



VOLUME: 03, ISSUE: 10

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**SINGLESPEEDS RULE!**

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## THE BUZZ

It was a tough decision but due to minimal sponsorship and some unanticipated event costs, we have decided to cancel this year's Spookbikecular Halloween Festival. This event was scheduled to take place on Saturday October 31 in Lynn Woods. Hopefully next year will be a better year financially for everyone!

All is not lost however; Dieselbikes has been invited to attend the 10<sup>th</sup> Annual "Wicked Ride of the East" taking place on Sunday October 25<sup>th</sup>. We will be there in support of the event, with swag to give away. For more information about the Wicked Ride of the East, please visit [www.nsnemba.org](http://www.nsnemba.org).

In other news: there are two upcoming trail maintenance days in October that will cap off a wonderful season of work. You can read more about these upcoming work days on our website ([click here](#)) or in our Trail Threads Section of this newsletter.

## TRAIL THREADS

### Lynn Woods Reservation (LYW): Lynn, MA

October is here and we'll be wrapping up our 2009 Trail Maintenance Series. Sunday October 11th will be our last Lynn Woods trail work day and this will be a big project as usual. We will be extending the famous Meeting House Swamp Bridge to resolve some trail erosion issues on both ends of the bridge.

Check out our website for more information ([click here](#)).

The City of Lynn and the Friends of Lynn Woods will be hosting their 6th Annual Dungeon Rock Day on Saturday October 10th at the Penny Brook Entrance. This festival celebrates the legend of Captain Thomas Veale, a sea-going pirate who became a Lynn resident to hide his sinister past.

Legend has it, Captain Veale came to Lynn Harbor in an effort to hide his treasure and escape the British who were hot on his trail. He was able to find shelter in a cave and become a resident of Lynn, thereby hiding his true identity and living in relative peace. During 1658, an earthquake struck the surrounding New England area causing the cave in which Captain Veale was hiding to collapse. Captain Veale was never seen again (no public records) and the assumption was that he had become entombed and perished in a Dungeon of Rocks. Come celebrate Lynn's infamy with a fun day for the whole family. Visit the Friends of Lynn Woods website ([www.flw.org](http://www.flw.org)) for more information.

If you have been driving by the old Lucille's Fine Chicken (or Naked Fish) parking lot on Route 1 north in Lynnfield, you may have noticed that there is a lot of remodeling taking place. A new restaurant/bar will be opening shortly in this location and will apparently be owned and operated by the same management as the Bostonville Grille located just up the highway. We are not sure of the exact opening date or the name, but we have been told that mountain bikers will be welcomed at the bar and will be permitted to use the parking lot just as we do today.

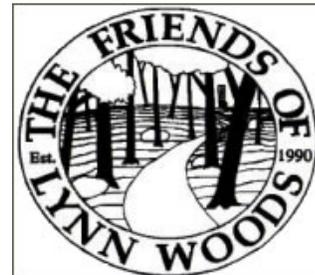
### Tompson Reservation (TSR) / Bruce & Tom's (B&T's): Gloucester, MA

We have one final trail work day scheduled for Saturday October 17th which should be a fun project. This work day will consist of "polishing" an existing trail segment, making it both more "flowy" and technical. Check out our website for more information and we look forward to your support.

Trail Network Disclaimer –

As always, please remember 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 the Greenbelt managed property called Tompson Reservation (TSR) but may not be allowed on adjacent private property. We ask that you use common sense when riding there. Stick to the main trails that you know and do not cut new lines/braids.

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



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



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

## IN THE NEWS

### Interview with Steve Peat: "Downhill is on of the hardest sports"

When it comes to the diets of gold medallists, fry ups and beer probably aren't the obvious choices. But Steve Peat, the newly crowned downhill cycling champion of the world, sounds rather put out when I suggest downhillers aren't fit.

"You need to be fit to be a downhiller even though it looks as if you don't do much work. You're pedalling out of corners, pedalling into your line, the terrain is rough, the bikes are heavy so you need to train..."

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



### Wheelchair users find their own way onto challenging mountain bike trails!



"It's not a major undertaking," says Phil Hall with some northern understatement. "It's just a few tweaks." He's talking about his dogged campaign to adapt Forestry commission mountain bike trails so he can use his £6,000 bike – one of only four in the country – on them.

Phil runs Rough Riderz, a mountain bike club for wheelchair users which he started in 2007 after breaking his back in a motorbike accident...

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

### New downhill bike park opens in eastern PA!

Vertical Earth at Blue Mountain in Palmerton, Pa., opened Sept. 12 with a \$500 Jump Jam before bringing in the "Big Show" of the Gravity Series East downhill racers from Sept. 25 to 27.

Vertical Earth features a high-speed quad lift servicing eight new trails, two jump parks, pump track and a Neko Mulallay-designed dual-slalom course that will feature heavily during the Gravity East Weekend...

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



## IN THE NEWS [CONTINUE]

### 2009 Mountain Bike Hall of Fame inductees celebrated

Since 1988, the bicycle industry has celebrated the best of its own with the Mountain Bike Hall of Fame induction ceremony at the Inter-bike Show, and the 2009 inductees included French downhiller Anne-Caroline Chausson, Colorado Plateau Mountain Bike Trail Association (COPMOBA), Marin County designer/fabricator Dave Garoutte, and the pioneering Larkspur Canyon Gang.

The Mountain Bike Hall of Fame resides in Crested Butte, Colorado, with Don and Kay Peterson-Cook as its curators...

