



VOLUME: 03, ISSUE: 05

MAY 2009

PICTURE OF THE MONTH



Photo Caption:

Photo By: Diesel

Pete Slab Takes Flight!

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THE BUZZ

Just one more month to go for the 3rd Annual D-Day Mountain Bike Expo. This year's event is shaping up to be better than ever with new sponsors and events. Seven-time National Trials Champion Mike Steidley will be at D-Day this year performing his Trials Stunt Show, presented by Kenda Tire & Haro Bicycles. In addition to Mike's performance, MountainUni.com returns, kicking off the first 2009 Mountain Unicycle (MUni) competition on the main event field. [Click here to go to our website for more information about D-Day.](#)

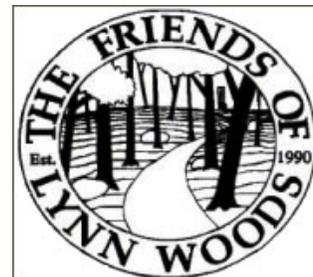
If you're an aggressive mountain biker and love to hit the mountains for some downhill excitement, make your way to Highland Mountain Bike Park (HBMP) in Northfield New Hampshire for their opening day celebrations. May 15th, 16th and 17th is opening weekend at HBMP. There will be DEMO bikes available to ride plus a beginner's downhill skill clinic for anyone interested in learning to ride downhill trails. [Check out HBMP's website for more information!](#)

TRAIL THREADS

Lynn Woods: Lynn, MA

April Lynn Woods has been officially open for a few weeks and the trails are looking great. There has been little need for any winter clean up thanks to some dedicated volunteers. Downed trees have been cleared by park management, but there will be the need for some brush back on a few trail sections as the spring growing season begins.

In the past week we have noticed that some stone work on the El Sweeny Trail has been moved in a manner that appears malicious. We are not sure of the motivation behind this, but we want to inform the riding community that such activity seems to be taking place. As with other trail systems, Lynn Woods has had its share of malicious activity by individuals with time on their hands. We have moved the stone work back and notified park management.



www.flw.org

The Lynnfield Commons housing development has been open for a few months and there are apartments for rent. This housing development is located in Lynnfield just up the road from Lucille's Fine Chicken Restaurant (former Naked Fish) the development backs the playground trails and Skull Rock.

If any mountain bikers out there are looking for a new residence, this may be an ideal location. If you are interested, go to the [Lynnfield Commons' website](#) for more information.

DIESELBIKES PRODUCTS & TRAIL FUNDRAISING

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

In today's economy, supporting your local trail has become more important than ever. With declining or minimal park budgets, land development contracts and the perception that our recreational sport destroys the environment, we as a biking community must band together to support and maintain the trails we love.

We ask all riders in the community to step up and support your local trail network. This is a pretty easy task to accomplish in two simple ways: first, volunteer for as many local and regional trail days as you can; second, if you cannot volunteer, donate money to responsible organizations that help maintain our trails. It really is that simple! Without your support bike trails will disappear forever.



PICK & SHOVEL REPORT

Salem Woods: Salem, MA

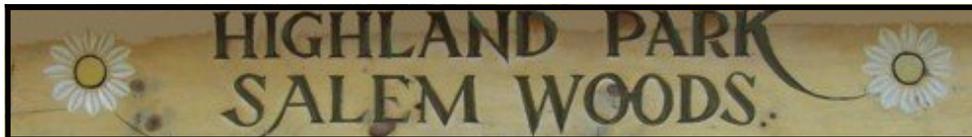
On Saturday April 4, the first 2009 Salem Woods trail project was completed with great success. This trail day was coordinated by the Friends of Salem Woods and the City of Salem. Dieselbikes and a number of other local volunteers were on hand to get the job done.

Over 30 volunteers arrived ready for work on a sunny April day. Coffee and donuts were provided as morning fuel for the task of moving 8 cubic yards of crushed stone and mixed dirt. The plan was to elevate approximately 500 feet of existing trail back to its historical height. The City of Salem and the Friends of Salem Woods applied for and received a State Trail Improvement Grant of \$6,560 for the project. The funds were used to purchase the materials necessary for the reconstruction.

In addition to the tons of stone and dirt, a ground stabilizing material called GEO-WEB was used to assist in elevating the trail and provide soil erosion control. The GEO-WEB was laid on the surface of the existing eroded trail thread, topped with crushed stone and finally layered with mixed dirt, fully concealing the stabilizing GEO-WEB underneath.

