



VOLUME: 04, ISSUE: 02

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## PICTURE OF THE MONTH



## 2010 SINISTER SHENANIGAN

PHOTO BY: DIESEL

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## THE BUZZ

You have to admit that winter has not been too bad thus far. The last three weeks have been prime winter riding weather. If you're not out on your bike, hopefully you are doing something to stay in shape. Winter can be a drag for riders who prefer not to brave the elements. For those of you who aren't getting out, we have put together six winter workouts to help keep you sane during the cold months; check it out in our Trail Riding 101 Sections.

Big things may be happening at the Middlesex Fells Reservation over the next three months. This is a prime opportunity for the biking community to voice our opinions and possibly make changes to the current trail policy. Read more about the Fells in the Trail Thread Section.

The 4th Annual D-Day Mountain Bike Expo has been approved by the Lynn Park Commission for Sunday June 27th. Mark your calendars and get ready for a big party!

# TRAIL THREADS

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

Please respect the Lynn Woods closure period established by the City of Lynn from January 1st to April 15<sup>th</sup>. Sections on the north side of the woods, located in Lynnfield, are open year round for riding. If you're planning to ride in Lynn Woods, check out the [winter trail map](#) on our website for more information on open trails before going.

We have a bunch of trail projects on tap for 2010 and will be working with park management this month to narrow them down and gain approvals. We are also happy to announce the Park Commission has approved our 4th Annual D-Day Mountain Bike Expo slated for Sunday June 27th. In the coming weeks we will have more information posted on our website and Facebook Fan page. This year is sure to be bigger and better than last year!

We are not absolutely certain, but we believe the Fat Cactus Mexicali Cantina is now open on Route 1 north in Lynnfield. This restaurant has replaced Lucille's Fine Chicken and the former Naked Fish. Some of our members will be stopping by this month to get the 411.

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

In 2010 we will be continuing our partnership with Sinister Bikes and NSNEMBA for trail work at Tompson Reservation. We hope to pull off a few fun and exciting trail projects for 2010 and all parties will be speaking with Greenbelt management in the coming months.

To the best of our knowledge, Tompson Reservation is open year round for riding. This is a fun location to ride during the winter months when conditions allow. We ask that you ride responsibly, avoiding wet areas if possible, and not creating any trail braids.

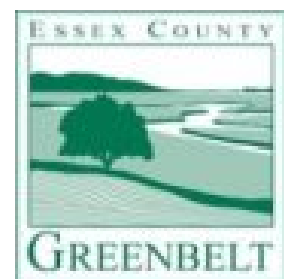
### Trail Network Disclaimer –

As always, please remember Tompson Reservation 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 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 a 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 who ride this location who will resolve any problems without creating potential conflicts. Efforts to improve the network will continue, though it will take some time to accomplish this goal with proper land manager approval.



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



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

## TRAIL THREADS [CONTINUE]

### Middlesex Fells Reservation (MFR): Stoneham, MA

Dieselbikes has been following the changes that have been taking place at the Middlesex Fells Reservation over the past years. Recently the Department of Conservation and Recreation (DCR) has reached out for public input regarding the usage and redevelopment of the Fells trail network. The DCR plans to host a public Trail Planning Workshop on Monday February 8th. Below is the e-mail we have received from the DCR Director of Partnerships.

Dear Middlesex Fells Friends and Stakeholders:

We want to update you on the ongoing Middlesex Fells Reservation Trail System Planning Process, and request your assistance. Over the past few months, we have been completing our Trail Inventory for the Fells, have met with partner agency landowners in the Fells, and have invited user and stakeholder input via the internet. In order to gain additional public input into the process, we are planning to hold a Trail Planning Workshop:

Date: Monday, February 8, 2010

Time: 6:30 p.m. – 8:00 p.m.

Location: McGlynn School Auditorium, 3001 Mystic Valley Parkway, Medford

At this workshop we anticipate the following agenda:

- Overview of Trails Planning Process
- Brief Overview of Fells Trail Conditions and Issues
- Q&A (time limited)
- Stakeholder Workshop: Attendees will participate in small group discussions during which they will review maps of the trail system and add their input as to access points, desired routes, potential connections, trail issues and problems, and potential solutions. Their input will be reported out to the group-at-large.
- Next Steps

We encourage you to reach out to your constituents and neighbors, and invite them to attend the workshop to provide input. The draft trail plan is anticipated to be completed by April of 2010.

