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NEW ENGLAND MOUNTAIN BIKE ASSOCIATION

Singletracks.

ISSUE 172 > FALL EDITION

TRAILS
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ADVOCACY
Riders Rediscover the Trail with eMTBs

COMMUNITY
Faces in the Crowd

Fall 2025 **Issue 172**

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NEMBA, is a 501(c)(3) non-profit committed to creating epic riding experiences, preserving open space, and guiding the future of mountain biking in New England. With 35 Chapters throughout New England and more than 10,000 members, our goal is to promote the best that mountain biking has to offer, steward the trail systems where we recreate, and ensure access to open space.

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NEMBA membership comes with its perks!

Join NEMBA today to take advantage of all our partners that provide discounts to NEMBA members.

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World-class mountain bike trips for those who want to experience the extraordinary.

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Restrictions apply. See the member portal.

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10% off all Karbon products for NEMBA members

Contact Karbon directly to retrieve the benefit

Loon Mountain Resort

NEMBA members receive $10 off an MTB Day Ticket (applies to both Adult and Junior rates).

Restrictions apply. See the member portal.

Log in to the NEMBA member portal for the promo code

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Show your active NEMBA member card to retrieve the benefit

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15% off all products

Log in to the NEMBA member portal for the promo code

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$30 off a Thunder Mountain Bike Park season pass (adult or junior)

$45 adult lift ticket - anytime with no blackouts

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Show your active NEMBA member card at the Welcome Center to retrieve the benefit

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Initial 30% signup discount on new Trailforks PRO subscriptions

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$5 of your purchase goes directly to the NEMBA Chapter of your choice.

Log in to the NEMBA member portal for instructions to retrieve

Wren Sports

15% off entire site.

Log in to the NEMBA member portal for the promo code

NEW ENGLAND MOUNTAIN BIKE ASSOCIATION

Singletracks.

ISSUE 172 > FALL EDITION

A Letter from Our Executive Director

Dear NEMBA Friends,

I'm thrilled to bring you the latest edition of SingleTracks, all about the "why" that keeps us riding.

Our community is unique in its diversity: we span rural towns and big cities, north woods and coastal trails, riders of all backgrounds, ages, and abilities. And that's what makes us strong. We're not here to be the same. We're here to ride together, build together, and welcome everyone who wants in. Whether you're a seasoned rider, a curious first-timer, or someone who just loves the outdoors, you're part of this community.

In a world where joy is increasingly locked behind velvet ropes and premium upgrades, mountain biking reminds us that the best experiences don't have to come with an exclusive pass. There's no VIP lane on a singletrack, no algorithm deciding what trail you see next. Just dirt, trees, fresh air...and people showing up for the pure love of the ride. It's real, it's shared, and it offers the kind of access that modern entertainment so often lacks. Let's keep building something wide, welcoming, and kind—on the trail and beyond—because a joyful, connected community doesn't happen by accident.

And if you need a reminder of just how joyful it can be, have you been on a flow trail lately? Some of the new lines we're building feel like roller coasters (minus the lap bar and seat belts). Our skills parks and pump tracks are buzzing with kids launching into the air and landing with huge grins because it's fun. That's what makes outdoor recreation, and mountain biking especially, so powerful. It's movement, it's joy, it's connection. It's open to everyone.

Here's to another year of building trails, building community, and riding with joy. See you out there!

Nicole Freedman
Executive Director

5 Networks on the Rise

SATAN'S RIDGE - Connecticut

Hartford's throwing its hat in the ring as New England's next mountain biking hotspot—and Satan's Ridge is leading the charge. Built by local mountain bike crew 202, this 3-mile singletrack loop channels British Columbia and the Pacific Northwest vibes. Think steep technical climbs, berms, rollers, bridges—and zero B lines. Natural cliffs make for mandatory drops (the biggest sends you five feet down), so it's not for the faint of heart. Completed in 2024, the trail's already drawing a crowd and proving Hartford's ready for the spotlight.

Naughty Nurse - Rhode Island

Fast, flowy, and fun are music to any mountain biker's ears. All three of these adjectives apply to Naughty Nurse at Woody Hill in Westerly, Rhode Island. This two way singletrack is beginner friendly, but interesting enough to be amazing for riders of all abilities. Nine stone wall crossings are featured throughout the trail and can either be rolled or hucked, allowing riders of all abilities to enjoy the feature. In the words of Tabitha Wilson from NEMBA's Rhode Island chapter, Naughty Nurse "never gets old." Just enough tech to keep it interesting, just enough flow to let beginners fly free. And at a good 2 miles, It's a great addition to any ride.

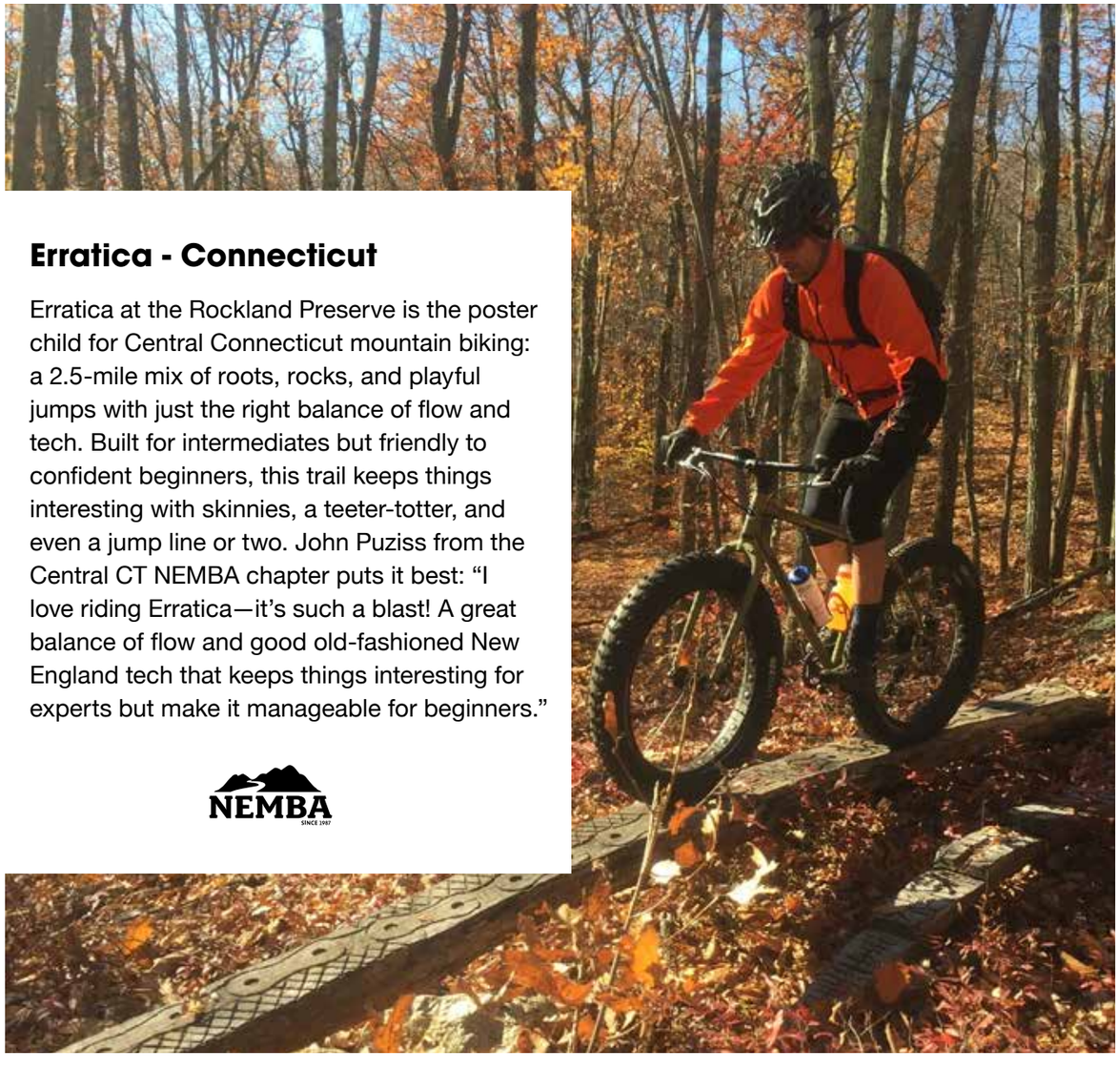
Train Kept a Rolling - Massachusetts

Marshfield, Massachusetts' Carolina Hills has a secret, and it's called Train Kept A Rolling. This fast, flowy descent hand built by NEMBA and RTC members features sweeping turns and just enough switchbacks to keep you on your toes. Jeff Wilson from NEMBA's Southeast MA chapter calls it "a must ride" and "an exhilarating trail." Once you drop in, you'll get why.

