



VOLUME: 03, ISSUE: 06

JUNE 2009

DIESELBIKES
PRESENTS

June 13th, 2009

D-DAY
MOUNTAIN BIKE EXPO

at **LYNN WOODS**

78 GREAT WOODS RD
LYNN, MA 01904

More Info: dieselbikes.com

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DB Quick Web Link:

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THE BUZZ

We are less than two weeks away from the 3rd Annual D-Day Mountain Bike Expo happening in Lynn Woods Reservation on Saturday June 13th. This year is shaping up to be the BIGGEST D-Day event ever! We have new sponsors, new activities and TONS of PRIZES & SWAG!

Seven-time National Trials Champion Mike Steidley will be performing his Trials Stunt Show, presented by Kenda Tire & Haro Bicycles. MountainUni.com also returns, kicking off the first 2009 Mountain Unicycle (MUni) competition on the main event field.

D-Day is an event for the entire family with fun interactive games, contests, demonstrations, music and food. Tell your friends and have them tell their friends to join us in Lynn Woods on June 13th for the biggest mountain bike event in Lynn! [Click here for more information about D-Day on our website.](#)

TRAIL THREADS

Lynn Woods (LYW): Lynn, MA

We have completed our second trail maintenance in Lynn Woods, wrapping up trail work until September. The Park Ranger and City of Lynn are pleased with all the work that has been done over the past four years. We at Dieselbikes want to thank YOU the volunteers who help by supporting our efforts. Hats off to you all!

People play paintball out by the power lines in Lynn. Most of these individuals pose no threat and apply using common sense and common courtesy, but assuming you don't want to be hit by a stray paintball, keep an eye open and be aware that they are there when riding in that section of Lynn.

Volunteer groups have been out in force on the south side of Lynn Woods near Pennybrook recently. GE, The Boy Scouts and a few other volunteer groups have been working hard to maintain this section of the woods. The south side of Lynn Woods has very different terrain than the north side. Features of the south side include more rolling single track with technical challenges, and fewer sharp drop offs or boulders.

To experience the south side on wheels, feel free to join Dieselbikes' ride leader Big-G for our Thursday Night Group Ride. This is a fast paced spin through the trail network on the south side. Meeting time is between 5:45pm and 6:00pm at the Ballfield Parking lot, Great Woods Entrance (78 Great Woods Road Lynn, MA 01904). Thursday night rides are a 90-minute endurance builder with limited technical challenges. All levels are welcome and NO ONE is left behind.

Starting June 9th, Dieselbikes will be hosting Tuesday Bike & Movie Nights at Lucille's Fine Chicken 215 Broadway (Route 1), Lynnfield, MA, 01940. Come join us for the Dieselbikes' Tuesday Night Group Ride in Lynn Woods and then enjoy a post ride bike movie. Lucille's restaurant is mountain biker friendly and management has agreed to allow us to use one of the 36" flat screen TVs at the bar to play a mountain bike movie on Tuesday nights. Our first post-ride movie screening begins on June 9th with Radical Films Progression (Kranked 6). Each week thereafter, we will show a different movie, check out our website for a schedule of upcoming movies. Come on down and join our Tuesday Night Rides or feel free to skip the ride and join us at the bar.



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

In conjunction with Sinister Bikes and North Shore NEMBA we are working hard to increase and maintain the trail network at Tompson Reservation. We kicked off the 2009 season with the first ever Trail Maintenance Series for this great location and during the month of June we will be completing the second of four projects slated for the year.

You will begin to see changes over the next few months. Some changes may appear drastic, surprising or stunning, but our end goal is to provide the mountain biking community with a more organized, more sustainable and more fun place to ride. If you think Tompson Reservation is great now, just wait a couple of years, it'll be even better!

Trail Network Disclaimer –

As always, please remember Tompson Street and B&T's trail networks span land owned by the Essex County Greenbelt and a number of private landowners. Currently mountain biking is permitted year round on the Greenbelt managed property called Tompson Street Reservation (TSR) but may not be permitted on adjacent private property. We ask that you use common sense when riding there. Stick to the main trails 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 who will resolve any problems without creating any potential conflicts. Efforts to improve the network will continue, though it will take some time to accomplish this goal with proper land manager approval.

PICK & SHOVEL REPORT

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

On Sunday May 3rd the first 2009 Tompson Reservation trail project was completed. It was a perfect day for trail work and we had great volunteer turn-out for this project. Our goal was to refurbish a downhill section of the Yellow Loop Trail making it more sustainable and fun for all. 100% of this project was completed. We even had time to address a few other small trail matters close to the work site.

The beginning of the Yellow Loop Trail runs down the side of a hill crossing the fire road which leads towards Bray Street. Over the years this section of trail has grown wider due to increased usage and drainage issues.

We focused on repairing a 150-foot segment by cutting in drainage, narrowing some sections and bench-cutting a portion of the trail thread. We also installed two rock features making this downhill slice even more fun.