A continuous conveyor system of volunteers with loaded wheelbarrows moved back and forth all day as other volunteers spread the mixed dirt and stone to rebuild the trail. Deep in the thick of things were Dieselbikes members Pete and Eric assisting in the building of a ladder bridge.

It was a back-breaking trail day, but we at Dieselbikes were happy to play a part. We want to thank all the volunteers and the Friends of Salem Woods for providing coffee, donuts and lunch for everyone. We look forward working with them again on future Salem Woods projects.



[Click here to see more trail day pictures](#)

PICK & SHOVEL REPORT [CONTINUE]

Lynn Woods: Lynn, MA

On Sunday April 26 the first 2009 Lynn Woods trail project was completed. It was a hot day and only a limited number of volunteers were available. As a result we scaled back the amount of trail work for the day. The goal had been to build-up and armor the three major turns on the Espresso Trail, we were only able to complete one.

The 85 plus degree weather (crazy for April) did not stop the seven volunteers who worked hard digging, pulling rocks and cutting trees to build up the first switchback turn on the top of Espresso. This switchback was originally cut tight, and we decided to open up the turn by bench cutting the trail line higher into the hillside making a wider turn. We will revisit this trail over the next few weeks making adjustments to refine the berm as needed.

As usual, this was a good sized project and despite the April heat wave, everyone worked hard to complete the task at hand. I want to extend my personal thanks to each of the individuals (listed below) for their hard work in completing the project. Working on a hillside was difficult and back-breaking, and I am grateful for everyone's time and energy. I look forward to seeing everyone again on future trail builds and maintenance projects.

Simon - Somerville, **Pete - Lynn**, Carol - Somerville, **Steve - Stoneham**,
 Bryan - Somerville, **Eric - NH** & Frank - Lynn



THE DB COMMUNITY

If you participate in any of these Internet communities, please feel free to become a "Friend" of Dieselbikes. This will allow us to stay in touch, hear your thoughts & suggestions & incorporate some of your great ideas into upcoming events, trail days, plans and everything else we do!

DB - [Myspace Page](#) 

 DB - [Facebook Page](#)

DB - [YouTube Page](#) 

 DB - [BlogSpot Page](#)

IN THE NEWS

Naked Fish in Lynnfield has Become Lucille's Fine Chicken

In a bold move, the Naked Fish on Route 1 North in Lynnfield has closed its doors and re-opened as a new restaurant called Lucille's Fine Chicken. April 20th was the grand opening of Lucille's, showcasing their new menu and lively atmosphere. Lucille's will be a family style restaurant featuring a fixed-price meal of salad, pasta, roasted chicken and hand cut fries. There bar area has expanded, including a number of chicken sandwiches and more flavorful draft beers on tap!

[Click here to read the complete article](#)



Trials riding like you never seen before!

You may have heard the buzz from your riding buddies, or were forwarded an e-mail that contained a YouTube link. Either case, if you have not seen it you need to watch this!

His name is Danny MacAskill, a 23-year-old street trials bikers that has been boggling minds with his seemingly impossible tricks. He released a short trials video titled "Inspired Bicycles" on April 19, 2009 and with in 2 weeks, has over 2.5 million views on YouTube.

[Click here to read the complete article](#)



Largest IMBA Singletrack Project to Open

East coast mountain bikers will rejoice in the new Allegrippis Trail System, 30 miles of looped single track hugging the north shore of Raystown Lake in central Pennsylvania. Mountain bikers, salivating at the prospect of riding among these hardwood trees, first approached area land managers years ago.

[Click here to read the complete article](#)



IN THE NEWS [CONTINUE]

Steve Hickoff: Mountain biking in the new season

I moved her to the basement when the first December storms came. I relocated her again when the power went out, stayed out, sump pumps failed, and water filled that lower floor. I noticed her now and again as I checked on matters down there all winter. I took her back outside recently when daffodils, trout stocking reports, and Red Sox baseball finally confirmed our New England winter was over.

Um, right?

[Click here to read the complete article](#)



What women want from mountain biking

Riding down a spongy, pine needle-covered trail in the North Cascade foothills, one thing was clear: I did not want to hit a tree. Some of the hefty hardwoods measured as wide as doorways and had withstood years of battering, coastal storms and, more recently, mild assaults from clumsy mountain bikers.

[Click here to read the complete article](#)



2009 SPONSOR SHOUT-OUTS

Local, regional and corporate sponsorship is one of many important factors that lead to the success of our efforts. Their contributions may involve supporting trail work programs, sponsoring events, assist in marketing efforts, donate products or services and help spread the work about our organization. For this, we want to say THANK YOU!