5 Networks on the Rise

Norris Hill Trail – New Hampshire

Amongst the 65+ miles of trails at Green Woodlands, Norris Hill Trail steals the show. This machine-built gem delivers a steady climb, epic views of the White Mountains, and a two-mile descent that just won't quit. Packed with optional jumps and buttery flow, it's a ride that keeps on giving. As Pemi Valley NEMBA member Geoff puts it, "Right when you start to think it must be about done, it just keeps going down and gets better and better!" Or, to quote PVNEMBA member Matt: "Zoom zoom!"



Erratica - Connecticut

Erratica at the Rockland Preserve is the poster child for Central Connecticut mountain biking: a 2.5-mile mix of roots, rocks, and playful jumps with just the right balance of flow and tech. Built for intermediates but friendly to confident beginners, this trail keeps things interesting with skinnies, a teeter-totter, and even a jump line or two. John Puziss from the Central CT NEMBA chapter puts it best: "I love riding Erratica—it's such a blast! A great balance of flow and good old-fashioned New England tech that keeps things interesting for experts but make it manageable for beginners."

Riders Rediscover the Trail with eMTBs

By Cris Cadiz

> **NEMBA supports the use of Class 1 eMTBs where legally permitted by land managers and owners. Class 1 eMTBs play an important role in enhancing accessibility, breaking barriers, and meeting the needs of individuals with health and mobility challenges.**

E-bikes are here to stay, and that's a good thing. A few folks might grumble when an e-biker breezes up a brutal climb. And yes, some worry about trail damage, though studies show that responsible Class 1 eMTB use doesn't harm trails any more than traditional bikes. Rather, eMTBs are expanding access, helping riders stay in the game, and welcoming new folks into the sport we love.

From seasoned mountain bikers managing injuries and aging joints to total newcomers wanting to skip the steepest part of the learning curve, eMTBs open doors. They give confidence, freedom, and joy without removing the work. Riders still sweat, still fall, still earn the ride. And for many with physical challenges, eMTBs offer a chance to do what once seemed impossible.

WHO IS RIDING E-BIKES?

Here's how four NEMBA members are riding farther, smiling more, and redefining what's possible on two wheels.

Lisa Frazier, Greater Portland NEMBA

For Lisa, e-bikes are literally a life saver. A lifelong endurance athlete, Ironman, and experienced mountain biker, she went into cardiac arrest on a trail ride two years ago. When the paramedics arrived, she was in v-tach (ventricular tachycardia) with her heart beating at 253 per minute—then it stopped. She was revived and spent 10 days in the hospital, where she was diagnosed with ARVC (arrhythmogenic right ventricular cardiomyopathy), a rare condition that limits exertion and can cause sudden death.

With a defibrillator/pacemaker implanted, Lisa faced a future without the physical activities she loved. But a sports cardiologist green-lit one option: an e-bike. Now at 60 years old, she monitors her heart rate carefully and rides a few times a week. "It's a lifesaver," she says. "Walking doesn't do it for me, and hiking's not my thing. If it weren't for e-bikes, I'd be at home, probably depressed."

Pros: Freedom to stay active despite serious medical limitations

Cons: Heavier than a traditional bike

Advice: "Don't judge someone riding an e-bike. You don't know their story."

Bike: Santa Cruz Heckler SL + e-gravel bike

Bill Boles, Cape Cod NEMBA

Just shy of 80, our very own NEMBA Community Engagement leader Bill Boles has been mountain biking for 40 years and is still leading and sweeping group rides. He initially picked up a Class 1 eMTB to keep up with younger friends. As his right knee deteriorated, he qualified for an ADA exemption and tested full-powered models, eventually landing on a lighter, half-powered version that hits the sweet spot.

"No one seems to mind that I'm on an eMTB," he says. His bike is light enough that when he's riding with kids or beginners, he might not even turn it on. "My guess is that, over time, most people will switch to eMTBs."

Pros: You always finish with more smiles than miles on an eMTB

Cons: The motor's hum—he often shuts it off

Advice: Test a few models. Not all eMTBs handle well on cross-country trails.

Bike: Specialized Turbo SL Levo

Riders Rediscover the Trail with eMTBs

The Americans with Disabilities Act gives disabled riders the right to use e-bikes and other power-driven mobility devices (OPDMD) on mountain bike trails otherwise closed to e-bikes. The current exception is federal land.
www.ada.gov/resources/opdmds/

Carrie Everson, Quiet Corner NEMBA

Carrie hikes and works out regularly but hadn't ridden a bike since age 14. She and her husband wanted to spend more time with their golfing buddies, who disappeared every weekend to mountain bike. So, a year ago, she and her husband rented eMTBs on a trip to New Hampshire. They first rode on paved paths, then on trails. She was hooked. Now 52, she's fallen (literally and figuratively) for the sport. "I love the peace and quiet in the woods. It's one of the best things I've ever done. I wish I started 30 years ago."

She and her husband enjoy biking so much that they planned his 50th birthday around a five-day mountain biking extravaganza in Bentonville. "It was fantastic," she says.

Carrie didn't want to try a new sport unless she really enjoyed it, and the ability to dial the power up or down made all the difference. "When it feels too easy, I shut it down and do the work." Even after the learning curve of technical riding, she still loves it.

Pros: Choose your own level of effort, great for physical and mental health

Cons: Cost and upkeep

Advice: "Anyone can learn. Don't be afraid to try."

Bike: Specialized Carbon Turbo Levo 4

Cheryl Doyle, Quiet Corner NEMBA

After 25 years of mountain biking, Cheryl nearly gave it up. Despite her years of experience and finely honed skills, group rides felt harder, fun was fading, and her fitness and desire to ride took a hit. She increasingly struggled to keep up with stronger riders and participate in longer rides. Her fitness and desire to ride declined in a vicious cycle. Then she got an eMTB, and everything changed. "It's been a total game changer. I wish I'd done it sooner," she says.

Cheryl has encouraged many women and men to try mountain biking over the years, which includes helping Carrie Everson discover the sport through an e-bike. "If she had started on an analog bike, I think she would've quit. The e-bike gave her the confidence and strength to fall in love with the sport."

eMTBs helped Carrie's friends discover what she loves about mountain biking: the community, the scenery, and the freedom of the outdoors. "They absolutely fell in love with it," she says.

Pros: Renewed confidence and joy in longer rides

Cons: None!

Advice: Don't quit—just adapt

Bike: Trek Fuel 8 GX AXS T-Type

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E-Bike Trail Access: Know Before You Ride

Here's a quick rundown of state-level policies on e-bike use across some New England states. Just remember: local rules may vary, so always check trail-specific guidelines before heading out.

Massachusetts

E-bikes aren't allowed on natural-surface trails marked for nonmotorized use unless the land manager says otherwise. Cities, towns, and state agencies can set their own rules—including speed limits—so check locally before riding. The Department of Conservation and Recreation allows e-bikes on paved bike paths.

Connecticut

Class 1 e-bikes are generally treated like regular bikes. That means lights and reflectors are required in certain conditions, but helmets are mandatory for all e-bike riders when on pavement or bike paths. Local municipalities can set their own bike and e-bike rules, so access may vary by town or trail.

Rhode Island

Class 1 e-bikes are allowed on state bike paths, and riders under 21 must wear a helmet. Trail access depends on the managing agency: the Department of Environmental Management (DEM) allows e-bikes on some of its properties, while trails managed by the Division of Planning and Development do not allow them.

