NEMBA, the New England Mountain Bike Association, is a non-profit 501 (c) (3) organization dedicated to promoting trail access, maintaining trails open for mountain bicyclists, and educating mountain bicyclists to use these trails sensitively and responsibly.

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Connectionism
Exploring your Back yard
Point your wheels out your back door and see what you can find. It’s amazing the adventures you can have by exploring out your back door. By Thom Parsons

Experiencing Highland Mountain
Gravity riding and liftserve mountain biking close to Boston! The crew and Highland Mountain are offering some fantastic riding without the long drive. By the HMBP Team

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SingleTracks
Hey, get creative! We welcome submissions, photos and artwork. This is your forum and your magazine. Be nice, and share!

On the Cover: Claire Grimble and Nanyee Keyes taking a spin around the Landlocked Parcel. Photo by PK

Want to Underwrite in ST?
SingleTracks offers inexpensive and targeted underwriting which helps us defray the cost of producing this cool ‘zine. Call 800-57-NEMBA or email pk@nemba.org for our media kit.

Moving?
Don’t miss an issue! Change your address online at nemba.org or mail it into SingleTracks, PO Box 2221, Acton MA 01720.
### NEMBA 2010 Events Calendar

**Kona Bicycles-Fox Shox MTB Adventure Series**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>June 6</td>
<td>Pittsfield State Forest, Pittsfield MA</td>
</tr>
<tr>
<td>June 27</td>
<td>Happening at Huntington, Redding CT</td>
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<tr>
<td>July 11</td>
<td>Wendell State Forest, Wendell MA</td>
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<tr>
<td>July 25</td>
<td>Bradbury Mountain, Pownal ME</td>
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<tr>
<td>August 1</td>
<td>North Conway, N. Conway NH</td>
</tr>
<tr>
<td>August 8</td>
<td>Cockaponset State Forest, Haddam CT</td>
</tr>
<tr>
<td>August 29</td>
<td>Lynn Woods Reservation, Lynn MA</td>
</tr>
<tr>
<td>September 19</td>
<td>Foxboro State Forest, Foxboro MA</td>
</tr>
<tr>
<td>October 3</td>
<td>Great Brook Farm SP, Carlisle MA</td>
</tr>
<tr>
<td>October 9-10</td>
<td>NEMBAfest @ Bear Brook State Park, Allentown NH</td>
</tr>
<tr>
<td>October 31</td>
<td>Wicked Ride of the East, N. Andover MA</td>
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</tbody>
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**For Kids & Families**

<table>
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<tr>
<th>Month</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>June 12</td>
<td>Foxboro Family Ride, Brad Childs, 508-838-6351</td>
</tr>
<tr>
<td>June 20</td>
<td>Family Ride Along Minuteman Nat. Park, Lexington MA</td>
</tr>
<tr>
<td>June 26</td>
<td>Take a Kid MTBing, Hallowell ME</td>
</tr>
<tr>
<td>July 3</td>
<td>Explorer Kids Ride, Middlesex Fells, gbnemba.org</td>
</tr>
<tr>
<td>July 10</td>
<td>Foxboro Family Ride, Brad Childs, 508-838-6351</td>
</tr>
<tr>
<td>July 17</td>
<td>Foxboro Family Ride, Brad Childs, 508-838-6351</td>
</tr>
<tr>
<td>Aug. 14</td>
<td>Explorer Kids Ride, Middlesex Fells, gbnemba.org</td>
</tr>
<tr>
<td>Sept. 4</td>
<td>Explorer Kids Ride, Middlesex Fells, gbnemba.org</td>
</tr>
<tr>
<td>Oct. 2</td>
<td>Take a Kid MTBing, Various, <a href="http://www.nemba.org">www.nemba.org</a></td>
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**Fun Stuff & Weekend Excursions**

<table>
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<tr>
<th>Month</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>June 25-27</td>
<td>BV NEMBA Trip to BCE of ME, <a href="mailto:eammon@gmail.com">eammon@gmail.com</a></td>
</tr>
<tr>
<td>July 31-Aug 1</td>
<td>White Mountains MTB Weekend, <a href="mailto:radair@all-pointstech.com">radair@all-pointstech.com</a></td>
</tr>
<tr>
<td>Sept 2-6</td>
<td>Kingdom Trails Camping Weekend, <a href="mailto:pk@nemba.org">pk@nemba.org</a></td>
</tr>
<tr>
<td>Sept 11-12</td>
<td>NEMBA DH Trail Weekend @ Sunday River, <a href="mailto:portland-nemba@gmail.com">portland-nemba@gmail.com</a></td>
</tr>
<tr>
<td>July 17</td>
<td>Foxboro Family Ride, Brad Childs, 508-838-6351</td>
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**Trek Bicycles / NEMBA Trail Care Series (CT, MA, RI)**

**Merrimack Valley NEMBA**

- June 5 | TBA |
- June 26 | TBA |
- Oct. 16 | TBA |

**Merrimack Valley NEMBA**

- June 26 | Great Brook Farm SP, facdesign@comcast.net |
- Oct. 16 | Russell Mill, facdesign@comcast.net |

**North Shore NEMBA**

- June 13 | Willowdale Pine Swamp, danstreeter@comcast.net |
- Sept. 12 | Beverly Commons, danstreeter@comcast.net |
- Oct. 17 | TBD |
- Oct. 26 | Ward Reservation, danstreeter@comcast.net |

**SE MA NEMBA**

- July 18 | Wompatuck SP, lars@ahlzen.com |
- Aug. 21 | Wompatuck SP, lars@ahlzen.com |
- Nov 6 | Wompatuck SP, lars@ahlzen.com |

**Wachusett NEMBA**

- Sept. 18 | Leominster SF, jjwright@princeton-ma.us |
- Oct 17 | Westminster, Storkula@comcast.net |
- Oct. 17 | Leominster SF, jjwright@princeton-ma.us |

**Central NH NEMBA**

- June 26 | Hopkinton Everett Dam, cnhnemba@gmail.com |
- Aug. 22 | Franklin Falls Dam, cnhnemba@gmail.com |
- Oct. 24 | Ahern SP, Laconia, cnhnemba@gmail.com |

**White Mountains NEMBA**

- June 6 | TBD |
- July 31 | TBD |

**Jamis Bicycles / NEMBA Trail Care Series (NH & ME)**

**White Mountains NEMBA**

- June 6 | TBD |
- July 31 | TBD |

**Sinister Bikes Vietnam Trail Tour**

**Every Tuesday Evening** —nemba-vlmc@googlegroups.com
Saturday, April 24th was Trail Boss training at the Veterans Memorial Pavilion at Brooksvale Park. A good turn out of CT NEMBA members came from all corners of the state to learn about mountain biking advocacy, trail design and building techniques, working with land managers and other important aspects of being a Trail Boss. Paula Burton got the morning started getting everyone in attendance to give introductions before she began her slideshow. Most of the attendees were already CT Trail Ambassadors and this program was the next step into becoming more knowledgeable regarding trail management.

Paula had the group pair up into teams with someone you did not know and take 15 minutes to quickly design the optimal trail system. The exercise brought up some common themes of trail design. Paula spent the next hour reviewing types of trails, building techniques, trail issues, etc. and included a demonstration on how to properly use a clinometer. Next we headed outside where Paula and Ryan reviewed trail building tools, their usage and safety. The "Circle of Death" (keeping adequate distance between you and other workers) was stressed as important thing to keep in mind when using tools.

We headed back in for presentations by Ryan Tucker on working with land managers and David Francefort on wood bridges, walkways and rock armoring usage.

After lunch the group broke in 2 groups for hands-on outdoor work. Paula took one group for trail design and assessment, covering issues such as erosion; preventative techniques such as knicks and grade dips; and tips for designing a reroute or new trail. Ryan and Dave took the other group out for benching techniques which include each person performing a full bench. The groups switched after an hour and each session was done again.

After the program was done, those who brought their mountain bikes, were treated to a ride through Brooksvale park and into Naugatuck State Forest led by Keith. Ride was great and the day ended with post-ride libations. Another successful day of TM training was completed. —David Francefort
On Saturday May 1st, GB NEMBA held its annual celebration of the start of the riding season at the Middlesex Fells. Saturday proved to be a day of perfect weather - sunny and in the seventies - which pulled everyone out to the event. Oh, we had Gary Fisher too, courtesy of Wheelworks. Over 200 riders showed up, rode together all day long and sampled the fine BBQ from Redbones for lunch.

We started the day with a social group ride with Gary that was strongly attended by about 40 riders. The ride gave Gary a tour of the legal trails in the Fells. It was great being able to ride with him and share in his motivation for our sport.

Shortly after this ride, we launched our Ride Like A Girl! series with a women-only ride lead by Karen Eagan of Highland Mountain Bike Park. GB NEMBA is partnering with Highland Mountain on this series over the course of the summer to help women new to the sport build their technical riding skills. This ride also had a big turn-out by about 40 women.

Next, we kicked off our summer DCR Explorers/NEMBA Kids' Ride series with the first Kids' ride of the season - and of the day; we did two Kids' rides this year on Opening Day. A large contingent of kids and families showed up and had a great time learning MTB skills. The second Kids' ride of the day was lead off with a short ride with Gary Fisher which was very exciting for them.

Opening Day had a strong showing by local bike shops and vendors, too. JRA Cycles provided safety checks for all the kids' bikes, and Wheelworks, International Bicycle and Quad Cycles were also on the scene.

**VERMONT MOUNTAIN BIKING PACKAGES**

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*Packages do not include tax or gratuity*

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*Packages do not include tax or gratuity*
hand. Trek Bicycles had their demo truck which made a whole stable of fun bikes available for testing out. Independent Fabrication attended and their bikes were available for demos, too.

Redbones, what would we do without you? Redbones provided an extremely generous spread of the best BBQ in Boston for lunch. It was amazing as usual - Thanks, Redbones!!!