The climb up from the fire road is much more sustainable with less wheel slip. We are sure the mountain bike community and other recreational user groups will enjoy and appreciate this re-conditioned trail section.



www.ecga.org



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

PICK & SHOVEL REPORT [CONTINUE]

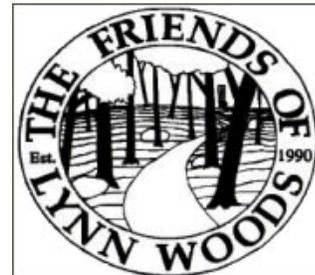
Lynn Woods: Lynn, MA

On Saturday May 16th the second 2009 Lynn Woods trail project was completed with great success. It was a beautiful day for trail work and we had a number of dedicated volunteers who got the job done. Saturday was a continuation (Phase 3) of repairing and reconditioning Overlook Trail. We are happy to say more work was completed than originally planned for on this project!

The top of Overlook Trail near Overlook Crag was the site of our trail work. We re-routed a 200 foot section of trail near Overlook Crag on the downward run towards the Great Frog Boulder.

Ten volunteers worked with lightening speed to clear and mark this new trail re-route that was heavily over grown with trees. We completed this task in just two hours leaving us plenty of time to armor some soft sections and close off the original trail with all of the deadfall.

This new re-route is packed with some great natural technical features. These features include rock rollers, rock berms and a large boulder wall ride! The trail thread is still soft and many of the technical features are not 100% complete, but the trail is open and rideable. We will be out during the summer months to monitor and finish up the technical features as needed.



www.flw.org



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

IN THE NEWS

Pumped on bike tracks - Pump tracks pop up all over N.E.

Time for mountain bikers riding in North Conway to pump it up.

Armed with rakes, shovels and other tools, about 20 avid mountain bikers, including members of the White Mountain chapter of the New England Mountain Bike Association, helped build the Mount Washington Valley's first public pump track last weekend.

The track, about 75 feet by 40 feet, is located near the entrance to the Sticks and Stones Trail by the Green Hills Preserve kiosk...

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



Mudbunnies and Dirtgirls

Perhaps the trail's name – Lower Snake – should have been the first clue that this was no place for a beginner.

Yet it wasn't until Kristan Stewart was half-way down, peering through a downpour at a series of hairpin turns along the steep slope of Burnaby Mountain, that she decided she'd better walk – not ride – the rest of the way if she valued her health...

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



I Want To Ride My Bicycle

Green Commute Week, Bike/Walk to Work Day, and the Seacoast Bike Tour bring attention to our increasingly bike-friendly state

In 1971, Belgian cyclist Gustave Van Cauwenberghe founded Gus' International Bicycle Shop in North Hampton. Twenty-eight years and two owners later, the shop still does good business on Lafayette Road. According to current owner Jeff Latimer, who took over the store in December, many shoppers are now buying bicycles as part of a general shift in their lifestyles...

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



IN THE NEWS [CONTINUE]

Explore New Hampshire's State Park System for Inexpensive Adventure

I New Hampshire has one of the oldest and best state park systems in the country, with a total of 72 parks, campgrounds, waysides, natural areas and historic sites in beautifully diverse settings that include high mountains, crystal clear lakes and shimmering coastline. Here, from spring through late fall, visitors and residents can enjoy every outdoor activity imaginable, starting at a day-use fee of \$4 for adults and \$2 for children...



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

2009 SPONSOR SHOUT-OUTS

Financial and in-kind sponsorships from local, regional and national businesses are always welcome. We are grateful for all the assistance we have received from our long-time supporters over the years and want to say thank you. Your efforts and donations have helped us successfully achieve many of our goals. Contributions are used to fund trail work programs, promote and host events, and to help spread the word about our organization.

The following organizations are supporting Dieselbikes' efforts in 2009. We are thankful for this support and ask whenever possible to support their efforts in the community.



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



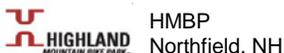
Ski Market
Danvers, MA



NSNEMBA
North Andover, MA



Starbucks Coffee
Woburn, MA



HMBP
Northfield, NH



Kingdom Trails
East Burke, VT



EMS
Danvers, MA



Rye Airfield
Rye, NH



October Bicycles
Lynn, MA



Intense Cycles
Temecula, CA

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.

Mountain Bike Maintenance – Part 1 of 2

For many New England mountain bikers and other cyclist, spring is that time of the year to make sure your bike is safe and ready to ride. Whether you ride year round, once to the corner store or pack up the bike for the winter months, it is always best practice to perform annual maintenance ensuring no potential mechanical failures are evident. If you are an individual who brings his or her bicycle to the local bike shop for service, you may be one-step ahead rather than doing it yourself. However, every mountain biker should be familiar with the bike they ride since a pestering mechanical problem could rear its ugly head leaving you no time to bring it to your local bike shop. This article will identify and explain some basic maintenance points a do-it-yourself mountain biker can perform on your mountain bike at home with minimal tools.

Technical Brief Section:

Below are the following section covered in this article (Part 1 of 2). Each section provides a basic level of information relative to the topic. This document does not cover all technical, engineering and or maintenance aspects of mountain bicycle maintenance or repair.