New Hampshire

Class 1 and 2 e-bikes are allowed on bike paths and multi-use trails where traditional bikes are permitted. Riders under 16 must wear helmets. Local governments and state agencies can set trail-specific rules. In general, e-mountain bikes are allowed on natural-surface trails that are open to both motorized and nonmotorized use—but access varies widely, so check before you ride. For example: In the White Mountains National Forest e-bikes are allowed on any forest road or trail that allows motorized vehicles. But they are not allowed on non-motorized trails including those designed for mountain biking.

Be a good trail steward and help keep access expanding by riding respectfully and following posted rules.

#MoreKidsOnMTBs!

By Cris Cadiz

It's Jersey Day at Washington Middle School. The halls buzz as kids race down hallways, teachers gently herding them into classrooms. Sports shirts are everywhere: baseball, soccer, football, hockey, cross country. Bold flashy colors, big logos, and team names stretched across shoulders and chests catch the eye at every turn.

Billy can barely contain himself. The tech fabric of his new CCAP jersey—his first team shirt—feels smooth beneath his fingers…so smooth, his backpack nearly slips off his shoulder.

"Let me see!" says his friend Kyle, tugging at his sleeve. "What's it for?"

"My mountain bike team," Billy says shyly.

"You're on a mountain bike team?" Sheila from math class leans in, eyes wide.

"Yeah! We ride in the woods, over rocks, roots. Down really steep hills. I crashed the other day!" Billy lifts his arm to reveal a fading bruise on his elbow. "But it doesn't hurt. It was so fun!"

"Wow, that's cool," Sheila says. "I wanna try that."

Billy's smile lasts all day.

(Fictionalized scene inspired by a parent who told CCAP Coach Matt Trullo how excited their child was to wear their team jersey to school.)

While cities lament the decline of kids on bikes, New England's trails are teeming with young riders. On everything from strider bikes to full-suspension 29ers, kids of all ages are training with teams, riding with parents, and joining NEMBA group rides. Organizations including Little Bellas, the CT Cycling Advancement Program (CCAP), New England Youth Cycling (NEYC), and Hale Education report surging demand for youth mountain biking.

Why Now?

So how did we go from worrying about kids ditching bikes to watching trail networks burst with young riders? The answer lies in a mix of cultural shifts, a global pandemic, and a sport that's more adaptable than most.

COVID sparked a nationwide shift outdoors. "It created a massive migration outside for mental and physical health, and that extended to a newfound interest in mountain biking," says Sabra Connell, Executive Director of Little Bellas. As adults embraced the sport, they

Little Bellas: Empowering Girls to Ride—and Lead

Little Bellas is showing how a girl-focused, mentorship-based approach can open even more doors to the sport. Founded in Vermont in 2007, Little Bellas has grown nationwide with one goal: help girls build confidence by learning from mentors, conquering obstacles, and mastering a skill.

"We want girls to be strong, confident, and

comfortable outside," says Connell. "To feel capable of doing this for life. There are so many reasons girls drop out of sports, including body image and peer pressure. We provide a sense of belonging for everyone."

Little Bellas proves that when girls ride with other girls and women leaders in a non-competitive setting, they gain more than skills—they gain belief in themselves.

#MoreKidsOnMTBs!

brought their kids along. Working from home also gave parents more time to ride with their families, creating a shared, healthy outlet.

Kelly Catale, Executive Director of NEYC, notes another important culture shift: “There’s more openness around our differences: neurodivergence, introversion, extroversion. There’s been a huge push toward inclusion.” The versatility of mountain biking has something to offer everyone. It’s a solo pursuit and a team sport. Riders can be solitary or social, competitive or recreational.

“Mountain biking has filtered to the top as a sport that’s welcoming and inclusive, yet still fun and competitive,” says Catale. “You pedal alone, but NEYC creates community. It gives kids a safe place, especially if they haven’t clicked with traditional athletic activities or team sports.”

Who’s Teaching the Next Generation?

Of course, getting kids excited about mountain biking is one thing. Helping them learn the skills to ride safely and confidently is another. That’s where youth programs and passionate coaches step in.

Fun Comes First at NEYC

NEYC stands out for proving that competition and camaraderie can ride side-by-side. At this race league with teams throughout New England, fun drives everything. Even younger riders can join NEYC development teams, where they build skills in a fun, structured environment.

“We don’t care if kids win races. We care that they grow,” says Catale. Racing is optional, but attendance is required—whether to compete, cheer on teammates, or pass water bottles in the feed zone.

Most hesitant riders end up racing anyway. NEYC sprinkles in fun with themes, food trucks, and post-race ice cream. The focus is on friendship, memories, and belonging. “Our programs offer a space where kids feel physically, socially, and emotionally safe, something you don’t always get just riding in the woods,” says Catale.

Twenty years ago, programs like Little Bellas never had participants who couldn’t ride a bike. Today every age group includes a few first-timers. “Parents are saying, ‘I’m not the expert,’” says Connell of Little Bellas. “They’re trusting programs to teach their kids to ride.”

Little Bellas also sees greater recognition for the sport. “More racing leagues and teams are plugging us into the larger mountain bike community,” says Connell. While Little Bellas is intentionally non-competitive, she acknowledges that some girls are competitive. “In the past, that opportunity wasn’t available to girls in some locations. It is now.”

Regional nonprofits like CCAP and NEYC create structured, team-based environments for kids to ride safely, have fun, and compete if they choose. Both of these team- and league-based programs run race-focused seasons, but participation is never forced. Showing up, supporting teammates, and having fun come first. No tryouts. No pressure.

“Programs like ours are the reason kids’ riding has skyrocketed,” says Brian Wolfe, Executive Director of CCAP, which offers road, cyclocross and mountain bike opportunities. “Mountain biking is usually the first step. It’s the type of bike most kids own, and parents often feel better with them riding off-road.”

Over the past decade, he’s seen families shift from casual shop or group rides to organized programs where kids learn skills, practice together, and have fun. Thanks to expanded trail access, most families can now find rideable terrain within 30 minutes of home.

Trail etiquette is an important part of the curriculum. “Organized practices help kids learn to respect the community of hikers, runners, and equestrians on Connecticut’s trails,” says Wolfe. “They also learn how to take care of trails—when to ride and when not to ride.”

Youth programs do more than teach bike handling. They instill confidence, teamwork, respect—for nature, others, and themselves—and a love of outdoor activity. And in a world increasingly shaped by screens and stress, mountain biking offers kids a chance to move, breathe, and connect. That’s good for them… and for all of us.

The personal growth is just as valuable. “Riding teaches how to push yourself, accept defeat, and overcome obstacles,” Wolfe adds. “Mountain biking delivers life lessons, on and off the trail.”

How Kids (and Adults) Are Learning Faster Than Ever

These organizations are just part of a bigger trend: structured learning. Across New England, thanks to a boom in structured programs, more riders of all ages and levels are picking up skills through clinics, workshops, and weekend events faster—and safer—than ever before. Whether you’re brand-new or leveling up, there’s something for everyone.

Chris Nichols, now Hale Education Center’s Mountain Bike Program Coordinator and Camp Director, remembers the old days: learning by trial and error.

"It was like, ride the power lines and hope not to hit something solid," he jokes. "Back then, you just showed up, rode with friends, and figured it out."

He remembers the sting of being turned away by a Rhode Island mountain bike group with the words, "Come back when you learn how to ride." So he did, earning certification through the Bike Instructor Certification Program (BICP), teaching his friends, and launching his own camp, Ovah the Bars, to teach others the skills he had to learn the hard way.

Now at Hale Education, just outside Boston, Nichols is seeing a surge of interest, especially from kids and women. Hale's "mountain biking for all" mission includes intentional outreach to build a more diverse ridership.

While Nichols supports racing leagues for their role in increasing trail access and providing skills-based instruction, he's quick to add: "Not everyone wants to race."

At Hale, young riders progress quickly because they're learning the right way from the start.

"Kids learn super-fast," says Nichols. "They can learn correctly super-fast." He and his staff embrace a "challenge by choice" philosophy: no pressure, no forced risk-taking.