For additional information and updates, please see:

<http://www.mass.gov/dcr/news/publicmeetings/greenwaysfells.htm>.

DCR's staff looks forward to the ongoing participation of our valued partners as this process moves forward.

**MARK THIS DATE ON YOUR CALENDAR AND JOIN MEMBERS OF DIESELBIKES AND OTHER MOUNTAIN BIKE ADVOCACY GROUPS IN MAKING THE FELLS RESERVATION ALL IT CAN BE FOR OUR COMMUNITY!**

## IN THE NEWS

### Chinese Embrace Once Foreign Sports

Running ultra marathons that turn feet into blistered, bloody stumps. Nordic skiing in winter's brutal cold. Riding mountain bikes on rump-numbing trails across the grasslands of Inner Mongolia.

For many Chinese, these have long been things that only crazy foreigners do for fun. But that's not so true anymore. The number of Chinese competing in such adventure sporting events has been growing rapidly...

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



### Being Free of Stress Key for French Flier

Being world mountain bike champion has glamour, but there is also danger and stress in the role. Yoga has helped Sabrina Jonnier (France) cope with the demands of the job.

The 28-year-old will be the star attraction in the Dunedin round of the national series on the Signal Hill course tomorrow. She comes to the city with high credentials after winning four World Cup series and three world championships...

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

### Winter Games:

#### Bike fans breathe in the air supply at Ray's MTB Indoor Park

Back in the day, kids used to put playing cards in the spokes of their bikes to jazz up a ride, and the closest thing to a daredevil move on a Schwinn was riding hands-free, often followed by another ride -- this time in a car to the local emergency room.

Life has changed, and Ray Petro had the foresight to see that. The former construction worker has converted an old warehouse into what is truly a world-class indoor gem for BMX and mountain bikers, right here in Northeast Ohio...

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



## IN THE NEWS [CONTINUE]

### Wearable Camcorder

Extreme sport enthusiasts have had moments they've wished to capture on film whether it was the amazing ski-run or the the scene from a paraglider.

Holding a normal camcorder is bulky, ties up one hand, and makes it harder to balance. Not to mention the dangers of damaging the camcorder or getting hurt. VholdR hopes to solve those issues with their new wearable ContourHD 1080p camcorder that can survive through the harshest of conditions...



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

## TRAIL RIDING 101

Trail Riding 101 is a new addition for our forth volume newsletter release and we plan on expanding this section as our group grows. This section will provide basic information on mountain bike trail riding skills for reference purposes. These articles and/or reference guides are neither written by professional athletes nor by certified personal trainers. They are written by local riders with years of experience who wish to share what works for them.

### Six Winter Workouts That May Keep You Sane!

It may be freezing outside this time of the year, but the cold weather this still no excuse to let yourself get out of riding shape. The winter months with its freezing temps, snowy trails and icy pitfalls can deter even the most passionate mountain biker from braving these elements.

It becomes extremely difficult to maintain a cycling routine during the winter and attempting to wait the 3 or 4 months before getting back out to ride is a killer to say the least. Many days feel like an eternity as you wait for those spring-like conditions to appear; but once they do, you feel like you have lost what you gained the prior year.

The best way to maintain you riding stamina and technique is to ride your bike! However winter riding is not for everyone and even if you were able to brave the elements, you would not ride as hard as you would during the warmer seasons. With that said, here are a few winter workout suggestions that may keep you sane and ready to get back into the saddle!



[Click here to read this full trail riding article](#)

# TRAIL HISTORY

## The Oldest Cross Country Mountain Bike Touring Center in North America

Back Country Excursions, the oldest commercial cross-country mountain biking tour center in North America, is getting ready to celebrate its 20th birthday.

Founder Cliff Krolick, who turned 60 last December, described how his company got started.

In 1990 my son, who was 13 years old at the time, and I had just gotten a couple of mountain bikes and we rode off deep into the surrounding forest around our home. Even though back then bikes had no suspension, we spent an entire day riding and hiking and crashing over and through almost everything.