1.0 Basic Approach & Essential Tools.

2.0 The Starting Point.

3.0 Frame.

What to look for.

3.1 Frame Welds.

3.2 Frame Ovalizing.

3.3 Mechanical Interference.

3.4 Frame Tubing.

4.0 Drive-train & Shifters.

4.1 Chain.

4.2 Front Sprocket(s).

4.3 Front Derailleur.

4.4 Rear Cassette.

4.5 Rear Derailleur.

4.6 Rear Derailleur Hanger.

4.7 Shifters.

5.0 Suspension.

5.1 Check for fluid leaks.

5.2 Check the Stanchions.

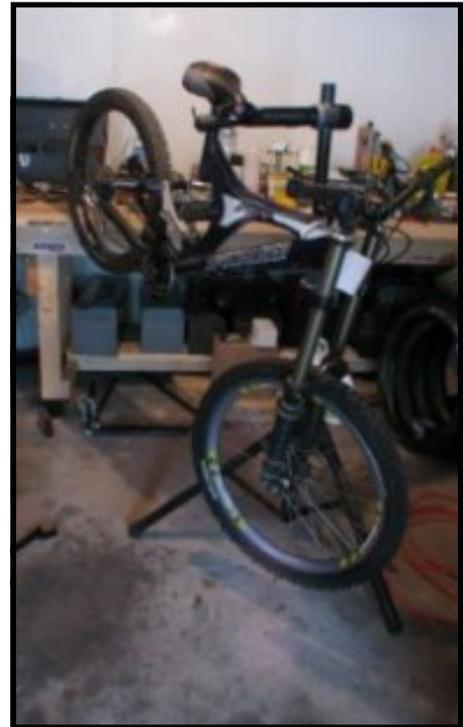
5.3 Check the Air Pressure.

5.4 Check the Coil Spring.

5.5 Check the Spring Retainer Plate.

5.6 Grease those Bearings & Bushings.

6.0 Technical Wrap-up.



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

[- Click here to download this article No. TB-09-0528 \[PDF\]](#)

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: Complete

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. We have created a short list of events that will be taking place in June. You can find a continuation of this list on our website under the [Events Calendar](#).

Ride the Bike-A-Thon – Presented by Bikes not Bombs, June 7
For more information, please visit www.bikesnotbombs.org

Redbones Bike Party – Presented by Redbones, June 8
For more information, please visit www.redbones.com

Fathers Day Mountain Bike Getaway Weekend – Presented by Back Country Excursions, June 12-14
For more information, please visit www.bikebackcountry.com

3rd Annual D-Day Mountain Bike Expo – Presented by Dieselbikes, June 13
From more information, please visit www.dieselbikes.com

Happening at Huntington MTB Adventure Series – Presented by NEMBA, June 21
From more information, please visit www.mtbadventureseries.org.com

Kids' Only Race – Presented by NorthEast Bicycle Club, June 27
From more information, please visit www.northeastbicycleclub.org

Highland AM/Open Slopestyle Contest – Presented by HMBP, June 27
From more information, please visit www.highlandmountain.com

DB PRODUCT & 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 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 or minimal park budgets, land development contracts and the perception that our recreational sport destroys 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 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 is that simple! Without your support bike trails will disappear forever.



DB GROUP RIDES

We are a simple group of mountain bikers with average riding skills who like to ride with anyone who loves this sport. Whether you are just a beginner or a pro racer, it does not matter; you are more than welcome to join our group rides. Riders under 18 must be present with a parent or guardian and speak with the ride leader before the group ride begins.

With the riding season in full swing, our weekly and weekend group rides will run until mid November. During this time, we try to ride a number of different trails throughout New England as well as taking occasional day or weekend trips to the mountains.

TNR - Tuesday Night Rides in Lynn Woods

Dieselbikes' Tuesday Night Rides are going strong in their 3rd season with new faces just about every week. Meeting time is between 5:45pm and 6:00pm at Lucille's Fine Chicken parking lot (215 Broadway (Route 1), Lynnfield, MA, 01940). This is a two hour ride that occurs every Tuesday night and breaks up the work week with a post ride gathering in Lucille's Fine Chicken for refreshments. All levels are welcome and NO ONE is left behind!



TNR² – Thursday Night Rides in Lynn Woods

Dieselbikes' Thursday Night Rides are in their 2nd season. Meeting time is between 5:45pm and 6:00pm at the Ballfield Parking lot, Great Woods Entrance (78 Great Woods Road Lynn, MA 01904). This is a 90 minute cardio ride with limited technical challenge, but is a great endurance builder. All levels are welcome and NO ONE is left behind!



Weekend Sessions

These group rides typically occur both Saturday and Sunday 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. None of these weekend sessions are fast paced. We're also not 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 feel free to sign up for our group ride e-mail notice. You can simply do this by sending us an e-mail to the following address below. Just provide your name and let us know you want to receive our weekly group ride e-mail notices.

dbgrouprides@dieselbikes.com - Weekly group ride e-mails start on April 23rd and run until Mid November. Ride e-mails are usually sent out & scheduled two days before the upcoming weekend ride.

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.



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