"We encourage kids to say 'no'—to decide for themselves when they're ready. We tell them, 'Come back and try again tomorrow.' Because we want them making those decisions on their own when they're out riding with friends."

Tomorrow's Riders, Today's Stewards

But teaching balance and braking isn't the only goal. The real measure of success is how these young riders carry themselves—and care for the trails—long after the ride ends.

Even though mountain biking has moved from the fringe to the mainstream, some lingering stereotypes remain…like the image of reckless riders tearing up the trails. Seeing kids out riding with adults shifts that narrative. "It creates a warm, welcoming perspective," says Wolfe. "When landowners and trail users see kids riding respectfully in groups, it signals that this is a healthy, positive activity for them and for families."

The kids riding mountain bikes today are the future of the sport—and of our trails. They're growing into the next generation of trail builders, open space advocates, and environmental stewards.

Pass the Torch by Making Mountain Biking Accessible

That's why so many programs are focused on growing not just riders, but a community. And that community thrives when more people pitch in to make mountain biking accessible for every kid.

Organizations like CCAP, NEYC, and Little Bellas are working to make it more accessible. While CCAP and NEYC offer financial assistance, Little Bellas does that while also providing gear and running targeted programs in underserved communities to ensure every kid who wants to ride gets a chance.

You don't need to be a parent to help get more kids on bikes. Whether you've got time, gear, skills, or just a passion for the sport, there's a way to pitch in.

- Donate to a youth-focused mountain bike organization.
- Build a beginner trail or skills park.
- Coach a team, mentor a rider, or lend a hand at an event.
- Join your local chapter's family-friendly rides—or help launch one.
- Ride with the neighborhood kids.
- Give a gently used bike or gear to a family in need.

"Kids learn super-fast"

Resources: Get Involved, Get Riding

CCAP (CT Cycling Advancement Program)
CCAP's mission is to get every child in Connecticut on a bike. The nonprofit offers youth teams, practices, races and events, as well as financial assistance to make riding accessible for all. ctcyclingadvancement.org

Hale Education, Inc.
Just outside Boston, Hale is a 1,200-acre outdoor center offering mountain bike camps, after-school clubs, clinics, and programs. Its new She Senders series is a seasonal program for girls ages 8–14, led by female riders and mentors. hale.education/visit/mountain-biking

Little Bellas
Little Bellas creates opportunities for girls ages 7–18 to experience success using mountain biking as the platform and pathway to personal growth, building community, and competency. This national nonprofit, founded in Vermont in 2007, offers non-competitive summer and event camps, weekly sessions, and financial aid to ensure access for all. littlebellas.org

NEYC (New England Youth Cycling)
NEYC works to get more kids across New England on bikes. The nonprofit supports both competitive and non-competitive youth programs for grades 5–12, plus an early development program for grades K–5. neyouthcycling.com

National Interscholastic Cycling Association (NICA)
NICA develops and supports youth mountain biking leagues across the U.S., helping student-athletes to become the best versions of themselves on and off the bike. nationalmtb.org

Highland Mountain Bike Park Northfield, NH
A destination for skill building, Highland offers lessons, kids' camps, summer programs, clinics, and rider workshops for all levels. highlandmountain.com

#MoreKidsOnMTBs!

Wolfe and Catale encourage NEMBA members to get involved, whether that means coaching, starting a team, or pitching in behind the scenes. Both CCAP and NEYC offer multiple levels of coaching, training, and safety certification, and welcome support in non-riding roles such as help organizing or promoting events. “It’s more than drop-off-the-kid-and-go like other sports,” says Wolfe. “You ride together, talk about the ride after, and build real connections. You learn from the kids as much as they learn from you.”

Before becoming NEYC’s director, Catale and her husband coached despite not having kids. Why? Because more certified adults means more kids can participate safely. In 2025, NEYC supported 963 kids thanks to 506 coaches. “It’s incredibly rewarding and fun to ride with the next generation,” says Catale. “The impact you make is immediate and visible on every ride.”

> **You learn from the kids as much as they learn from you.**

PARENTS’ VIEW

For families already involved, the benefits are crystal clear. Just ask the parents who’ve watched their kids grow on—and off—the bike.

Matt & Mary Trullo, Head Coaches CCAP’s Waldo’s Warriors, Greater Southbury, CT

Matt’s been mountain biking since 1998. He’s served on the Housatonic Valley NEMBA board for 7 years and coached with CCAP for 5. His daughter Cora started CCAP at age 9 and is now a high school senior. Daughter Paige began at 12 and now helps coach Waldo’s Warriors while also riding for the UConn MTB club team.

Why Structured MTB Programs Matter

Safety first: Kids ride in a controlled environment with trained coaches.

Better habits, faster progress: Learning core skills early builds confidence and prevents bad form.

Smart risk-taking: Riders learn limits gradually, reducing crashes and fear.

MATT

“Waldo’s Warriors—and CCAP overall—are about building a community around biking. Racing and training are encouraged, but they’re secondary to just having fun together on bikes.”

Other benefits:

- Developing an active lifestyle without the pressure to win
- Boosting confidence on and off the bike
- Helping kids stand out in a positive way in a lesser-known sport
- Encouraging resilience, proving to themselves they can do hard things

MARY

“I can’t overstate how much joy biking with the team brings our girls—it’s palpable and fills our home. They come back buzzing with stories about teammates trying new things and lifting each other up, even sharing their frustrations with so much passion, it makes me smile.

We’ve mountain biked as a family for years, but I don’t think they’d still be riding without the team. Positive interactions with coaches and peers has made all the difference. Their confidence on the bike—especially as girls in a male-dominated sport—has spilled over into academics, learning to drive, other sports, new jobs, and social settings. They know that if they can tackle a mountain bike trail, they can handle anything with dedication and patience.”

KIDS’ VIEW

And if you want to hear the unfiltered truth about why youth mountain biking is booming, just listen to the riders themselves.

Daniel O’Sullivan III, Age 14 – NEYC, Hillsborough Hawks

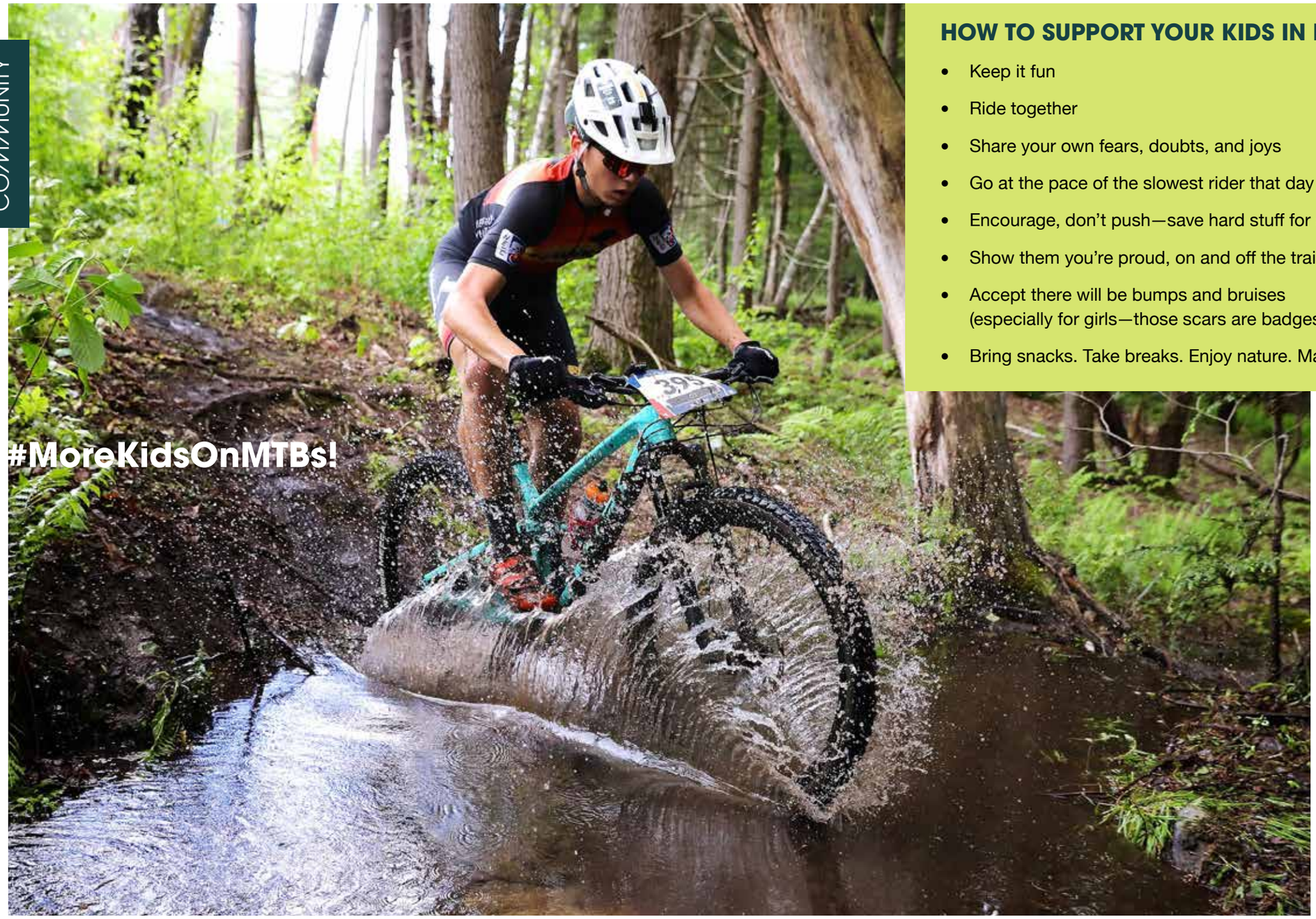
“I love being on a bike team. With the Hillsborough Hawks, the community is so close it feels like family. Everyone races with huge smiles and supports each other. Our cheering squad is often the loudest and biggest. Right after a race, our riders go straight to cheering on others, even the sweepers!