Rides continued after lunch until 3pm. Everything ran super smoothly thanks to all our excellent volunteers and DCR staff in attendance: Tom Walsh, DCR North Region Manager and his rangers Mike and Hilary, our Ride Guides, the MTB Patrol, photographers Howie Granat and Lee Hollenbeck, MJ Keeler and the NEMBA tent crew Adrian, Jenny and Martin and everyone else who pitched in to make this a perfect day. —Adam Glick
Building Trails and Friendships with the Friends of Wompatuck

Mountain biking has a long history at Wompatuck State Park in Hingham Massachusetts. From the earliest days of the sport people were riding Wompatuck's trails and testing early mountain bike designs. About 15 years ago Wompatuck only had about 16 miles of trails that could be melded together into loops. Sure the park had been a military base and there were literally hundreds of old "trails" on the property, but many of them had deteriorated over the years, bridges had fallen in and deadfalls and overgrowth had obstructed and closed more.

Early on local mountain bikers were contacted by Steve Gammon, who later became the park's head ranger. There was a problem — in order to demolish some WWII structures that were laden with Asbestos a mile long "turtle fence" had to be constructed. And it had to be finished that weekend. Even though this project had nothing to do with trails or mountain biking Steve wondered if a few mountain bikers might be available to help out. He was amazed when 37 people showed up, and that the turtle fence was constructed in less than half a day.

Shorty thereafter Steve formed a Wompatuck Trails Organizational Meeting to create the Friends of Wompatuck State Park. From the start, cyclists joined together with walkers, runners, dogsledgers and dog-walkers to create a model Friends group. Photo by PK

LANDMINE MOUNTAIN BIKE CLASSIC

Sunday, September 12, 2010
Wompatuck State Park • Hingham, MA

Which epic race can you endure?
• 50 mile two lap
• 25 mile single lap
• 11 mile single lap
• 6 mile novice lap

www.friendsofwompatuck.org/landmine.htm

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Committee, largely to take advantage of this newfound volunteer labor. Over the following years the trail committee and NEMBA members engaged in many trail projects in the park. They re-built the bridges that had fallen into disrepair; they cleared deadfalls and brushed back many overgrown trails. The results are that today Wompatuck boasts nearly 30 miles of stable, fun trails that equestrians, hikers, runners, geocachers and yes, even cyclists enjoy.

About four years ago Steve and the members of the trail committee saw the need to form a broader based organization. Trails were and are an important part of the Wompatuck experience but there’s a lot more going on at Wompatuck. There’s a large campground, many miles of paved running/cycling paths, picnic areas, not to mention lakes and ponds for fishing and canoeing.

Mountain bikers on the trail committee realized that despite the many diverse groups that enjoyed Wompatuck, there were few non-cyclists engaged to help take care of all aspects of the park, a goal that mountain bikers shared, over and beyond their interests in trails.

Thus, the Friends of Wompatuck was formed. Right from the beginning efforts were made to involve everyone. And that effort proved successful. The Friends of Wompatuck are a broad based organization that has as its goal, “making Wompatuck a better place tomorrow than it is today.” Becoming a 501(C)3 organization has made it possible for the Friends to get many large grants to improve conditions at Wompatuck. And the Friends hold large benefit events in the park, all monies from which stay there for park improvements. Floating docks, trees, flowers, a muck trunk, a reviewing stand, and many other improvements are the result of these efforts.

Check us out at www.friendsofwompatuck.org. Trail advocacy is only one of the things that mountain bikers are interested in. And “friends” groups like the Friends of Wompatuck State Park are a good illustration of that. —Bill Boles
It's well into the riding season here in the New Improved England (this version has Dunkin Donuts and you can take a right turn on red in your car). By now you've probably hit up your favorite riding spots multiple times and you just might be getting a little sick of them. It could be a good time to think about branching out, trying some new riding spots, not necessarily ones you've thought about before...like your living room. Yes, you can turn your living room into a fully-functional mountain bike terrain park - here's how! No. That's not really what I'm talking about here. What I'm talking about is looking around your extended neighborhood for green spaces, parks, and trail systems that can be linked together to form on/off-road riding loops. It's a good time to give the trails you're familiar with a break while you head out and EXPLORE some new and potentially exciting trails. (The fact that the word "explore" was capitalized, italicized, underlined, and in bold is a dead giveaway that the emphasis here is on exploration.)

Before continuing, you're going to need to make sure you have a few essential items: a GPS unit of some sort, a large topographical map, a hard, flat surface, and a heavy household appliance like a Kitchen Aid blender. Now, take the large, topographical map, lay it on the hard, flat surface, place the GPS unit on the center of the map, then fold the map around the GPS unit, take the Kitchen Aid blender, lift it high over your head and bring it down with as much force as you can muster directly onto the GPS unit. If you've done this correctly you should now have a perfectly non-functioning GPS unit,
wrapped nicely in a large topographical map, ready for easy disposal. Why did I have you do that? — Because getting lost is part of the fun. It’s not like you’re going for a ride in the Gobi Desert here. (I’m speaking for myself and the other poor bastards that live in the metro Boston area when I say that. For all you SingleTracks readers in Mongolia or Manchuria…just disregard that last bit.) As John Allis, the greatest cyclist of all time once said: “The best cyclists have the worst sense of direction.” Of course when he said this to me he qualified it by saying, “and that’s what you have in common with great cyclists Thom, that one thing — a terrible sense of direction. That and chicken arms, but that’s it.” Basically all you require to get properly lost is a Rubel map, or, of course, you can just punch your location into Google Maps and take a look around to see what green spaces surround you. Then you need to plot a rough course. I find scrawling unintelligible misinterpreted, half-remembered directions onto a paper towel with a water-soluble marker and jamming it up my short leg works well. Maybe some of these green spaces can be linked up to get you to a riding spot you already know of; maybe they can be daisy-chained together to form a ride of their own. That’s the thing about a lot of these places; they aren’t worthy destinations in and of

Continued on page 12
themselves. You would never drive to them to ride, but link a few of these areas together… and you got yourself a sweet loop.

There’s an exhilarating feeling that accompanies striking out onto a new trail for the first time. It’s like…it’s like… taking a shower with Dr. Bronner’s peppermint soap and then stepping outside your house into a cool breeze (I do this all the time at my home in Somerville, my neighbors frickin’ love me). No. It’s more like what a dragonfly nymph (dragonfly puppy for all intents and purposes) must experience the first time he breaks through the surface of the pond as he transitions from creepy, little alien creature, to pretty, flying, biting creature.

What’s that? Those analogies are both equally weird and stupid? OK, how about this: You feel like an explorer sometimes… like Ponce De Leon or David Livingstone; only minus all the dying from poison arrows and bleeding dysentery business. That, you can probably do without.

In most parts of metro Boston you can piece together a ride that leaves from your front door, or maybe even from work. And while sitting in rush hour traffic on the way to a post-work ride may be pretty frickin’ awesome, sometimes, just sometimes you might just want to avoid it. I don’t know, maybe you like sitting in traffic when you...
could already be on your bike, maybe you sleep in a bed of broken glass shards and saltine cracker crumbs. Maybe you record hundreds of episodes of Rachel Ray on your DVR and watch them back to back to back, even though every time she says "E.V.O.O." or "Delish" you experience a painfully nauseating sensation similar to that of jamming a hot corkscrew into your ear canal. Hey, whatever floats your crazy train.

Remember, mountain bikes are also known as ATBs or All Terrain Bikes. This means they can go nearly anywhere. They can go many places that cyclocross and road bikes can't go. They can even go places recumbents can't go...like up a curb. Imagine this: you're riding down the road on your road bike, it's a bright, sunny day, you've got your headphones on, you're rocking out, singing aloud to Pat Boone's cover of Judas Priest's "You Got Another Thing Comin'"—

One life I'm gonna live it up
I'm takin' flight I said I'll never get enough
Stand tall I'm young and kinda proud
I'm on top as long as the music's loud

— Like roadies often do. Then you see it...it's a trail-head you've never seen before! You think to yourself, "Oh my god, that's crazy, where does it go?" And you either: a.) Keep riding along, as a feeling of failure and regret creeps over you, because you will NEVER KNOW what is down that path. OR you say "Aw frog it! I'm gonna check that shitake out!" And you turn down the aforementioned mysterious path, still rocking out to Pat Boone —

That's right here's where the talkin' ends
Well listen this night there'll be some action spent

Drive hard I'm callin' all the shots
I got an ace card comin' down on the rocks...

— "What the...Oh crap!" - Thud! Crunch! (Sickening sound like a bus running over a shopping cart full of frozen chickens) - You hit a small root, flip over the bars, and die. Just like that — dead. "Comin' down on the rocks" is right. And all because you couldn't resist the natural human urge to explore strange new trails; to seek out new places to shred and get rad; to boldly go where no cyclist has gone before. Only problem was...you were on a road bike. It's like Robert Frost sort of said:

Two roads diverged in a wood, and I —
I took the one that had a small root on it,
Thing is, I was on a road bike,
And so I ate it - big time.

That would never happen on an ATB. On an ATB the world is your Oyster Po' Boy. (And no, I couldn't have driven that point home without making references to Judas Priest, Robert Frost, and Star Trek in the same paragraph.) For some reason I can't seem to remember what we were talking about. I'm just deeply, profoundly...hungry. Anyway, I hope you found this helpful and informative.

Good night and good legs.

Thom Parsons is a Demi-Pro rider for 29er Crew/SRAM/International Bicycle Centers riding out of Somerville, MA. More "invaluable advice" can be found on his blog: http://wellonabigbikeya.blogspot.com/ or just google "Big Bikes."
Presented by NEMBA and Kona Bicycles

with prizes and sponsorship support from the following great companies:
JRA Cycles, Redbones, Mavic USA, Highland Mountain Bike Park, Fox Racing Shox, Harpoon Brewery, Rye Airfield, and more.