The following organizations are supporting Dieselbikes efforts for 2009. We ask when ever possible to support these organizations in their efforts; not because they are support us but because they are supporting our trails.



Sinister Bikes
Gloucester, MA



JRA Cycles
Medford, MA



MountainUNI
Danvers, MA



Kenda Tire & Tube
Reynoldsburg, OH



Back Bay Bicycles
Boston, MA



Tri-Hard Sport Coaching
Holliston, MA



ODI Grips
Riverside, CA



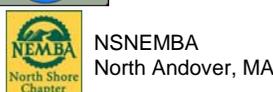
Wheelworks
Belmont, MA



Monster Energy
Boston, MA



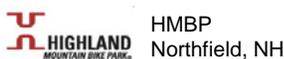
Ski Market
Danvers, MA



NSNEMBA
North Andover, MA



Starbucks Coffee
Woburn, MA



HMBP
Northfield, NH



Kingdom Trails
East Burke, VT



EMS
Danvers, MA

THE TECH STOP

The Tech Stop provides reference information on bicycle components and maintenance techniques for mountain bikers. These articles and/or technical briefs do not constitute a publication or a standard to repair, maintain, assemble and/or fabricate a mechanical device classified as a bicycle. These articles and or technical briefs may not apply to other mechanical devices not classified as a bicycle.

Keep Your Derailleur Happy

By: John Masone - www.johnmasone.com

Everybody has derailleur problems. Unless your bike is just for show, you're going to have shifting problems. There's no way to stop them. But with some good maintenance techniques, you can really cut down the amount of rides that shifting problems spoil.

The trick is that there is no trick. There isn't one thing you have to do to keep your bike shifting well. There are a bunch of different things, any one of which can cause all sorts of problems.

The first thing goes without saying, always lube your chain. It can make a huge difference in shifting performance.

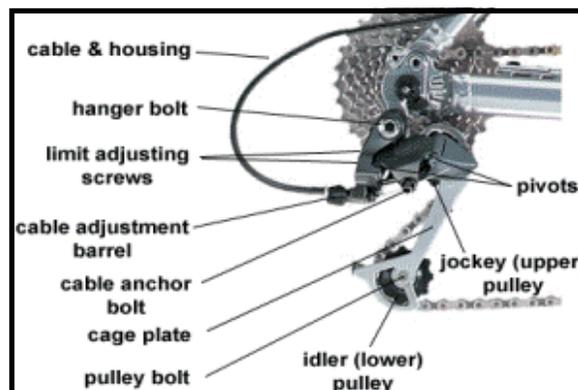


The most common cause of poor shifting is probably the cables.

- a. Old, worn, dirty cables can cause a lot of friction, which will make downshifting difficult. If the cables are really bad, the spring in the derailleur might not be strong enough to counter it, and up shifting might be impossible. Cables are pretty cheap and easy to do yourself, so if you ride in dirty conditions, you might want to just replace them every spring.
- b. The most basic adjustment of your shifter cable is the bolt on the derailleur that pinches the cable. There are a few techniques to attaching this, but here's the way I do it: First tighten the barrel adjuster knob (more on that in a minute) on your shifter and derailleur if it has one. These are hand-turn knobs. Turn them to the right until the inner bolt is all the way 'in'. Now let the spring in your derailleur shift the chain all the way to the smallest gear in the rear. Adjust your shifter to match, so if the cable was working, it would shift into the smallest gear. Now full the cable firm with a pair of pliers and tighten the clamp bolt, with as little movement of the derailleur as possible. This can be tricky; it might take a few tries. Once you have it on, you're not done yet, you then have to move on to the next step...

[- Click here to read the complete technical brief on our website](#)

[- Click here to download this article No. TA-09-0430 \[PDF\]](#)



DIESELBIKES EVENTS



We are working diligently to make 2009 a banner year for DB Events. This year we are proud to announce plans for two Lynn Woods events, expanded trail maintenance programs and the possibility of introducing a group ride series parks tour. We are working to bring our riding community closer together. Below is a list of our current schedule of events. Please feel free to view more information on our website by clicking the links below.

3rd Annual D-Day Mountain Bike EXPO [Lynn Woods, MA] Saturday, June 13th 9:30am ~ 4:00pm

The D-DAY Expo will showcase the latest products, technologies and services in the fast growing world of mountain biking! Our goal is to celebrate mountain biking in a fun and friendly outdoor atmosphere while generating funds to support trail maintenance programs in Lynn Woods.