We’ve got each other’s backs, always ready to lend a tool, a tire… even a bike if needed.

I chose mountain biking over other sports because it blends individual skill with team spirit. You have to be fearless and coordinated. Even riding a simple trail takes focus, but maneuvering at high speeds under different conditions takes real experience. In other sports, three or four plays might stand out in a game. But mountain biking is nonstop action: shifting, pedaling hard, braking, fueling, handling the unexpected flat tire, broken frame, or crash. That constant excitement makes it exhilarating and lured me into the sport.”

Miles Raycroft, Age 10 – NEYC, Afterschool Suspension

“This was my first year racing with Afterschool Suspension, but I’ve been riding with NEYC’s



HOW TO SUPPORT YOUR KIDS IN MOUNTAIN BIKING

- Keep it fun
- Ride together
- Share your own fears, doubts, and joys
- Go at the pace of the slowest rider that day
- Encourage, don't push—save hard stuff for another day
- Show them you're proud, on and off the trail.
- Accept there will be bumps and bruises (especially for girls—those scars are badges of honor!)
- Bring snacks. Take breaks. Enjoy nature. Make memories—not training logs.

Ghost Riders since it started three seasons ago.

I never get bored mountain biking. There's always a new skill to pick up or get better at. I was nervous about racing at first, but now I love it—being with my teammates and coaches and the crazy feelings. I'm always a bit nervous before races, but once they start, I forget everything else and just ride.

I also rock climb and play soccer, but biking feels different—it's exciting and freeing."

Eva Cohen, Age 17 – CCAP, Petal Power

"I started with Petal Power at age 8 and now I'm a junior coach. I love the team energy and supportive environment. We push each other to try new things and, even when the ride gets tough, always have each other's backs.

Mountain biking is both a physical and mental challenge. Every ride feels like an adventure, whether it's navigating technical sections, powering through steep climbs, or just having a blast on downhills. Each ride is different and I feel a huge sense of accomplishment at the end of every one.

I first chose mountain biking because I was scared of team sports. But being on a mountain biking team inspired me and gave me the confidence to try other sports. I ended up playing high school lacrosse, tennis, and soccer, and even rose to soccer team captain. Mountain biking helped me grow as both an athlete and a person."

Hannah Leslie-Marshall, Age 12 – NEYC, Afterschool Suspension

"I started riding to connect with my mom, who's also a rider and coach. But over time, it became a truly enjoyable experience. Riding gives me strength and confidence that carry over into other sports and areas of life.

I love that riding gets me out in nature, and that it's both a team sport and solo activity—something I don't get with other sports. When I race, I wear my team jersey and get cheered on by my teammates. But the joy of mountain bikes is that you are also racing and riding for yourself. That's what makes mountain biking special. You can ride with your team, your friends, your family—or just go off on your own."

NEMBA
SINCE 1987

Faces in the Crowd

CHRIS SMITH

Sixteen years ago, Chris was declared legally blind. Most would hang up their helmet. Chris got back on the bike.

A longtime lover of mountain biking, he saw the diagnosis not as a barrier but as a challenge. And last summer, to mark 15 years of riding with limited vision, he took on the Tour Divide, a grueling, self-supported mountain bike race that stretches 2,700 miles along the Continental Divide and climbs over 15 mountain passes.

With no special gear—just grit and determination—Chris crushed the course in 48 days, all while raising $30,000 for a foundation fighting blindness.

DANI BRONK

Before college, mountain biking was just a fun way for Dani to cross-train for alpine ski racing. That all changed her freshman year at Middlebury College, when she joined the student-run team that competes in the Eastern Collegiate Cycling Conference.

In her first season, Dani set the pace and took first place in the Short Track XCC race at collegiate nationals in Bentonville, Arkansas. But for Dani, it's not just about podiums. Her goals for the upcoming season? Sharpen her technical skills, "get comfortable being uncomfortable," and most of all, have fun.

COMMUNITY

Faces in the Crowd

HUNTER RALSTON

Women's sports are having a moment—and it's not just national stars like Caitlin Clark and Trinity Rodman leading the charge. It's community changemakers like Hunter Ralston. A passionate mountain bike rider and founder of Women on Wheels, Hunter is building a thriving women's cycling scene in Connecticut. Through connection, camaraderie, and a shared love of the trail, Hunter is creating space and momentum for every woman ready to ride. Her message is clear: no matter your age, experience, or ability, there's a place for you on a bike.