Debuts Saturday, December 4th in the Boston area
Submission Deadline: Postmarked November 1st, 2010

Videographers and Artists: Start Your Cameras and Get Creative!
Enter your videos to the New England Mountain Bike Film Festival

The New England Mountain Bike Film Festival will feature a wide array of video short features from regional filmmakers that capture the spirit, excitement and pleasure of mountain biking in New England. The 5-minutes videos will be judged by a panel of experts and celebrities, with awards given out in the following categories:

• Best Production
• Best Action
• Best Plot
• Best Film Featuring Scenic XC Riding
• People’s Choice Award (get ready to make some noise!)

In addition, Highland Mountain Bike Park will present the winner’s video of their end-of-season party, their Highland Sender Bash — "Riders of the Gnareast."

The film festival will debut on December 4th in the Greater Boston area. Subsequent showings of the film festival will be presented by NEMBA chapters in other areas of New England. In addition to showing the five short films, local venues may also present additional submissions from their locale. As such the festival will evolve as it is presented in different venues.

Finalists will be selected by our panel of five judges (Jeff Udell, a pro filmmaker, Kona Clump freerider, Graham Aggasiz, and a local mountain bike celeb). Graham Aggasiz will also be on hand to meet everyone and offer his own 2-cents about riding, filming and living the life of a pro freerider. Each finalist will be given a complementary ticket to the event!

Submitting Your Video

Each artist may submit two videos (note: both of your films may be finalists). Videos must be no longer than 5 minutes. Some aspect of New England riding culture is recommended, whether it's local footage, local filmmakers, or local riders. Videos can feature cross-country, freeriding, trials, urban assault, indoor park riding, racing, or your own unique interpretation of mountain bike culture. Creativity and humor are a big plus. Finalists will be selected based upon the criteria above.

Details at www.NEMBA.org
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DEVELOPING YOUR BALANCE...

THE SATISFACTION OF A JOB WELL DONE...

AND TO FINISH, BUILDING YOUR COURAGE!

I BETTER START RIDING MY BIKE NOW SO I CAN BUILT SOME SWEET TRAILS!

EXACTLY...

WILLY GO

www.bicyclecomicjokes.blogspot.com
Highland Mountain Bike Park was put on the map when mountain bikers Mark Hayes and Will Gaudette took their dreams of building a lift access mountain bike park to the lakes region in Northfield, NH. The dream, born from idle chatter during group rides, became a reality when the park was opened for the public in 2006. Since then, riders have come from all over the world to experience trails built by riders for riders. Highland has become known for its "one passion"- being the world's first lift access mountain bike park dedicated to mountain biking only-nothing else.
For those interested in a first time mountain biking experience, Highland offers the Find Your Ride Package. A tour of the mountain with a Highland coach that includes Trek’s top-of-the-line Scratch rental bike, helmet, protective gear for the day, a Park Ready Pro tips session, and one guided top to bottom run for only $99. For riders seeking professional mountain bike coaching, Highland offers a full range of camps and instructional programs taught by certified professionals and celebrity mountain bikers with years of riding and competition experience. Available formats include:

- Beginner, Kids, Race, Freeride, Slopestyle and Women Camps
- Ayr Academy — Week long camps for youth and adults
- Private & Semi-Private Lessons

New for 2010 is the Highland Training Center, a 9100 square foot indoor facility complete with a foam pit, indoor ramps, and jumps. The training center will add another reality for the development of riders by providing additional options for those wanting to learn the art of jumping or advanced aerial tricks with a foam pit landing.

Highland provides mountain biking for all gravity enthusiasts and offers trails for invigorated cross-country riders. Meadows Ends, Cat Scratch Fever, and Fancy Feast are all beginner trails that were built with berms and flowing features that are sure to put a smile on any rider’s face when completed. For a more traditional New England mountain bike trail, venture over to the intermediate trails, Eastern Hemlock and Shillelagh, for some root-laden twists, rock sections, and small drop aways. If that’s not your thing, then gear up for some sick berms, jumps, and smooth drops on the trails, Happy Hour, NE Style, the slalom course, and Hellion. Not enough? Advanced trails, Maiden Voyage and Threshold, will keep you riding gnarly rock sections, road gaps, and wooden features that will test your skills and courage. At Highland, we build trails for every rider and ability. Don’t forget that we have coaches, camps, and a skills center to help you progress through our trails and features with newly learned techniques and style!

In addition to lift access trails, the bike park also has dirt jump parks, a pump track, and a slopestyle course. The Sherwood Forest jump park has dirt jumps for the developing jumper, and then they can progress to the next level with our dirt jump park. The Highland pump track offers our riders additional skill training for learning to ride by pumping the bike instead of pedaling. At the final stage of progression, is the KillieCrankie Slopestyle course for riders to test themselves on a world-class course designed for our largest annual event, the Claymore Challenge. So, whatever type of mountain bike riding you’re into, we have it here at Highland Mountain Bike Park.

With the diversity of Highland terrain, we have mastered the most important element of trail building—flow. The trail crew is a meticulous and detail-oriented bunch, who carefully plan out and design every aspect of a run from top to bottom to ensure its fluidity. They are, after all, riders themselves with a passion for perfection. Our full-time trail crew has spent thousand of hours building trails and features and continue to polish out trails and develop new adventures. This attention to detail has resulted in the most important factor in riding, having fun.

Highland Mountain Bike Park provides all the equipment you’ll need for a day’s adventure on the hill. For those interested in a downhill

Continued on page 18
bike experience or a mid-travel all mountain ride, Highland has a full fleet of Trek bikes available upon reservation. Full-face helmets and body armor are ready for rental to keep you covered on the trails. In addition to rentals, we have a full service mountain bike shop with seasoned experts that can keep your bike running smoothly and are committed to getting you out on the trails as quickly as possible.

Not sure you are ready to ride Highland Mountain Bike Park? For speculating thrills, Highland hosts a myriad of family friendly gravity cycling competitions and events. The 2010 events calendar includes the following:

- Claymore Challenge (World Freeride Tour Event)
- Gravity East #6 (New England Regional Mountain bike downhill racing)
- Brodawn Showdown Jump Jam,
- GS3 Dual Slalom Series
- Sender Bash (Amateur Video Contest)

Whether you prefer the view from the slope side, the deck, or simply to enjoy the show in the comfort of the lodge, these events are not to be missed.

The upper main lodge houses the ticket counter and Highland Camps Center along with amenities such as café and bar equipped with wireless internet, several flat screen televisions, and comfortable seating. Nestled away beneath the deck, but not to be overlooked, stands ready one of the best first responder patrols in the industry. Lockers are available in the lower lodge along with a full-service bike and retail shop. Overall, Highland's easy going friendly staff is committed to providing you with the most enjoyable gravity cycling experience possible!

Remember, whether you're a seasoned professional, first timer, or something in between, or simply curious about the park, Highland is waiting to give you a fun-filled day of gravity cycling excitement! Highland Mountain Bike Park is conveniently located near Tilton, New Hampshire, just off route 93. Experience Highland first hand and share in the passion that is Highland Mountain Bike Park, for more information go to www.highlandmountain.com!
Descending
by Bill Boles

Nothing is more fun than riding down a trail on your bike. Nothing matches the feeling of freedom that you get when your bike effortlessly swoops through the trees, you just a passenger. But you're more than just a passenger. Riding downhill is a complete union of you and your bicycle that can make you feel like you're flying.

Downhills are the only places where we can experience motion without working for it. Of course you have to climb to get to the top of a hill, but once you do, well, it's like that old adage, "It's all downhill from here."

The three most common downhills that we experience include long downhills (such as dirt road), shorter, steeper downhills, and rocky and technical downhills. Technical downhills have plenty of roots or rocks to deal with or they may be so steep that they require care when descending.

Long smooth downhills are a joy. You just sit on your bike and coast. Stand up if you like, relax and enjoy the breeze. See a corner coming up? Slow down before you get there, don't wait till the last second, and you'll swing around it in complete control. Whether standing or sitting, make sure that your pedals are positioned at three o'clock and nine o'clock. You never want to ride down a hill with one pedal lower than the other as that's a sure way to strike your foot on an obstruction. Let whichever foot feels more comfortable ride in the three o'clock position. The only exception to that is putting extra weight on the outside pedal when going around a sweeping corner.

Shorter steeper downhills require a bit more skill. It's a good idea to stand up with your weight slightly behind your seat, or at least to be sitting on the rear of your seat. Many good riders will hold their saddle with their upper thighs. Control your bike by applying both of your brakes, but never lock up your wheels. Your goal is to be smooth and to get to the bottom of the hill in complete control while carrying as much momentum as you can. As hills become steeper or when you have more obstacles to negotiate, you never want to be going so fast that you can't come to a complete stop whenever you want. But at the same time you don't want to be going so slow that you have to worry about balancing you bike.

Experienced downhill riders can quickly ride over roots and rocks that most of us would find daunting. The skills that allow them to do that are the same skills that the rest of us are developing on flat ground. Many years ago a very good rider told me that when I was riding down a technical hill that I should imagine that the ground was actually flat. He said that if I could do that then my downhill momentum would be about equal to my flat ground momentum and I could ride over everything in my path in the same way that I would if I were on level ground. Very surprisingly, once I was able to perform that mental gymnastic, I discovered that he was right. anything that I could ride over or through on a flat surface I could also navigate while going downhill. This mental 'trick' took all of my fear away and has allowed me to pick the best path to the bottom of countless hills.

Very steep or very technical downhills do require a few more skills and also a bit of practice. When descending a hill you never want your center of gravity to get in front of your front axle. If it does, you'll probably be taking a trip over your handlebars. To avoid that move your posterior behind your seat. As the downhills get steeper you'll need to get farther and farther behind your seat. I have descended hills so steep that my ribs were actually resting on my saddle with my bike shorts occasionally making contact with my rear wheel.