Demo bikes, displays of the latest equipment, apparel and accessories will all be available. Speak directly to factory and local business representatives about their products and services, participate in contests, group rides and watch professional demonstrations over the course of the day. The D-DAY EXPO offers something for everyone, from children, to experienced riders to the curious. Come on down & bring your friends & family!

2nd Annual Spookbikecular Halloween Mountain Bike Festival [Lynn Woods, MA] Saturday, October 31st 9:30am ~ 4:00pm

The Spookbikecular Halloween Festival is a mountain bike social event that allows attendees to participate in a number of different, related activities hosted by Dieselbikes and event sponsors. We'll be introducing the highlights of the Lynn Woods trail system and providing fun, interactive games for everyone, even non-bikers! This is an end of the season celebration of Lynn Woods and a great chance to ride the trails with the regulars that know them.

Demo bikes, skills clinics and a bicycle-flea market are just some of the offerings for attendees to enjoy. This is a family oriented, fun event and is in its second year; more information will become available in Mid August.

2009 Lynn Woods Trail Maintenance Series

There are four large trail projects that have been approved by Park Management for 2009. We need your help to complete them. The dates are below. More information is available on the [website](#).

Project # 1: Complete

Project # 3: Saturday September 12th

Project # 2: Saturday May 16th

Project # 4: Sunday October 11th

2009 Tompson Street Trail Maintenance Series

There are four large trail projects that have been approved by the Essex County Greenbelt Association in 2009. We will need your help to complete them. The dates are below, more information is on our [website](#).

Project # 1: Sunday May, 03rd

Project # 3: Sunday September 13th

Project # 2: Sunday, June 7th

Project # 4: Saturday October 17th

NE MOUNTAIN BIKE EVENTS

Listing our own events is an obvious section for the DB newsletter, but there are also plenty of other exciting mountain bike events happening throughout New England. Below is a short list of events taking place in May. An expansion on this list is available on our website under the [Events Calendar](#).

Blue Hills Classic – Presented by Blue Hills Cycling Club and others, May 03
For more information, please visit www.bluehillscycling.com

2009 Vermont Mountain Bike Summit – Presented by VMBA & Gravity Logic, May 07-08
For more information, please visit www.vmba.org

Season Kick-off Wildflower Tour – Presented by Back Country Excursions, May 08-10
For more information, please visit www.bikebackcountry.com

Mountain Biking Instructor Certification Program – Presented by Back Country Excursions, May 15-17
For more information, please visit www.bikebackcountry.com

Highland Mountain Bike Park Opening – Presented by HMBP, May 15
For more information, please visit www.highlandmountain.com

Blue Hills MTB Bay – Presented by Southeastern NEMBA, May 31
For more information, please visit www.semassnemba.org

DB GROUP RIDES

Dieselbikes is comprised of a simple group of mountain bikers with average riding skills who like to ride with anyone who loves this sport. Whether you are a beginner or a pro racer, it doesn't matter: you are more than welcome to join our group rides.

With spring upon us, our weekly group rides have started back up. They will run until mid November. During this time, we try to ride a number of different trails throughout New England in addition to the occasional day or weekend trip to the mountains.

Beginning April 21st, our Lynn Woods Tuesday Night Rides (TNR) return for another season. This is a 2+ hour ride that breaks up the work week with a post-ride gathering at Lucille's Fine Chicken (former Naked Fish) for refreshments.

Weekend group rides started back up on April 25th. These rides typically occur on either Saturdays or Sundays with different locations depending on the club's schedule and weather conditions. Weekend rides can last 3-4 hours, and offer plenty of fun and group camaraderie. Email Dieselbikes (information below) to find out when and where rides are taking place.

None of our group rides are fast paced. We also aren't out to cover as much ground as possible. We are out to have fun and we ride at the group's pace. We ride technical trails and love to challenge our own skill sets. Anyone can join us to ride, watch or partake in the technical challenges our great New England trails offer.

If you would like to ride with Dieselbikes and want to know where and when we are riding, please sign up for our group ride e-mail notice. Sign up by sending an e-mail to dbgrouprides@dieselbikes.com. Tell us your name and let us know that you want to begin to receive our weekly group ride e-mail notices.

New England Mountain Bike Club

DIESELBIKES

Est. 2004

Who We Are:

We are just a group of riders who started a riding club 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.



Mailing Address

P.O. Box 724
Lynnfield, MA 01940

Contact Us

Email: info@dieselbikes.com
Website: dieselbikes.com

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