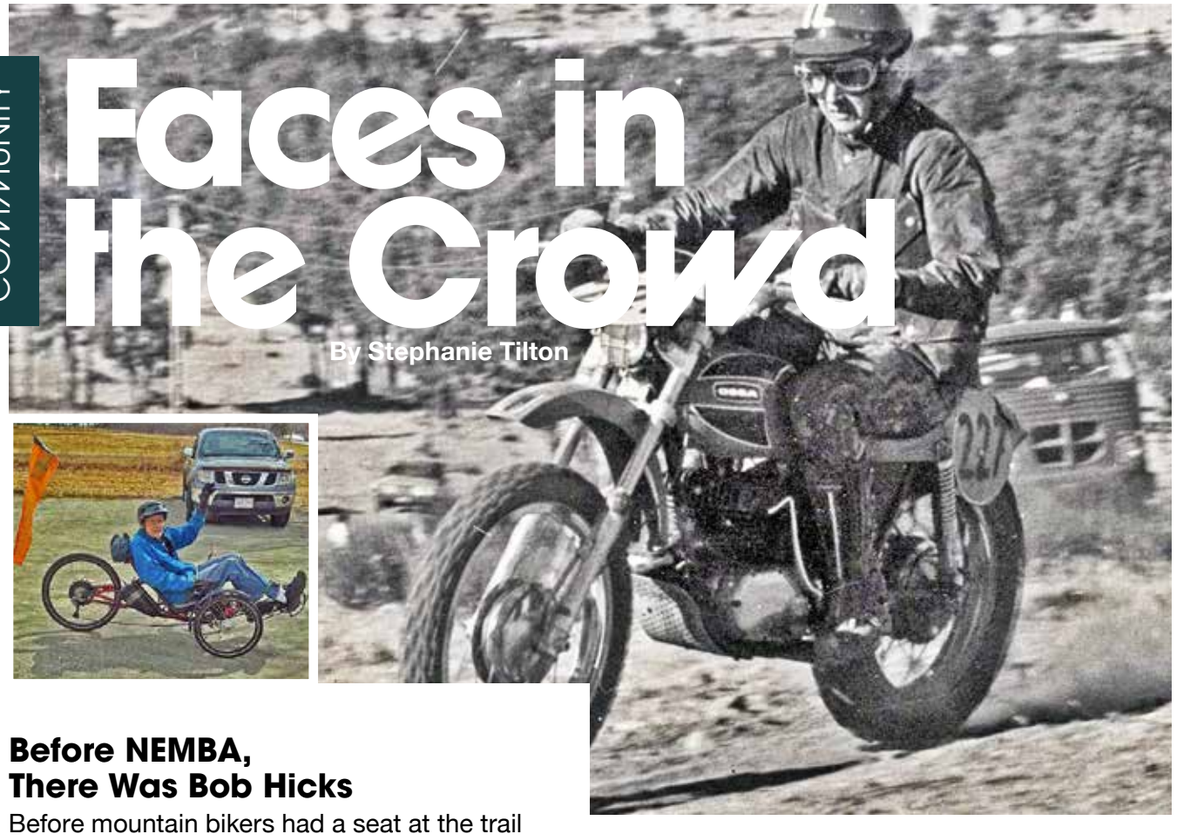
MAX LYMAN

Three years ago, Max—a lifelong mountain biker—suffered a spinal cord injury that left him in a wheelchair. Most would've assumed that was the end of extreme sports. Not Max.

Just six months after the injury, and with support from Terry Downey of NEMBA's Cape Cod chapter, Max was back on the trails riding an adaptive mountain bike. His drive didn't stop there. Also a talented skier, Max is now chasing an even bigger goal: qualifying for the 2030 Paralympics in alpine skiing.

Faces in the Crowd

By Stephanie Tilton



Before NEMBA, There Was Bob Hicks

Before mountain bikers had a seat at the trail advocacy table, Bob Hicks was already there, pulling up a chair.

If you've ever cruised the woods of New England on two wheels without being told to "take a hike" (literally), you may have Bob to thank. This lifelong rider, publisher, and advocate has been quietly shaping the trail world for decades with a throttle, a pen, and eventually, a set of mountain bike handlebars.

From racing motorcycles across Europe's wildest terrain in the 1960s to carving out access for mountain bikers in Massachusetts in the 1990s, Bob has lived the evolution of off-road riding…and helped drive it forward. And at over 90 years old, he's still pedaling the backroads on an e-trike with the kind of enthusiasm most of us would hope to have on our best day.

So how did a guy who once founded Cycle Sport magazine and organized thousands of riders into the original New England Trail Rider Association end up helping lay the groundwork for NEMBA? Let's rewind.

From Motorbikes to Mountain Bikes

Bob's first love was motorbikes. For nearly three decades, he raced, organized, and promoted off-road motorcycling, all while publishing two highly respected magazines: Cycle Sport and New England Trail Rider. But by the early '80s, he had — quite literally — been there and done that. So, he swapped the roar of engines for the gentle splash of paddles and launched Messing About in Boats, a beloved publication that floated along for 40 years.

Still, the call of the trail proved too strong to ignore.

"Around 1993, I took up mountain biking," Bob recalls. "Thanks to my years of motorcycling, I was already familiar with many trails that allowed bicycle access. I figured it would be fun to get back on the trails on a smaller, less activist scale."

Spoiler alert: Bob doesn't do less activist.

The Birth of NEMBA

In the early '90s, mountain biking was exploding — and not always peacefully. Tensions on multi-use trails, especially near Boston's Middlesex Fells, were rising. That's when Bob heard the familiar sounds of history repeating itself.

"It was exactly like what we faced around 1970 with off-road motorcycling," he says. So, he jumped into the fray, drawing on his deep experience to help shape what would become the New England Mountain Bike Association. Bob soon found himself serving on NEMBA's Board, advocating for mountain bikers as responsible trail users.

His proudest achievement?

"Expanding NEMBA from a Boston-focused group into a region-wide network of local chapters. That was the key," Bob says. "It made us stronger everywhere. With its widespread advocacy as a bona fide trail user group, NEMBA has effectively achieved today's acceptance of off-road mountain biking."

A Life on the Trail

You can always count on one thing with Bob: if there is a trail, he'll ride it. He's logged thousands of off-road miles on motorcycles across the U.S. and five other countries. Among his favorite memories are competing in the prestigious International Six Days Trials in the Bavarian Alps and Spanish highlands…at the ages of 39 and 40, no less.

Even after switching to pedal power, the magic of the trail didn't fade.

"Right here on the North Shore of Massachusetts, I had access to countless miles of riding, right from my back door," he says. "The sheer pleasure of being out there on a mountain bike — until I gave it up in 2015 at age 85 — was a winner for me."

Still Rolling

Though balance issues eventually nudged Bob off his mountain bike, he wasn't done riding. He turned to a recumbent trike, then upgraded to an e-trike, allowing him to continue hitting the roads and woods with friends. As Bob says, "With the right equipment, mountain biking is a sport one can enjoy even later in life, sometimes right from your front door."

"And I've discovered I can still ride open woods roads and logging roads — almost anywhere that can accommodate a 32" wide front wheel span. The riding is more limited, sure. Slower, yes. But I'm still out there, where life is good."

The Power of Community (and a Good Magazine)

Bob used publishing to do more than share news. He built something riders could rally around: community. His magazines connected thousands of riders and gave voice to a misunderstood sport. He even used them to rally motorcycle riders to form the original New England Trail Rider Association, an effort that drew over 700 attendees and instantly changed how land managers viewed off-roaders.

"It gave us credibility. It gave us a seat at the table," Bob says. That experience would prove invaluable years later when helping NEMBA do the same for mountain biking.

Bob's Advice for Riders Today

Want to make a difference in your riding community?

"Easy," says Bob. "If you don't already know about NEMBA, contact them. Find a local chapter. Join up. You'll enter a world of good fellowship and sport with like-minded folks. And you'll help mountain biking carry on."

Spoken like a true trailblazer.

Final Words from the Saddle

From trailblazing on motorbikes to pioneering mountain bike advocacy, Bob's story is proof that even when the pace slows, the passion doesn't — and the impact can last a lifetime. The next time you hit the trails, ride with gratitude…and maybe tip your helmet to the quiet legends like Bob for helping keep them open.

NEMBA SINCE 1987

Chapter Updates

Blackstone Valley

It's been a huge year for Blackstone Valley NEMBA! Since the start of the season, we've hosted over 100 group rides across our diverse trail systems via Eventbrite.

What's New:

Safety First: We certified 20 new members in first aid and outfitted all ride leaders with custom kits…all part of our commitment to safer group rides.

Trail Upgrades: We built three new advanced jump trails in the Vietnam network — already a hit with riders. More intermediate jump lines are on track for this fall.

Expanded Community Reach: We appointed 16 new Ride Area Reps, broadening our reach and strengthening local rider connections.

Big Builds Ahead: A new pump track in Millbury is underway, and major work is planned this fall at Callahan State Park — including two bridge installs and a trail reroute, in partnership with DCR.

Brattleboro-Keene

This season, the Brattleboro-Keene crew has been hard at work on trail maintenance, cutting back brush and tuning up Drummer Hill, where a wet spring and past logging supercharged briar and sapling growth.

Keene Bike Park Refresh: Thanks to a generous donation from Kerber Farms & Mill

Lumber, we're replacing the deck boards on the start feature with rough-cut lumber. We're also on the hunt for quality dirt to give the track a much-needed tune-up.

NEMBA in the Spotlight! In June, we hosted Brice Shirback of Pivot Cycles for his film series Underexposed, dedicated to showcasing mountain bike advocacy and stewardship while exploring trails across the globe. Brice explored local trails, joined group rides, and captured footage at Granite Gorge and Drummer Hill. Watch the video now on Pivot Cycles' YouTube channel! https://www.youtube.com/watch?v=zs82Paa--Uc

Cape Cod

Spring Fling Success: On May 4th, Cape Cod NEMBA kicked off NEMBA's Adventure Ride Series with the Spring Fling, drawing over 100 riders from across the state!