With practice you can do that too. Here's how. Find a steep smooth grassy hill and using both brakes, practice riding down the hill slowly. Keep repeating this, going slower and slower without stopping and without allowing either tire to skid. When you've got this down pat find a steeper hill, a hill so steep that you can't ride down it while sitting on your saddle. You'll quickly learn that getting behind your saddle makes riding down steeper hills easier. Practice this until it become natural. Challenge yourself by seeing just how slowly you can ride down a hill. Then take these skills with you into the woods and practice riding down easy hills slowly. Then, do the same on harder, more technical or steeper hills. For this exercise, stay in control and make sure that you don't lock up either wheel. Don't worry about how slow you're going, this is practice and once you master this basic skill you'll be able to ride down most everything at a more normal pace without effort.

One final thing: good riders use both brakes, the front usually less than the rear - but they never lock up their wheels. A skidding bike is an out of control bike, you don't have any traction when a tire is skidding, and you risk tearing up the ground. I make it a personal goal to never skid my tires, no matter what the conditions. You should strive for that goal too.

Enjoy downhills. Ride them safely and in control. But always remember just around the next corner there may be a pedestrian or another biker. Being in control means that you can come to a complete stop, anytime you need to, without locking up your wheels, or scaring either yourself or the person you meet coming the other way. Oh! And when you're riding down a hill that someone else is riding up - they always have the right of way. Think about it.
So, Drummer Bob, our local man about the trails has been prodding us all on with his frenetic energy, enthusiasm for all things mountain biking, and interest in improving the trails. Somehow he converted a group commitment at our last chapter meeting for monthly trail maintenance of the region's trails to a weekly commitment from many of our members to improve his favorite trail system in Keene. And they're showing up! He's that good. I crossed paths with him on a recent evening; he was ending his ride as I was starting mine. I was eager to learn about his experiment with 650B wheels. He'd recently mounted one on the front of his Ibis Mojo but I hadn't heard any reports yet. Given that we both ride Mojos, you can understand my curiosity. Given my competitive nature and the fact that Bob is twice the rider that I am, you can understand my concern that he might eclipse my abilities that much more. I take some solace in the gap in our abilities from the fact that I'm still fairly new to this particular realm of cycling. Riding singletrack is only a 2 year adventure for me. Still, I'll never keep up with Bob's frequency on the trails and his ever-expansive efforts to improve his riding. He rides so much and so hard, that he's become a concern among the corporate elite of bike companies, causing them to reconsider their warranty agreements. The folks at Crank Brothers honored the 2 year warranty on their Eggbeater 4-Ti pedals which Bob wore out in 6 months, but they included a blunt and clear letter with the new pedals, which read "Bob - here is a new set of pedals - you can use them and wear them out in another 6 months, or you can sell them, but we won't honor our warranty for these pedals for you again. You need to use the Eggbeater SL pedals."

Part of Bob's success is because of our growing relationships with local town leaders. In Keene, we've been working to become recognized as the primary providers of trail maintenance on the town property where our best trails exist. Meanwhile our position with the Brattleboro Parks and Recreation department has become such that we're the leaders in the development of new trails at the town's largest park (Memorial Park). Preliminary discussions have even begun concerning the development of a small pump track at this park. The head of the Parks and Recreation Department was enthusiastic in her response to my suggestion that we consider such a project. The other primary trail system within town borders (the Retreat Trails) has also recently come under our maintenance jurisdiction. These smaller projects are allowing us the chance to build our experience and hone our skills in trail building and maintenance.

The larger projects on our horizon, Pisgah and the Society for the Protection of NH Forests remain stalled, with no news to report. At our next chapter meeting we'll be retooling our efforts to see these projects along with renewed hope for progress.

We've begun our weekly ride series in both Keene and Brattleboro. The number of attendees has been growing steadily. And we've just begun plans to host a visit from the folks at Ibis as they make their way around the country on a demo tour. Our small group is staying busy and enthusiastic with these different projects. We're trying not to forget to ride though. —Paul Rodrigue
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Central ME

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Pine Ridge Recreational Area
Where something old is about to be new again!

Many local hikers and mountain bikers remember the days when they could explore the beautiful old tote roads, stone walls, and pine forests behind what was then Hoyt's Cinema on Kennedy Memorial Drive in Waterville. Now home to a church, with many businesses, a growing hospital campus, and the municipal airport nearby, the area is still blessed with 200 acres of remote forest land.

Called the Pine Ridge Recreational Area, the land once provided easy access to recreational opportunities right in the heart of city limits. Over the years, the area has shown increasing signs of underutilization and ATV abuse and is now in need of revitalization. That's where a collaboration of committed individuals and organizations comes in!

Waterville's Recreation Department, Inland Hospital, and the Central Maine Chapter of the New England Mountain Bike Association (CeMeNEMBA) are joining forces to revamp this neglected trail system and add miles of trails in the Elm City for all to enjoy.

The City of Waterville has waved the green flag for volunteers to repair trail damage and extend the existing network of trails for non-motorized, four-season enjoyment. Matt Skehan, Director of Parks and Recreations recently noted "We're very pleased to have CeMeNEMBA and the mountain bike club's president, Brian Alexander, on-board to help with this project. Our trails between Pine Ridge Recreation Area and the Airport are truly spectacular, but also in need of repair. With Brian's help, we're currently working on property easements to expand this trail system to the South toward the Webb Road."

Collaborating with the City, CeMeNEMBA and local residents wish to improve public health. "Enhancing our trail systems where people live and work supports healthy lifestyles for local families." Inland Hospital is working on a trails project on their adjacent 17-acre property to provide convenient public access to the trails from their campus on Kennedy Memorial Drive. Inland's connecting trails project will include several short loop trails and a new 24-foot pedestrian bridge over a meandering stream, leading hikers beyond to the Pine Ridge Trails. Inland Hospital's President and CEO, John Dalton, is very excited about the new trails. — Ellen Wells

New Trail at Pine Ridge. Photo by Brian Alexander

Brian at Pine Ridge Trails in Waterville. Photo by Ellen Wells
Spring was kind to cyclists in Central NH this year, with solid off road riding galore in March. Franklin Falls was first to offer singletrack, and due to its sand and gravel base, the trails dry out rapidly. Ahern Park was riding by early April with only a few expected mud holes. Mysterious trail gnomes seem to be raking everything out at Ahern, thanks, whoever you are. By all accounts both of those locations are starting off with a jump in rider volume compared to previous years. The "secrets" are out, and both areas are being frequented by many. Hopkinton Everett fared a little tougher spring with the expected flooding, but the riding there has begun at the time of this writing.

Trail work has been abundant in CNH as well. Several trail days at Bear Brook SP have already occurred to clear the many big pines felled during the wind storms. Central NH NEMBA members are helping out Southern NH NEMBA at Bear Brook since for a lot of us it's home turf. There were also at least two "chainsaw" days at Hopkinton-Everett (AKA Elm Brook) so far to get rid of the fallen and the drifting wood. Sharon Nall (of Elm Brook kingdom) has been spending what must be countless hours herself over there.

The Big news was our Jamis Trail care Day at Franklin Falls on May 2nd. I had so much fun I'm ready for another one! About thirty folks signed in to build a much needed advanced trail at the dam property. Considering that our membership in Central at last count was a little less than sixty people, getting thirty out for a trail day is phenomenal participation. Big thanks to Southern NH NEMBA folks that came out for the day too. Peter DeSantis drove the NEMBA tool trailer up from Candia with much-needed benching tools. Kathy Evans and John Hickey gave us needed trail-building expertise. Thanks go out to Trail bosses Jesse McGowan, Scott Pelletier and Matt Bowser who kept the masses under control, well sort of...and I don't want to forget the après-trail-build feed put on by Barry Greenhalgh, everybody was hungry after wrestling those logs. Great time folks! The owners of a new bike shop over in Farmington put in some sweat, LIKIN BIKIN, check out Brianna and Dan's web site and store.

The new trail at FFD is called Salmon Brook trail and is located at the furthest Northern tip of the dam recreation area just off Rusty Bucket. The trail is about 60 % benched hillside, winding down to Salmon Brook where it dumps into the Pemigewasset River. There are some tricky switch-
access to trails appears to be on everyone's mind.

Earlier this winter I think I reported to you that there were some trail poachers at Trout Brook Valley (TBV). In 2003, the DEP brokered a deal with the Aspetuck Land Trust (ALT) so as not to ban mountain biking from TBV permanently from the property. The compromise was to have a seasonal closure for cycling between December 31st and April 30th. This past winter's problems and subsequent trail rutting due to tires in the mud prompted ALT to close a small but significant trail. The discovery of this recent trail closure led me to inquire about the reasons for the closure which seem to be a culmination of few people who have completely disregarded the rules at TBV, and thus the majority suffers.

However, some good will most likely come from all this in the form of a dedicated Trail Maintenance program, or what ALT wants to call a Mountain Biking Stewardship Program. Subsequent to the trail closure there was an outpouring of support from riders throughout the area that enjoy TBV.

The chapter is really growing fast. We have a tremendous number of active people who come to trail days and group rides. Participation is what this organization is all about; building and maintaining trails for everyone to enjoy. Thank you everybody giving your most valuable commodity, your time.

—Grant Drew
want to see it remain open. The opportunity with Trout Brook Valley fits nicely with CT NEMBA’s Regional Trails Rep program and I hope to see this program really flourish here, like it has at Cockaponset State Forest, Pequonnock River Valley, Wilton Woods & Bradley Park, West Rocks State Park, and Mianus River Park. In order to ensure that Mountain Biking remains a free recreational activity in our state we must do everything we can to promote trail advocacy and lend a hand for Trail Maintenance.

CT NEMBA has trained another group of Trail Ambassadors who are actively riding the trails around the state, doing trail maintenance on their own initiative and reporting on trail conditions. Their reports are a great resource to land managers and mountain bikers alike.

Our weekly ride series kicked off last week. We are offering rides every day of the week including a midday Wednesday ride. If you would like to lead a ride, contact the chapter via our website and we’ll help you set it up and advertised. The Happening at Huntington on 6/27, the Spring Mountain Bike Adventure Series, is right around the corner and it sounds like we are going to have demo bikes provided by Connecticut’s own Cannondale Corporation. If you can’t make the Happening then ensure that August 8th is on your calendar our second MBAS Ride for this year at Cockaponset State Forest.

