps and/or scheduling biking trips, we are starting small and keeping it simple. Someday our secondary goal is to build downhill/freeride bikes and or bike components for anyone who wants bulletproof products tested on FLAT DROPS here in New England.

Group Rides

Our 2008 group rides will begin on April 19th with our 3rd Annual Lynn Woods Opening Day Ride.

Dieselbikes will begin posting weekday and weekend group rides on our web-site. You can view these dates as they become available at the following link below:

DIESELBIKES GROUP RIDES

If you would like to be placed on our group rides list, please feel free to contact us at the following e-mail address:

dbgrouprides@dieselbikes.com

Our group rides have no set pace or rider level. We are just out riding our bikes and having fun. All rider styles and levels are welcome.