Pump Track Coming: A brand-new pump track is coming to Oak Ridge School, slated to be ready just in time for next year's Spring Fling.

Boost from $4,000 Grant: A grant from Massachusetts Office of Outdoor Recreation will help transform Sandwich into a mountain bike destination!

Thursday Night Time Trials: We launched a new Thursday Night Time Trial Series, rotating through three different trail locations to keep things fresh and fun.

Adaptive Trail Expansion: Our team also completed and marked an 8-mile adaptive trail network at the West Barnstable Conservation Area, opening up more access for all riders.

Central CT

It's been a busy summer for Central CT!

New Women's Ride Series: Wednesday nights now feature a Women's Ride Series, organized by Mary Burbank.

Popular Weekend Rides: Weekend group rides continue to draw strong numbers, including 16 riders at Tyler Mill in Wallingford on August 9th, led by Jeff Naidorf.

Smith School Trails Complete: After nearly 7 years, the Smith School trail network in Glastonbury is now complete! Special thanks to Mark McCall, Jon Peterson, and Rich Coffey for helping make it happen.

New Trails in the Works: Central CT is partnering with the Town of Cheshire to bring a new trail network to life. Be sure to check the Central CT NEMBA on Facebook for updates! https://www.facebook.com/groups/ctnemba/

Central NH

For over a decade, Central NH NEMBA has proudly partnered with Concord Hospital to support patients and families facing cancer — and this year's event was a huge success.

A Ride to Remember: The 20-mile course featured three new trails built by NEMBA at Elm Brook Park in Hopkinton, a scenic rest stop at Henniker Brewing Company, and a fantastic post-ride BBQ to celebrate the day.

Over $18,000 Raised! "Team NEMBA" once again led the way, raising more than $18,000, making us the top fundraising team!

Mark your calendar and consider joining us next September to celebrate mountain biking and make a difference for cancer patients in our community.

Central Maine

Central Maine has been cranking all summer long!

Wednesday Night Ride Series: Our weekly Wednesday night rides are going strong, exploring a different trail network each week.

Big Trail Progress: The summer trail crew team has been all-in on the Pine Ridge Revival Project, working hard to bring this long-lost trail system back to life.

Region-Wide Efforts: Despite the big lift at Pine Ridge, the team still managed to spread the love with meaningful work across multiple trail networks throughout the region.

It's been a successful summer, and we're so looking forward to fall riding!

Fairfield CT

It's been a packed and productive summer for Fairfield County NEMBA!

Weekly Rides in Full Swing: Weekly group rides drew 20+ riders of all levels.

The Happening Was Huge! Our first big event in years—The Happening at Huntington—brought out 50+ riders for group rides, demos from Cannondale & Ridgefield Bicycle Company, and a post-ride BBQ.

New Trail, New Adventures: Our biggest

trail build was a new 1-mile climbing trail at Pine Mountain, in partnership with the Town of Ridgefield and CT Department of Energy and Environmental Protection. This replaces a hazardous, eroded section and opens up exciting new loops across Bennett's Pond and Pine Mountain Loop!

Greater Portland

Greater Portland NEMBA had an awesome summer!

Big Turnout, Bigger Community: Weekly Wednesday rides pulled in 40+ riders, along with a monthly Women's Ride and a new Queer Ride series.

Riverton Trolley Bike Park Launches: Over 200 people showed up to celebrate the grand opening of Portland's second public bike park this spring — a huge win for the community!

Lowell Preserve Gets a Boost: Phase 1 of this rebuild starts in September with two new ½-mile downhill trails, built alongside Max Abram of Mt. Abram Bike Park. A Maine Trails Program grant is on deck for future upgrades.

Portland's First Singletrack in Progress: Work continues on the city's first MTB-focused singletrack trail. A ¾-mile hand-built section is underway, and a ½-mile machine-built flow trail with Maine Trail Builders is coming this fall.

We're excited by all the trail building momentum and opportunities!

Greater Wolfeboro

Our hard work has paid off with a brand-new trail designed to elevate your ride! The 1+ mile Green Flow Trail at Abenaki is now open and ready to roll. By separating the climb from the two downhill trails, the area is now safer and smoother for all riders. Ideal for beginners to intermediates, the trail features big berms, flowing lines, and small jumps perfect for building skills. Plus, multiple cutoffs let you session different sections and keep the ride fresh every time.

Housatonic Valley

HV NEMBA members have logged over 1,000 hours on Rockhouse trails…and we're just getting started! Huge shoutout to the Herde Carpenter crew for keeping the trail gnomes digging.

Even more impressive? HV NEMBA has helped raise over $100K for Rockhouse trail improvements. The YCC trail crew is beyond grateful—not just for the sweat equity, but for the funding that makes the work possible.

We're a small chapter with a big impact. Thanks to every one of you helping build trails for all to enjoy!

Merrimack Valley

Come Ride With Us: Merrimack NEMBA keeps the wheels turning with group rides for all skill levels on Tuesdays, Thursdays, and Saturdays at Russell Mill Town Forest, Billerica State Forest, Lowell-Dracut-Tyngsboro State

Forest, and Great Brook Farm State Parks.

Women's Rides: Join rides that build skills, confidence, and community!

Trail Day Success: Our May trail maintenance day brought out a great crew and great energy. Thanks to all who helped!

Coming This Fall: Get ready for Practice Your Technique rides, skills clinics, and more trail work days. Stay tuned!

North Shore

Nearly 20 years after building the legendary Skull Face Trail, North Shore NEMBA is back at it. We replaced two bridges at Willowdale Mill Reservation in partnership with Essex County Greenbelt and Essex County Trail Association. Fresh updates, same iconic ride!

Northwest CT

The bike-citement is real in Northwest CT, and our volunteers have been busy making big things happen:

Huge Win for Canton: A nearly $250K grant for the design, construction, and maintenance of a new skills park and pump track in Canton is officially in place! The RFP is being drafted and should go public this fall.

Scout Power on the Trails: Two Eagle Scout projects in Burlington and Harwinton added new bridges and boardwalks to improve local trail access and durability.

Group Rides Kept Rolling: Even with a soggy season, our group rides were a hit. Huge thanks to our dedicated ride guides for making it happen week after week.

NW CT NEMBA has plenty more in the works. Come check out the trails and see what's new!

Penobscot

It's been a huge year for us at Penobscot NEMBA!

Building and Repairing Trails: This year, we built three new flow trails with Main Trail Builders in the Caribou Bog Conservation Area: a 0.4-mile green downhill, a 0.4-mile blue downhill, and a 900-foot two-way climbing trail. We raised $80,000 for the project, supported by grants from the Recreational Trails Program, Maine Mountain Bike Fund, and a NEMBA Signature Grant. About 80 volunteer hours helped prep the land before construction. We also built a new bridge in Bangor City Forest and completed several trail repairs to keep things smooth.

Events That Brought the Stoke: Our events calendar was packed! Highlights included a moonlit fat bike ride at Perch Pond, the annual Spring Social, the second Pothole Roubaix, and the ever-popular Sufferfest. We also kicked off a new women's ride series to grow our community.

More to Come: Up next: a chainsaw certification course, the Season Ender Sender, and the Bangor Hill Flow Trail dedication and social ride on September 7.

Piscataquis Chapter

It's been a big year for the Piscataquis County NEMBA Chapter—membership is up 80% and the buzz is building. We added 3 miles of fresh singletrack (with 2.5 more on deck for fall), helped Moosehead Outdoor Alliance pull off a record-breaking Dine & Bid, and are pumped to see riders of all levels enjoying the new skills park at Red Cross Beach. Beyond our regular trail days and group rides, we teamed with the Penobscot Chapter for an epic group ride and are seeing riders from outside the county hitting our trails. Come ride with us!