Connecticut has some great riding, please ensure that you do everything you can to protect this resource so that mountain biking remains free.

See you on the trail! —Mark Lurie

Karen Eagan’s “Ride Like a Girl” series will help women riders hone their skills. Photo by PK.
up to it, you can join us for a ride that afternoon. EXTRAS HELP IS NEEDED!

GBNEMBA Weekly Ride Series
When the Fells opened on April 15th, the Weekly Ride Series took off a couple of weeks later following the same format as last year with the Wednesday Night PYT “Practice Your Technique” Ride and the Thursday Night Social Ride with our trained Ride Guides showing you the way.

The PYT Ride is progressing nicely with increased interest, and the Thursday Social Ride is gaining in popularity too with new riders joining each week. Compared to previous years, the participation level continues to rise.

These rides are open to anyone who is interested in a fun evening of riding. It’s a great way to get out and meet fellow riders, learn about a great riding area and to get a good workout. If you want to join either the Wednesday PYT Ride or the Thursday Social Ride, we meet on Wednesdays and Thursdays at 6pm at the Flynn Rink parking lot. For the Wednesday ride look for Adam Glick. Anthony Gabrielson will anchor the Thursday ride.

GBNEMBA/DCR Cooperative Activities
In cooperation with the Massachusetts Department of Conservation and Recreation, GBNEMBA held its fourth annual Opening Day Mountain Bike Celebration at the Middlesex Fells on May 1st. It was a beautiful day with great weather with over 200 entusiastic mountain bikers coming out for a ride. A visit by Gary Fisher (YES GARY FISHER) was the major event highlight. Gary spent some time hanging around the registration area talking up mountain biking and pumped up the kids by joining our younger riders on the season’s first Kids Ride. Gary’s visit was much appreciated! As part of the opening day event, the kick-off ride for the new “Ride Like a Girl” series which is a women’s specific ride series for ladies new to mountain biking took place too. It was simply a great event. Many thanks go to Redbones for providing everyone a tasty barbecue lunch, the eighteen New England Mountain Bike Patrolers who provided first aid service, Trek Bicycles for bringing their demo truck, JRA Cycles, Wheelworks, Independent Fabrication and LunaChix! And let’s make sure we thank Adam Glick for pulling the event together!

The DCR / NEMBA Explorers Kids Ride Series is in the works for its fourth year with a monthly ride schedule at the Middlesex Fells. With the enthusiasm and participation shown on the first Kids Ride held during the Fells Opening Day Celebration, we expect many more young riders to join in each month. Always a popular ride, check the GBNEMBA website for dates and times. We’d like as many kids as possible to join in this year.

Ride Like a Girl Series
With the first monthly ride at the Fells Opening Day event, the new “Ride Like A Girl” series looks to be an up and coming series. The rider series is put together by women for women and consists of a monthly ride at different parks throughout the Greater Boston area. Check the GBNEMBA website for the schedule and locations. Sorry guys, this is a women’s only ride.

“Get Wrenched” with Emily at Hub Bicycle Co.
Hub Bicycle Company located at 918 Cambridge Street in Cambridge, MA co-hosted two free bike repair clinics for women. The turnout at the two pre-season maintenance clinics on March 30th and again on April 6th generated tremendous interest with many women riders attending to hone their bike repair skills. It was a great venue and many thanks go out to Emily Thibodeau for opening her shop for such an important class.

Awesome Land: Women of Dirt
A fundraising film to celebrate the awesomeness that women riders bring to our sport was presented at the Regent Theater in Arlington on April 21st. The film that drew over 100 viewers looks through the eyes of the mountain biking women that have helped grow the sport with their strength and courage. The good news is that the film generated $1,000.00 that will be donated to the Elizabeth Stone House, a non-profit dedicated to helping women and families at risk of domestic violence.

NEMBA Mountain Bike Patrol
The Mountain Bike Patrol is as busy as ever. The Patrol supported the Middlesex Fells Opening Day mountain biking event on May 1st, and is getting ready to support the SEMASS-sponsored Mountain Bike Day at Blue Hills Reservation on May 23rd.

With a full calendar supporting Mountain Bike Adventure Series events, the Patrol will be at the MBAS at Wendell State Forest in July, MBAS at Lynn Woods in August, MBAS at Foxboro State Forest in September, and the two October MBAS events at Great Brook and Harold Parker. In addition, the Patrol will be at NEMBA Fest and Kids Day at the Fells, also in October. Even with this, the Patrol will support the National Park Service and NEMBA with a family ride on June 20th along Battle Road in the Lexington / Concord National Park and will again provide first aid services at the annual Landmine Classic race at Wompy in September.

Working towards a more regional look, the Patrol continues to look for new volunteers. Are you interested in becoming a patroller? If you enjoy mountain biking and have interest in helping others, contact the Patrol! The Patrol’s charter is to “inform, assist and educate” and the membership consists of volunteer, but First Aid / CPR-certified riders ranging in riding ability from “average” to “advanced.”

— Terry Kennedy

EXTRA HELP IS NEEDED!
Save the Trails

Single Tracks No. 110 | 27

Greater Portland

President: Mitch Wacksman, portland-nemba@gmail.com, 616-405-1448
Vice-President: Fred Masciangelo
Other officers: Coming Soon!

Email List: mtb-portland@yahoogroups.com
Website: coming soon!

The Greater Portland chapter is on a serious roll this spring!

In the past couple of months chapter members have been active in a number of projects in the area as well as participating in some really fun events including rides and a movie screening.

Trail Projects

Bradbury Mountain

Since Bradbury Mountain State Park provides such awesome riding in our area, the GP NEMBA chapter stepped up and adopted the Ginn trail this spring. About 15 members spent a Sunday morning clearing the trail, hardening a few trouble spots, and cutting back brush to maintain the trail corridor. The Ginn trail is 2.6 miles long and is located on the east side of the park. The trail is fairly technical with some nice climbing and descending through rocky terrain. The GP NEMBA crew will maintain the trail at least once more during the riding season to ensure it’s in tip top shape. For anyone who hasn’t been to Bradbury, you need to get there ASAP! The park has roughly 30 miles of well marked, well manicured trail to explore! Everything from wide open snowmobile trails for the beginner to super technical single track for the seasoned rider.

Cape Elizabeth

The GP NEMBA crew will be joining the Cape Elizabeth Conservation Committee for a trail day in the Winnocks Woods trail network in mid-May. Aside from agreeing to provide some man (and woman) power to assist with the project, the membership has put on an impromptu fundraising campaign with the goal of raising matching funds for a dump truck load of gravel to deal with a couple of trouble spots. The Winnocks Woods trail network is located in Cape Elizabeth and has a labyrinth of awesome trail if you’re willing to learn your way around. The Cape Elizabeth riding area is yet another awesome gem in riding distance to GP NEMBA members!

IMBA Trail School

The IMBA trail care crew is coming to town! We’re getting pretty excited to learn new trail building techniques while cutting more trails into a new piece of property. The location we’ll be working on is located adjacent to a fantastic trail network (Lowell Preserve) on the border of Windham and Falmouth. With some careful planning we’ll be able to link Lowell Preserve to Atherton Tower, another cool riding area. The IMBA trail care crew will be teaching an advocacy session, teaching techniques in the classroom, and then showing us how to build it out in the field! Since we’re mountain bikers, we’ll cap the event with a social hour at a local restaurant and also go on a ride; should be a great time!

Fun Events and Other Good News:

GP NEMBA Rides

We’ve gotten it in gear with organized rides! Currently there is a Monday night fun ride leaving from Allspeed Cyclery and Ski in Portland, a Thursday night ride leaving Gorham Bike and Ski in Saco, and a beginner friendly ride happening from various locations around the Portland area. Check our calendar for more details on any of these rides www.greaterportlandnemba.com.

Follow Me Movie Premier

Gorham Bike and Ski and the Greater Portland NEMBA chapter recently put on a movie screening at a local venue. Well, let me tell you it was a smashing success! The place was filled to near capacity! A HUGE thanks goes to Jamie at Gorham Bike and Ski for donating the venue and turning over all the profits of the evening to the GP NEMBA chapter! The movie was called Follow Me and it was produced by Ant Hill films and sponsored by Giant Bicycles. In addition to providing the movie, Giant provided a big box of swag that was raffled off to attendees. All-in-all the event raised about $1,300 which will be used in support of chapter projects. Big thanks again to Jamie at Gorham Bike and Ski, Giant Bicycles, and our master of ceremonies Brian Danz!

GP NEMBA Gets $1,000 Grant

The Greater Portland chapter has been awarded a $1,000 grant from Healthy Casco Bay, A Healthy Maine Partnership! We applied for this grant in March and were awarded the funding in May. Grant funding will be used to support the IMBA trail care crew visit happening at the end of the month. As you know, most trails aren’t just used by mountain bikers. They might be built or maintained by riders, but many other user groups enjoy the trails: runners, birders, hikers, dog walkers, etc. The more sustainable trails built in the community and the more people involved in the process, the better the overall health of the community!

As you can see things are really picking up in the Portland area! If anyone would like more information about any of our events please contact portlandnemba@gmail.com. All events can also be found on our calendar on www.greaterportlandnemba.com and we also have an active Facebook page.

—Mitch Wacksman

Riding Bradbury Mtn. Photo by Scott Townsend
The 2010 riding season is off to a fantastic beginning here in Midcoast Maine. However, I’m currently out of town for work for the entire month of May, so I’m missing out on some of the quality group rides up north. All is not lost though. I’ve been sampling some of Eastern Virginia’s single-track and have been truly inspired by the quality and flow of trails in this region. I’ve had the opportunity to ride in four different locations in the matter of a week and look forward to many more. The trails are set up in a stacked loop fashion with varying levels of difficulty, suitable for all abilities. A few of these trails have been strategically located within residential neighborhoods which enables most riders to avoid hopping into their car to access the trails. What a wonderful thing! The folks down here have truly demonstrated the fine art of building sweet singletrack and have been more than generous in steering this out of towner towards the trailhead and group rides. The Eastern Virginia Mountain Bike Association has done an incredible job with mountain bike advocacy, I’m planning on doing a bit of networking with the folks down here in order to bring back a measure of increased knowledge and of course inspiration to our neck of the woods.