There were lots of discontinued and old town roads and logging trails in the area -- many being very rocky and washed out. In a way, these were more like highly technical single track than roads. That day we experienced an amazing sense of adventure and accomplishment.

I had purchased 15 acres of heavily forested land in the foothills of the White Mountains in the early 1970's with the intent of raising a family and growing some food. We soon discovered that our land was located in the midst of a very large tract of private forestland.

For nearly a century this tract, almost 9,000 acres, was managed by one family and used primarily as a wood lot/ and for hunting and fishing. Subsequently over the years it was sold to larger paper companies like Scott paper but it had always remained as one lot.

The local people were always permitted access for hunting purposes and with the advent of motorized recreation many of the more passable/logging trails were enjoyed by ATVS, hikers, and occasionally by horseback riders....



[Click here to read this full trail history article](#)



## THE DB COMMUNITY

Diesalbikes 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. Diesalbikes 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 Diesalbikes family!

### DB Social Networks



- [Facebook Page](#)



- [YouTube Page](#)



- [MySpace Page](#)



- [BlogSpot Page](#)

## NE MOUNTAIN WINTER EVENTS

Winter is here and as a result there is a very limited number of mountain bike events taking place over the next few months. With that said many of us switch from bikes to skies and/or snowboards now anyway, so listing some upcoming winter events seems appropriate. Below is a short list of events that will be taking place in January.

Main Event Snowboard Series - Presented by Sunday River Resort, Feb. 6th  
For more information, please visit <http://www.sundayriver.com/>

ATP BIG AIR - Presented by Mount Attitash, Feb. 13th  
For more information, please visit <http://www.attitash.com/>

USASA BoarderX & SkierX - Presented by Sunday River Resort, Feb. 13th & 14th  
For more information, please visit <http://www.sundayriver.com/>

Mardi Gras President's Week Celebration - Presented by Mount Snow Feb. 15th to Feb. 20th  
For more information, please visit <http://mountsnow.com/>

U GO Girl Dual GS - Presented by Mount Attitash, Feb. 20th  
For more information, please visit <http://www.attitash.com/>

Mountain Dew Challenge - Presented by Mount Attitash, Feb. 24th  
For more information, please visit <http://www.attitash.com/>

Video Park - Presented by Mount Snow Feb. 25th & Feb. 25th  
For more information, please visit <http://mountsnow.com/>

# DIESELBIKES EVENTS



We are in the midst of developing our 2010 Events Schedule and once we receive the appropriate approvals, information will be posted on the website. For now sit back and relax and keep that mountain bike tuned up and ready to go! Below is a preliminary schedule for potential DB events in 2010.

## TENTATIVE EVENT SCHEDULE

5th Annual Lynn Woods Opening Group Ride [Lynn Woods, MA] - Saturday April 17th  
 4th Annual D-Day Mountain Bike Expo [Lynn Woods, MA] - Sunday June 27th  
 Lynn Woods MBAS Event - Hosted by NEMBA & Sponsored by Dieselbikes - Sunday August 29th

2010 Lynn Woods Trail Maintenance Series [April - May - Sept - Oct]  
 2010 Tompson Reservation Trail Maintenance Series [Spring - Fall]  
 2010 Dieselbikes Ride Series [June - July - Aug - Sept]

## 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.](#)

### North Shore NEMBA's 10th Annual Wicked Ride of the East (North Andover, MA)

We had a fantastic time attending the 10<sup>th</sup> Annual Wicked Ride of the East hosted by the North Shore NEMBA Chapter. Over 500 rides from all over New England attended this event showing support for a long standing mountain bike advocacy group.

- [Click here for more information and pictures.](#)



## DB GROUP RIDES - SEASON ENDING UPDATES

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.

Our weekly public group rides have ended for the 2009 season. Our weekly public group rides have ended for the 2009 season. Over the last year we have met a ton of new riders and even made some new friends who have become regulars. We look forward hosting even more public group rides in 2010, so be on the look out for our ride schedule towards the end of Winter.

If you would like to ride with Diesalbikes 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 do this by sending an e-mail to the address below. Just provide your name and let us know you want to receive our weekly group ride e-mail notices.

[dbgrouprides@diesalbikes.com](mailto:dbgrouprides@diesalbikes.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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UP & DOWN  
NEWSLETTER