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



## INDUSTRY SHOUT-OUT

We at Dieselbikes occasionally need to give a shout-out to businesses that provide exceptional products and or services. In this edition, we'd like to give a big shout-out to Ellsworth Handcrafted Bicycles for taking care of a fellow Dieselbikes member and his broken bike. Eric has been a long time member of the club and can be seen ripping up the trails with his 2002 Joker. This bike has seen a lot of technical riding but Eric ran into some trouble with the rear swing arm. Following a quick call to Ellsworth and a discussion of the issue, they requested to see the damaged component; within two weeks Eric was back in the saddle with new parts and raring to hit the trails. We just want to say thanks because they stood behind their warranty and processed this matter with lightning speed.



## TECH STOP

### Mountain bike QR Style release systems a thing of the past?

There is talk in the bicycle industry about killing off the 30+ year old QR Style release design system for mountain bikes. Is this good, is this bad? In my opinion, this would be a key advancement in axle technology and allow for a more secure and safe option on installing your wheels...but this is my opinion.

The change has already begun. The days of Thru Axles are not just for freeride or downhill bikes, but they are finding there way on to XC trail bikes and even some of your cruiser models. Since fork technology has advance over the past 6 years, lighter long-travel forks have come to market promoting the use of Thru Axle designs. This increased usage has also prompted the development of a better and faster "quick release" option for Thru Axles forks.



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

## NE MOUNTAIN BIKE EVENTS

Listing our own events is an obvious section for the DB newsletter, but there are plenty of other mountain bike events happening throughout New England. Below is a short list of events that will be taking place in October. A more comprehensive list is available on our website under the Events Calendar.

BikeFest 09 - Presented by MassBike, Oct. 3rd

For more information, please visit [www.massbike.org](http://www.massbike.org)

NEMBAfest at Bear Brook State Park – Presented by NEMBA, Oct. 4th

For more information, please visit [www.mtbadventureseries.org/mtbadventure/](http://www.mtbadventureseries.org/mtbadventure/)

17th Annual Fall Tour de Somerville - Presented by MassBike, Oct. 17th

For more information, please visit [www.massbike.org](http://www.massbike.org)

Highland Mountain Bike Swap - Present by Highland Mountain, Oct 17th

For more information, please visit [www.highlandmountain.com/](http://www.highlandmountain.com/)

Mountain Biking Instructor Certification Program - Presented by BCE, October 23rd-25th

For more information, please visit [www.bikebackcountry.com](http://www.bikebackcountry.com)

Wicked Ride of the East at Harold Parker State Forest – Present by NEMBA, Oct. 25th

For more information, please visit [www.mtbadventureseries.org/mtbadventure/](http://www.mtbadventureseries.org/mtbadventure/)

## THE DB COMMUNITY

Dieselbikes is now entering its fifth year of operation and we are happy to be a part of the New England riding community. As we grow so do the number of riders with whom we are in contact. Dieselbikes maintains an online presence on a number of social network sites, find us, friend us and follow us where ever it is most convenient for you!

We love to hear what you think, so tell us. Start a discussion thread, ask a question, tell us about a recent ride...whatever it is, we want to hear it, who knows, we might even incorporate some of your great ideas into upcoming events, trail days, plans and all the other things we do!

Also, thanks to the power of the internet, you don't have to be in New England to be a part of the Dieselbikes family!

DB - [Myspace Page](#)



DB - [Facebook Page](#)

DB - [YouTube Page](#)



DB - [BlogSpot Page](#)

## DIESELBIKES EVENTS



The D-Day Mountain Bike Expo held this summer was such a huge success that we were looking forward to hosting our 2<sup>nd</sup> Annual Halloween event in October. Unfortunately we have had to make a difficult decision and cancel the event this year. For those sponsors and volunteers who had already signed up, we want to offer up our gratitude and give thanks for a wonderful season of events and trail work. We look forward to continuing to unite the riding community next year. For more information regarding our past and upcoming events, please visit our website by clicking the links below.

### North Shore NEMBA's

#### 10th Annual Wicked Ride of the East (North Andover, MA)

**Sunday, October 25th - Registration 9:00am to 11:00am**

Dieselbikes will be attending this long running event hosted by North Shore NEMBA Chapter. Come on down and ride the trails of Harold Parker State Forest and stay for some homemade chili after. Visit [www.nsnemba.org](http://www.nsnemba.org) for more information.

### 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: **Complete**

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: **Complete**

Project # 3: **Cancelled**

Project # 2: **Complete**

Project # 4: Saturday October 17th

## POST EVENT REVIEW

### 3rd Annual D-Day Mountain Bike EXPO [Lynn Woods, MA]

It is our great pleasure to announce that the 3rd Annual D-Day Mountain Bike event, held on June 13, 2009, was a big success for the Lynn Woods Reservation. This year we had a record number of registered participants, totaling over 150; double that of last year. Along with this record number of participants came a record amount of funds generated to support the trail network at Lynn Woods.

This year the event generated \$750 - a 50% increase over the 2008 D-Day event. Despite a cold, rain-soaked week, D-Day was blessed with one day of perfect sunshine. Thanks to the weather we were able to pull off a full day of events, games, group rides and demo equipment. Thank you all for your support, we hope you had fun & we hope to see you at the next one! [Click here for more information, pictures and video.](#)

## 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 the former Lucille's Fine Chicken parking lot (215 Broadway (Route 1), Lynnfield, MA, 01940). Please note that Lucille's is currently out of business however we still have this area as our meeting location. This is a two hour ride that occurs every Tuesday night and breaks up the work week with a post ride gathering at Bostonville for refreshments. All levels are welcome and NO ONE is left behind!



### TNR<sup>2</sup> – 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](mailto: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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