The spring riding season in Merrimack Valley is off to a great start, as is our chapter maintenance schedule. The Tuesday and Friday rides are well attended and now that we have more daylight, we routinely log up to 15 -17 miles per ride. As if that weren’t enough, we fit a third loosely organized ride in on Sunday morning at a new location each week.

As I mentioned earlier, our maintenance activities are off to a great start too. In March, we cut new single track at Russell Mill to get around a perennially wet area. The new section is wearing nicely as is the additional stone work laid in at other key points around this beautiful forest. If you haven’t been to Russell Mill yet, you haven’t ridden some of the finest single track inside 495. Early April found us lending a hand on a North Shore chapter project; and at Lowell Dracut Tyngsborough S.F., upgrading drainage and clearing winter debris. In May and June we have days scheduled at Great Brook Farm for routine maintenance and a trail repair project. As we head into summer, I expect we’ll find more work to do in our neck of the woods and more time to ride. Join us.

See you on the trail. —Stuart McDonald

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Lowell-Dracut SF VP: Bob Giunta
Treasurer: Hugh Folsom
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Website: www.mv-nemba.org

Merrimack Valley

The 2010 riding season is off to a fantastic beginning here in Midcoast Maine. However, I’m currently out of town for work for the entire month of May, so I’m missing out on some of the quality group rides up north. All is not lost though. I’ve been sampling some of Eastern Virginia’s single-track and have been truly inspired by the quality and flow of trails in this region. I’ve had the opportunity to ride in four different locations in the matter of a week and look forward to many more. The trails are set up in a stacked loop fashion with varying levels of difficulty, suitable for all abilities. A few of these trails have been strategically located within residential neighborhoods which enables most riders to avoid hopping into their car to access the trails. What a wonderful thing! The folks down here have truly demonstrated the fine art of building sweet singletrack and have been more than generous in steering this out of towner towards the trailhead and group rides. The Eastern Virginia Mountain Bike Association has done an incredible job with mountain bike advocacy, I’m planning on doing a bit of networking with the folks down here in order to bring back a measure of increased knowledge and of course inspiration to our neck of the woods.

As part of the national celebration of trails, the Ragged Mountain Recreation Area is hosting National Trails Day on June 5th. One of its co-founders, John Viehman, will be at the Camden Snow Bowl to kick off the day with a brief keynote address.

"The essence of National Trails Day has always been to bring outdoor enthusiasts and organizations together to celebrate their common interests in outdoor recreation and to help maintain the trails we all enjoy throughout the year," said Viehman. "I’m proud to have played a role in founding this event, and I’m very excited to help advance it here in my community. After all, trails can’t exist without ongoing support at the local level."

The Camden Snow Bowl is the hub of the Ragged Mountain Recreation Area. "As a gateway to a vast trail network, the Snow Bowl is the perfect gathering point for anyone wishing to enjoy the incredible natural resources in our own backyard and also to put something back into the community by helping take care of the trails," said Jeff Kuller, Camden Parks and Recreation Director. "It will also be a great opportunity to see the planned redevelopment and expansion of the area, and talk with leaders of several outdoor-related organizations. Participating organizations include Coastal Mountain Land Trust, Georges River Land Trust, the Midcoast Chapter of New England Mountain Bike Association, and the Camden-Rockport Pathways Committee. The event will begin with a keynote address at 9:45 a.m. At 10:00, work details will begin with each organization gathering volunteers and departing for their specific trail project. All groups will re-gather at the Snow Bowl at 1:00 p.m. for a chicken barbeque, which will be free to all volunteers.

Speaking of the Snow Bowl ... Work has begun on facilitating drainage and other measures to
The Chapter has had a wild spring, with crazy weather one day and great riding the next. Ten inches of rain with high winds made for flooded trails and many downed trees. The trees and branches were quickly taken care of and the warm sunny days quickly dried up well designed single track, fire roads took a bit longer to dry out, but the goal on any good ride is to avoid the double track.

The Trek Bicycle Trail series started off with a bang on April 10th and 11th at Harold Parker with the creation of a new trail. Let me say that Lock and Load really rocks and rolls. This trail has it all—swooping single track with five bridge crossings, several rolls, a few drops, and even a log ride. There are bench cuts and berms. A, B, and even C lines have been cut in those tricky areas that some riders may want to save till next time. Over thirty people showed up over the two day event to help with their piece of the trail, but the real thanks goes out to the three guys who spent countless hours prior to the day making this project possible.

We have worked extensively with the Coastal Mountains Land Trust (CMLT) in preparing for the shared use trail project this fall. Much of the field-work identified how current and potential future singletrack will align with the shared use trail. We will be actively seeking volunteers to assist with this project this coming fall, so stay tuned for details. I am confident that the end result will greatly enhance our riding experience in the Ragged Mountain Preserve (RMP).

We also have kept in communication with the Georges River Land Trust (GRLT) and the Camden Hills State Park. Although there are no specific trail projects at these locations in 2010, it’s incumbent on McNEMBA to keep the lines of communication open with parent organizations to posture ourselves for future endeavors. Both organizations have been impressed with the growth we’ve experienced as a mountain bike advocacy group and will certainly pay dividends down the trail.

McNEMBA will be supporting Bikesenjava with some trail work with their Supporting Healthy Opportunities for Community Kids (SHOCK) cycling program. I will keep everyone informed of volunteer opportunities as they arise.

Again, there’s power in numbers. The more people become involved with mountain bike advocacy, the more leverage and input we’ll have regarding mountain bike access and trails in our backyard. Visit NEMBA.ORG to join and select Midcoast Maine NEMBA as your affiliated club.

Visit MCNEMBA on Facebook and NEMBA forums to stay up to date on current happenings. Happy trails!

—John Anders

The Chapter has had a wild spring, with crazy weather one day and great riding the next. Ten inches of rain with high winds made for flooded trails and many downed trees. The trees and branches were quickly taken care of and the warm sunny days quickly dried up well designed single track, fire roads took a bit longer to dry out, but the goal on any good ride is to avoid the double track.

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Dan Streeter patiently worked with the DCR and the local Conservation Commission over the last couple of years to get this project approved. Joe DiZazzo, and Kirk Goldsworthy spent many days in the months leading up to the trail day, walking the ridge, selecting the trail location and then flagging, rough cutting and doing the stone work. The trail was ready to ride at the end of the second trail day but the trail masters have been working on Lock and Load for the last year. So remember to thank them!

The North Shore has had a hand in a couple of other pieces of single track this spring. On April 24th a few members working with the friends of Georgetown Rowley State Forest added a long section of single track to this often forgotten place to mountain bike. June 5th was National Trail Days and the Essex County Green Belt approved a new trail at their Willowdale Mill site. This single track will complement the fine downhill run NSNEMBA constructed off of Moon Hill a few years back. On May 16th the trail crew worked with the Andover Conservation Commission improving an entrance trail heading towards Ward Hill Reservation from HP. The group completed some rock armering and added reroutes around a few wet spots.

The first chapter meeting of the year was held at Lee’s house in Wilmington with riding of local trails prior to business. The next meeting will be on June 17th at Harold Parker, so plan to attend as all are welcome.

Another goal for the chapter this year is to spread the word about all the great things that NSNEMBA has accomplished so we are bringing the tent on the road and setting up at the following events:

- Sunday May 23rd: Weeping Willow Mountain Bike.
- Saturday June 5th: National Trails Day Bradley Palmer State Park Topsfield
- Sunday June 27th: D-Day held at the ball field Lynn Woods

The Moots Cycles group rides have started, Monday nights at Willowdale Meadow, and Thursday evenings at Harold Parker

For the latest info check out the website nsnemba.org or become a friend on NSNEMBA Facebook.

—Frank Lane

From Franklin County:

It has been a wonderful April, and the mountain biking season is off to a good start! We’ve had three beginner rides on the Greenfield ridge, Mt. Toby and Orchard Hill, all focusing on various skills, and two trail days in Franklin County so far. On April 18th, a great crew showed up for the PVNEMBA/Trek Trail Day on the Northfield trails. It was overcast and in the 50s, in other words, absolutely perfect conditions for trail work. We split up into 3 groups and disbursed all over the mountain. Harold, Yvette, Jack and myself left from School St and Warwick Rd, where we started by chain-sawing downed trees, building bridges and...
Rock armoring muddy sections of trail; the rest of the day was spent raking, leaf-blowing, lopping and putting up trail markers. It was unanimously decided to skip the after-work ride and after eating and catching up, we called it a day. I was thrilled by how much we got accomplished in just one little trail day! I used to ride these trails a lot about 10 years ago, but in the last couple of years they had gotten neglected, and it was wonderful to see them uncovered and looking like trails again! Just a week later, a few of us headed out to Wendell State Forest to build a new trail around Wicked Pond. I want to give special thanks to the wonderful Harold Green and his unrivaled dedication to mountain biking, trail maintenance and trail building. I don’t know how many hours he must put in all over the valley, but I know that without his magical touch and hard work, the magnificent riding around here would not be the same! So … Thank you Harold!! — Stefan

Our Westfield trails project is well underway.

A general plan of the network has been laid-out and (guessing by the time of this publication) 2+ miles of rocky technical single track have already been carved. Anyone who wants to help is welcome to join. We usually get out for a couple hours a week, so give a call if you have interest in helping, or learning the trail building trade.

We are also in the “discussions stage” with the city of West Springfield and hope to be able to work with them to build and maintain an all new trail network in the Bear Hole Watershed. This project is in the very early stages. Let me know if you are interested in getting involved.