Purple Valley

Purple Valley opened four miles of singletrack, featuring a pro-built jump line and "The Green Wave"—a 1.1-mile pump track-inspired loop perfect for beginners!

Rhode Island

RINEMBA has been busy making trails better and bringing the community together:

Trail Cleanup Power: In March, 24 volunteers teamed up with Rhody Rovers (a local dirt bike group) to clear 186 trees and rake/trim four miles of trails at Arcadia Management Area—logging 72 hours of hard work!

Race Success: We hosted a cross-country race at Ryan Park with NE Youth Cycling, planned by local high schooler Maida Talancey as her senior project. It was a huge hit!

Fun Ride Vibes: Our Woody Hill ride featured demo bikes from Pivot Cycles, a skills area, a scavenger hunt loop, and an awesome turnout.

Big Wins for Trail Growth: We secured a $15,000 grant and land development rights for trail design at Echo Lake in Burrillville, part of a $150,000 state trail-building project. Plus, the state approved trail renovations and evacuation signage at Lincoln Woods—a major milestone and our first big state partnership!

Seacoast

We kicked off the season strong and have plenty more coming:

Season Opener Success: Our 3rd annual kickoff at Stratham Hill Park brought over 100 riders together for women's, family, intermediate, and advanced rides. With 14 local bike shops and vendors, food, and drinks, the fun was nonstop!

Fall Social Brewing: We're planning a fall social at a local restaurant or brewery. Details coming soon. Stay tuned!

Trail Building Momentum: We've teamed with towns and property managers to build new sections at North Wood Meadows. Many trails are complete or nearly done, with more on the way this year and next.

Madbury Maintenance: We continue annual trail upkeep in Madbury in partnership with the town to keep trails in great shape.

Weekly Group Rides: Join us for Monday Gravel rides out of Lee and Hooksett, plus Thursday MTB rides in Madbury. Everyone's welcome!

Six Rivers

We've been making big moves at Six Rivers NEMBA: expanding access, improving trails, and getting more kids on bikes!

Planning for the Future: We funded the Kennebec Estuary Land Trust (KELT) to develop a master plan for the South Bath and Lily Pond preserves, led by Outdoor Sport Institute. This plan will shape future trail development on both KELT and city-owned land, building on the existing 20-mile network. KELT's new 150-acre acquisition opens the door to expansion, and makes planning essential.

Kids on the Move: Alongside the Youth Cycle Project, we launched the Summer Fun Race Series for kids ages 4-18 at the Topsham Ponds Trails. Open to all skill levels, it's all about friendly competition, skill-building, and summer fun in a safe, supportive setting.

Gone Fishin' Gets an Upgrade: Maine Trail Builders are revamping the Gone Fishin' trail, improving drainage, smoothing the ride, and removing exposed roots that were tripping up riders. Huge thanks to the Maine Mountain Bike Trail Fund for making this critical work possible!

Southcoast

5-5-5 Ride Series Launched: We rolled out five Saturday rides at five locations in August, each led by one of our five chapter leaders. It's been a fun way to promote and explore local parks and connect with riders.

Village Park Upgrades: In Swansea, we're improving signage and repairing bridges to enhance both safety and ride flow.

Boosting Access in Dartmouth: We hope to keep working with Northeast Trail Works and the Town of Dartmouth to improve access to Dartmouth Town Forest.

UMass Trails Get Some Love: We're also planning updates to primitive trails behind UMass Dartmouth to keep them rideable and fun.

It's shaping up to be a busy fall. Hope to see you out there!

Southeast MA

We're making 2025 one to remember with group rides almost every day, including our new Women+ series and the Discovery Series kicking off soon, hitting a new trail every Saturday through fall.

Events & Races: Highlights so far: our Season Opener at Blue Hills and a fun Member Appreciation Ride & Cookout at Carolina Hill. Up next: Carolina Hill Classic and the LandMine Classic!

Trail Progress: We've built new trails at Adams Farm and Marshfield, with major bridge work coming to Ames Nowell State Park and Duxbury.

Welcoming Everyone: Our new initiative, You Belong, Let's Ride!, is all about making trails inclusive for all.

And don't miss the Turkey Afterburner at Hale Education, the Sunday after Thanksgiving—it's going to be the biggest and best yet!

Southeast CT

We've had a productive and exciting year in Southeast CT: building new trails, growing our ride community, and bringing people together on and off the bike.

Spring Kickoff & Social: We kicked off the season with volunteer-led group rides at The Playground Trails in Moodus, followed by a social at Yankee Cider Company—complete with snacks, good vibes, and great company.

New Trails Coming to East Haddam: We secured access to 90 acres of new open space adjacent to our existing trail system. For Phase 1, volunteers designed and built three new trails. Phase 2 is ready to launch: we've completed the design and are now seeking final approval to more than double the current mileage.

Ride Leader Program Gaining Traction: Launched in 2023, our Ride Leader Program was designed to grow ride opportunities, encourage diverse participation, and give leaders the confidence to lead – and continues to thrive. So far in 2025, 17 trained volunteers have led weekly rides averaging 8-12 riders, and taught skills to nearly 30 participants at our clinics. Ride leaders who lead 3+ rides earn a custom jersey designed by our volunteers.

Southern NH

2025 has been a year of strong rides, trail progress, and standing up for access in Southern NH:

Weekly Rides Keep Rolling: Our ride series continued strong at Mine Falls, Bear Brook, Clyde Pond, and Yudicky Farm.

Progression Park Built at Clyde Pond: We teamed with the Windham School District to complete Phase 1 of a mini-progression park, featuring progressive drops and friendly tabletops…perfect for building skills and confidence.

Trail Upgrades & Restoration: We completed a major reroute of the Hemlock trail at Bear Brook State Park, smoothing out the climb for a better ride. We also partnered with REI Bedford to begin restoring old trail sections at Bear Brook back to forest.

Defending Access to State Parks: We led the charge on a response to proposed state rules that would've limited bike access. Thanks to our efforts, most parks were removed from the regulation—protecting our right to ride.

Wachusett

We hammered out major projects this season, calling upon local partnerships.

150 Feet of Bridge in 4 Hours: We teamed with East Quabbin Land Trust to replace a trail bridge in Hardwick, MA, knocking out 150 feet of new structure in just 4 hours thanks to hours of materials prep.

Beaver Bypass = 8-Mile Loop Restored: At Tully Lake, we partnered with the Army Corps of Engineers to reopen the Upper Loop Trail, which had been blocked by beavers. The project included flagging a new route, bench cutting, and building 4 bridges (which included hauling materials over 1.5 miles).

Western MA

Western MA is having a breakout season!

Film Fest Fuels Pump Track: Western Mass NEMBA and Northampton Cycling Club packed Treehouse Brewing for a sold-out Ritual MTB Film Festival. We raised significant funds for Northampton's upcoming Velosolutions pump track, with every dollar going straight into building this much-anticipated community space.

Flow Trail at Earl's: NEMBA trail gnomes are breaking ground on a fresh flow trail at Earl's Trails in Hadley, the region's premier riding area. Replacing the retired jump trail, this new, sustainable design will add more fun—and further cement Earl's as one of Western Mass's top riding destinations.

Warfield Access Restored: When new ownership shut down the main climb to Charlemont's Warfield House trails, Western Mass NEMBA and local riders quickly secured funding and landowner agreements for a reroute. Construction is underway to restore access to this beloved network across from Thunder Mountain—ensuring the community keeps riding one of the area's top zones.

White Mountain

Riding in the Whites doesn't get much better than this! After a strong season of trail work, we're kicking back and enjoying the ride. We've added 8 miles of adaptive trails to our Rogers Crossing network—just in time for our annual fundraiser, the White Mountains Fat Tire Fest. We'll be celebrating the equinox, the changing seasons, and of course… fat biking!

ABOUT NEMBA CHAPTERS

NEMBA is a chapter-based organization, rooted in our belief that our mountain bike community is best represented by local individuals and the trails they ride. With 35 chapters across New England, we collectively represent over 10,000 members and nearly 1,000 riding areas in our region.

Get to know our NEMBA chapter community and the states, towns, and trails they represent. Check out: nemba.org/chapters

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