Much riding has been going on in the valley. Our weekend rides have been well attended at both Batchelor St and Earl’s trails, so far. These intermediate paced rides have been great fun! We had the first Kid’s ride of 2010 on April 24th. 28 folks came out and we had a great ride. Many return riders (getting bigger) and a few new ones. May 16th will be our second Kids Ride… And then Saturday June 19th will be the third. All are welcome and the rides are completely free. Contact me to get on the email distribution for these rides.

We will have a three part Epic Ride series (monthly) starting in July. The exact dates will be announced soon.

See you on the trails! — Steve Rossi

**Rhode Island**

**President:** Peter Gengler, pgengler@landtruth.com, 508-252-9578

**VP Arcadia:** Jim Grimley

**VP Big River:** Peter Gengler

**VP Burlingame:** Lennon Schroeder

**VP Lincoln Woods:** Leo Corrigan

**Treasurer:** Sara Grimley

**Secretary:** Bart Angelo

**NEMBA BOD Rep:** Matt Schulde

**NEMBA BOD Rep:** Bart Angelo

**Email List:** mtb-RI@nemba.org

**Web:** RINEMBA.org

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**In Full Swing**

I am hoping that by the time this issue gets to you- you have made it out to at least a few of the weekly ride series being led in Abrums Rock, Lincoln Woods, Burlingame, Big River and/or Arcadia. Stacey stepped up and took over ownership of the weekly Woman’s Ride, too- so get out there! Information on all of RI NEMBA’s rides is listed on the site and the Facebook page is rapidly gaining in popularity and acceptance. Join in on the action there if you haven’t already… It does make it easy to share trail conditions, post rides and post pictures for everyone.
Thanks to the groundwork and organization by Anthony Mastrostefano and Peter Gengler, the Big River Cleanup went very smoothly and was incredibly successful as usual. There were hiccups at the last minute as dumpsters were pretty hard to come by due to the recent flooding, but we were able to secure five dumpsters to stuff full of trash from the woods.

For a time there, it looked like we might have to postpone it if a place to put the trash didn’t materialize. I am glad that didn’t happen as I am sure the turnout would have suffered. Many hands made the lifting light as over 130 participants (including 35+ mountain bikers) came out to work. This event goes a long way with the powers that be at the management area as it shows our commitment to this parcel of land, so it certainly is appreciated that you all come out to support this. Hopefully we can use this event as a stepping stone to allowing mountain bikers to perhaps do some trail work in the management area as well.

Speaking of flooding, if you have been out in the woods you know that in addition to wreaking havoc on the roadways, businesses and residences in the state the flooding did a good amount of damage in the woods. Reports on the ground are that Lincoln Woods came through pretty well, but everywhere else there were issues. Arcadia may have been the hardest hit. The sandy soils and the number of streams/rivers in the forest combined to reshape many popular trails. In talking with the OT’s in Exeter, no one can think of a time when the Wood River ran over the West bank South of Rt. 165. And it was past the check station covering that entire parking lot... Just South, Parris Brook was running over Mt. Tom Road, on its way to taking out the wooden bridge downstream. The first of many trail days in Arcadia happened the day after the BR cleanup when we joined the AMC to do some work on the Arcadia and Breakheart Trails. Be prepared to get dirty as it is going to be a long haul and the state is going to be plenty busy just trying to get the roads and bridges back in service. A lot of trails and roads became stream beds leaving behind sand and babyheads— not great riding conditions! We will just take it one piece at a time.

Enjoy the summer riding, and by the next issue I am sure that there will be plenty more to write about. Take care and keep the rubber side down.

— Matt Schulde
Save the Trails

Here in Southeast Mass, things have been something like a regular ride lately—ups, downs, kinda bumpy in spots, some washouts, some new berms, some new trail(!), the wet spots were REALLY wet for a while there, and we've had our share of mechanicals. What I'm trying to say is that it's 'business as usual', here amongst our many local town and DCR parks. Actually, the status quo is something that we should relish, or maybe say, wallow in...we are very fortunate to have hundreds of miles of open trails and parks to ride in. Hopefully the current state of affairs will only get better, resulting in more trails to ride. There have been some new developments(read: bumpy spot), however, which may affect some of our favorite trails, especially in the ways we do trail work. The Massachusetts Natural Heritage and Endangered Species Program’s (NHESP) is one of them.

Taken from the mass.gov Fish and Wildlife website, "NHESP , part of the Massachusetts Division of Fisheries and Wildlife, is one of the programs forming the Natural Heritage network. NHESP is responsible for the conservation and protection of hundreds of species that are not hunted, fished, trapped, or commercially harvested in the state. The Program’s highest priority is protecting the 176 species of vertebrate and invertebrate animals and 259 species of native plants that are officially listed as Endangered, Threatened or of Special Concern in Massachusetts.

The overall goal of the Program is the protection of the state's wide range of native biological diversity." What this presents to us is a perennial uphill ride. Try not to let it frustrate your efforts. We are still learning about this agency and how we can work with them. Initial findings are that they are dominating over many DCR properties. We might have to apply for permits in some cases, an official walk-through may be necessary, or your land manager may take care of the red tape. Your LM may let you know what you need to do, or may leave all the research up to you. These variables all differ park-to-park. So in order to keep the status quo, and even improve it, we need to be diligent. Do some research, send some emails, make some phone calls(e specially to our politicians), see what you can do to keep things on our side.

That having been said, things have been looking up here. In Foxboro, the local crew, led by Chris Patrick, built a new bridge over a wet area. They are also looking forward to hosting the MBAS ride again on September 19.

The Wompatuck Railbed Initiative will be a highlight of every Trail Care Day this year. And Friends of Wompatuck is working on a map of its own to replace the DCR map. The DCR this year closed down its map-making department, so this will affect parks state-wide. Don't be surprised when you can't find a park map of your favorite trails...

Malcolm Neilson (Ames/Nowell SF) has been working with Holbrook conservation people who called us(NEMBA) to help them with organizing and maintaining their trail system!

Joe Sloane continues to be diligent with Blue Hills staff and Friends of Blue Hills, to create trail-work partnerships...

That's all I've got for now. I need to get back out and ride...

See you out there!

—Steve Cobble
Spring is in full swing and the singletrack is sweet. Trail clean up has been a huge effort and I really want to thank everyone who got out there to clear the debris. We had plans to work on some new trails in Southern NH, but that was delayed by all of the clean up. By the time you read this, it should be time to get out and cut some fresh stuff. Look for an email from the Yahoo list if you want to have a hand in cutting and riding in some new singletrack.

We had some very productive trail days at Bear Brook already this year. We are gearing up early for NEMBAFEST. If you don't already have it in your calendar make sure you put it in there. Plan for twice the fun, because it is a two day event this year on October 9th and 10th. Make sure you book a campsite early if you are looking to stay over night.

This is the time of year for riding, so if you are looking to learn a new trail network join us for a group ride. Our group rides are a blast and you have a chance to win a Moots frame every time you show up for one. It is a great way to learn some new ride spots and you never know you may end up finding a new group to ride with. Not into group rides? Go to the forum and ask for a tour guide at a place you have never ridden before, another great way to learn a new place. The first Tuesday night novice ride at Bear Brook was great. Seeing the trails through the eyes of someone new to the sport was really refreshing for me and it really made me appreciate the times I was shown new ride spots. Thanks to all who have helped out and will be helping out leading group rides. I hope to see more of you in the trails this summer. Enjoy the trails my friends!—Matt Caron

Leominster State Forest Trail Care Day held April 24th was a success! The DCR Leominster State Forest Park rangers handed out treats and bug spray, in addition to providing us with a nifty hand held leaf blower.

Jim Wrightson cleared Ball Hill trail of all winter blow downs. Fred Meyer and I removed leaf and small branch debris from the trails using leaf blowers. The hand held blower that DCR supplied, along with Fred’s personal STIHL backpack blower, did a wonderful job. The Rocky Pond trail received some special care from Sabrina and her father Rich Bonetti. They moved and relocated large rocks to make a gnarly rock section safer and more fun for riders and hikers. This type of rock work is essential in keeping sensitive vegetation from being destroyed by reroutes when trail users attempt to avoid dangerous rock gardens. Thanks, Sabrina!

Wachusett NEMBA chapter purchased a new STIHL BR 550 backpack blower. —Sam Talbot

BR 550 backpack blower. —Sam Talbot
The summer season is in full swing and in between April snowstorms we’ve been blessed with excellent spring conditions. Rides have been going on Mondays, Wednesdays, and Fridays, weather permitting; see www.wmnemba.org for info and locations.

NEMBA representatives met with key personnel from the U.S. Forest Service’s Saco District for a long meeting at the end of March. We discussed progress on the Forest Service’s review of the Moat Mountain trail network (public comment period likely in June with final decision in September), concerns with public access and invasive species, volunteer agreements, how to build chapter strength and the Adopt-a-Trail program. NEMBA decided to step down as official trail adopters for the Nanamocomuck trail to allow other users to formally take on this role, however we still intend to continue with maintenance efforts on this challenging trail.

Access woes - mountain bikers have been requested not to use the logging road access at the end of Dandiview Road in North Conway. Despite its existence for generations, the short section of logging road is owned by the Cedar Creek Owners Association. Please use other access points, such as High Street, to get into the National Forest. There is no public parking in Cedar Creek anyway.

Jamis Bicycles / NEMBA Trail Care dates to put on your calendar: Sunday June 6th, and Saturday July 31st, locations to be announced. Additional fall dates will be added, check the chapter web site for details. We’re always looking for input on work sites so please contact one of us if you have ideas.

We are planning for the 10th annual White Mountains MTB weekend, scheduled for July 31st & August 1st. This year’s event will be held in conjunction with a Kona Bicycles-Fox Shox Mountain Bike Adventure Series ride on 8/1. The usual trailwork-group rides-barbeque on Saturday will be followed by a signed/self-guided adventure ride on Sunday. Please contact one of us to get involved.

We are seeking to get a ‘trail committee’ going this year to work on planning trail building and maintenance work. This will not be a committee that sits in meetings but instead goes on rides to various locales to figure out where our efforts are best applied. Please let us know if you’d like to be a part of this or have thoughts about it.

As always, we can only represent your interests if we know what they are. Please let us know.

—Rob Adair
We’re pleased to announce that Moots Cycles (famous for their handcrafted titanium bicycle frames) will be sponsoring NEMBA rides! Every member who comes to a ride and signs in will be entered to win a Moots Moto X 29er frame! Additionally ride leaders will be entered into a special raffle for a Moots component package, including a Ti stem, handlebar and seatpost!

NEMBA rides are led by individual NEMBA members for other members and prospective members. So if you haven’t yet joined NEMBA, please do. Rides are usually for small numbers of people and vary with the location and the personal style of the host. Rides have been known to change location or time at the last moment. So be sure to call the ride’s leader, both to sign up, and to find out more about the ride. **Be sure to contact the ride leader a couple of days before the ride takes place. That way you will be sure that the ride is on.

If you commit to a ride, go, since space is limited. That way the rides will stay manageable and will be enjoyable for everyone. Helmets are required on all NEMBA rides. Contact your ride’s leader if the weather looks questionable.

HEY! - Why not lead a NEMBA ride yourself? Contact Bill Boles at 508-583-0067 or nembabill@yahoo.com for more information.

(T/FR) Indicates a technical or freeride (MBA) Indicates a NEMBA Mountain Bike Adventure Series Ride (EN) Indicates an EFTA/NEMBA Fun Ride. (AM) Indicates a weekday daytime morning ride. (DB) Indicates a daybreak or early morning ride. (BHTW) Indicates a Blue Hills Trail Watch ride. (Dog) Indicates you can bring your dog. (W) Indicates a Women’s ride. (CALL) Indicates contact the leader to see if the ride is on. (TBA) Indicates location to be determined. (U) Indicates an urban ride. (GAR) Gravity Assisted Ride. (SS) Indicates Single Speed bicycles are OK. (SKJ) Indicates a ‘ride’ that may change to skis. (SShoe) Indicates Snowshoeing.

**SKILLS** Indicates a skills training session. (KIDS) A ride for Kids, parents are often welcome too. (SS) Indicates a Single Speed Bike ride.

The following ride categories are only general guidelines. You should ask the ride’s leader exactly what type of ride he or she is planning in terms of distance, pace and technicality. Also, be realistic about your level of riding skills and don’t join a ride that is beyond your present ability or fitness level.

**MBA**
Kona Bicycles-Fox Shox MTB Adventure Series ride. 10-20 miles. A ride on a marked course for all ability levels. Normally includes short and long loops. Call for more information.

**EFTA/NEMBA**
10-25 miles. Marked loops for all ability levels. Normally includes multiple loops. Call for more information.

**Kids/Family**
2-10 miles, usually easy pace & terrain. These rides are aimed at parents with young children.

**Beginner**
2-7 miles, easy terrain, easy pace. These rides are aimed at riders with little or no riding experience.

**Novice**
4-9 miles, mellow pace, easy terrain, frequent stops.

**Advanced Novice**
6-10 miles, mellow pace, either mostly easy terrain, or could be technical terrain done slowly, frequent stops.

**Intermediate**
10-20 miles, moderately technical, somewhat faster pace, occasional stops and bail out points. Intermediate rides are designed for people who ride frequently, and have some skills, but who probably don’t enter races.

**Advanced Intermediate**
The same as intermediate, except faster and harder terrain.

**Advanced**
20-30 miles, high technical difficulty, fast pace, few stops or chances to bail out. These rides are intended for advanced riders or, racers who would like to go for a challenging ride at less than all out race pace.

**Women’s Ride**
Can be any level of difficulty. Call for more information.

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**Kids and NEMBA Explorers Rides**

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<tr>
<th>Date</th>
<th>Location</th>
<th>Leader</th>
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<tr>
<td>6/12, 6/19</td>
<td>Foxboro, MA</td>
<td>Brad Childs</td>
<td>508-838-6351</td>
<td><a href="mailto:nembabill@yahoo.com">nembabill@yahoo.com</a></td>
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<td>6/20, 6/21</td>
<td>Middlesex Fells, MA</td>
<td>Steven Rossi</td>
<td><a href="mailto:stevenrossi@rocketmail.com">stevenrossi@rocketmail.com</a></td>
<td>413-786-3744</td>
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<td>7/10, 7/17</td>
<td>Middlesex Fells, MA</td>
<td>Steven Rossi</td>
<td><a href="mailto:stevenrossi@rocketmail.com">stevenrossi@rocketmail.com</a></td>
<td>413-786-3744</td>
<td>(KIDS)</td>
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<tr>
<td>7/10, 7/17</td>
<td>Greater Boston NEMBA</td>
<td>Ryan Park, RI</td>
<td><a href="http://www.rinemba.org/">http://www.rinemba.org/</a></td>
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**Skills Sessions**

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<td>July 25</td>
<td>GB NEMBA &amp; Highland MTB</td>
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<td>Park’s “Ride Like a Girl”</td>
<td>— Willowdale SF</td>
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</tr>
</tbody>
</table>
Central, Wachusett & Western Mass

- Mondays TBD, Franklin County: Beginner & Recovery by Steffi Krug, knoepfchen7@yahoo.com, 413-522-7321.
- Mondays Pittsfield SF: Beginner by Brad Herder, brad@berkshiresports.org.
- Wednesdays TBD, Franklin Cty: Intermediate by Steffi Krug, knoepfchen7@yahoo.com, 413-522-7321.
- Thursdays Robinson SP: Beginner by Steve Rossi, stevenrossi@rocketmail.com.
- Saturdays TBD: All by Harold Green, handmgreen@comcast.net.
- Sundays Rutland State Park All by Renee Gregoire, jeparooni@aol.com, 774-200-0177.

Connecticut

- Mondays Huntington SP: All by Mark Lurie, eatsleepfish@gmail.com, 203-733-6240.
- 2nd/4th Monday Gay City SP: Easy Pac by Alan Tinti, Easy P acealantinti@cox.net, 860-368-9109.
- Tuesdays Trumbull: Women by Paula Burton, pburton1@gmail.com, 203-733-2963.
- Wednesdays Wadsworth Falls: All by Derek Monohan, yesmandroc@yahoo.com, 860-729-7521.
- Thursdays W. Hartford Res.: All by Don Myers, donaldmyers@comcast.net, 860-561-2755.

Maine, New Hampshire & Vermont

- Mondays Retreat Trails, Brattlebor: Intermediate by Paul Rodrigue, paulr@sover.net, 802-258-7035.
- Mondays Greater Portland Area: All by Mitch Wacksman, portlandnemba@gmail.com.
- Mondays Presque Isle, ME: All by Thomas Chase, tomsharo@yahoo.com.
- Wednesdays TBD, Southern NH: Intermediate by Peter DeSantis, peterdesantis@comcast.net, 603-493-4779.
- Wednesdays North Conway, NH: Intermediate by Leo Rossignol, leoimportech@yahoo.com.
- Wednesdays Presque Isle, ME: All by Thomas Chase, tomsharo@yahoo.com.
- Thursdays Drummer Hill, Keene, NH: Inter-Advanced by Peter Poanessa, info@signwork.com, 603-358-1003.
- Thursdays TBD, Southern NH: Advanced Inter by Peter DeSantis, peterdesantis@comcast.net, 603-493-4779.
- Sundays TBD, Southern NH: Inter-Advanced by Jason Gagnon, jngagnon@gmail.com, 603-781-2640 (SS).

Metro Boston, Merrimack & North Shore

- Mondays Willowdale Meadow: Novice by Frank Lane, frank.lane@bostik-us.c om, Until 8/30.
- Tuesdays Great Brook Farm, Carlisle: Intermediate by David Zizza, davidzizza@gmail.com.
- Tuesdays Lowell-Dracut SF: Intermediate by Lionel Chapman, errolthin@yahoo.com.
- Thursdays Great Brook Farm, Carlisle: Beginners by David Zizza, davidzizza@gmail.com.
- Fridays Russell Mill, Chelmsford: Intermediate by Bob Giunta, facesign@comcast.net.
- Saturdays TBD: All by David Zizza, davidzizza@gmail.com.

Southeastern Mass, Blackstone Valley & Rhode Island

- Sundays Lincoln Woods: Beginner-Intermediate by Leo, thecorr17@aol.com.
- Mondays Blue Hills or Cutler Park: Beginner-Adv. Beginner by Bill Boles, nembabil@yahoo.com, 508-583-0067.
- Tuesdays TBD, RI: Advanced by Jim Grimley, rimud@cox.net, 401-732-6390.
- Tuesdays Lincoln Woods, RI: Intermediate by Brendan Dee, mtbdee@hotmail.com.
- Tuesdays foxboro SF: Mellow-Recovery by Ian Crerar, icrerar@advantagegroup.com.
- Wednesdays Blackstone Valley, TBD: All by Eammon Carleton, eammon@gmail.com, http://bvnemba.org/rides.php.
- Wednesdays Burlingame RI: Beginner - Intermediate by Lennon Schroeder, ljschroe@gmail.com, 401-212-6694.
- Wednesdays TBD, SE MASS: Intermediate by Bill Boles NEMBA, bill@yahoo.com, 508-583-0067 (AM).
- Thursdays Big River, RI: Relaxed-Advanced by Peter Gengler, gengler.peter@gmail.com.
- 1st Thursdays TBD: Intermediate by Dan Ibbotson, dnostibi@comcast.net, 508-384-0665.
- Other Thursdays foxboro SF: Intermediate by Dan Ibbotson, dnostibi@comcast.net, 508-384-0665.
- Fridays Blue Hills, Milton MA: Intermediate by Steve Cobble, cobblesv@gmail.com, 781-254-8796 (AM).
- Sundays Lincoln Woods: Beginner-Intermediate by Leo, thecorr17@aol.com.


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Once Monthly TBD, RI: Women by Stacey, staceyjil72@aol.com.
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