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.

SingleTracks is published six times a year by the New England Mountain Bike Association for the trail community.

NEMBA Trail Building
We’re in a new age of 2.0 trailbuilding: the trails are flowier, more sustainable and more fun, and they’re being built all over by NEMBA volunteers.

Riding Fairfield County
Southwestern Connecticut offers a surprising array of great riding locations, and now with a new NEMBA chapter, it’s going to get nothing but better.

NEMBA Racing Recap
Our new race outreach program had a great first season with plenty of podiums and good times. They are also a worthy example of racers giving back to the trails.

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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: Tom Greene riding Russell Mill. Photo by PK.

Do you have a photo that would make a good cover shot? Email it to pk@nemba.org

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 Trail Grants

This fall NEMBA is proud to award three applicants NEMBA Trail Grants amounting to just under $1500.

The Friends of Holliston Trails requested $498.75 to purchase 66.5 tons of crushed concrete to resurface part of a rail bed near NEMBA's Vietnam property. The rail bed links the towns of Milford, Hopkinton, Ashland, Sherborn and Holliston and contains an important entry point to NEMBA's Vietnam property.

The Vietnam Land Management Committee requested $500 to buy tools for their 'tool cache'. These tools see a lot of use and are kept on property for easy access during the VLMC's frequent trail care days.

North Shore NEMBA requested $500 to help fund a land purchase called 'The Thompson Street Gateway', a 6.5 acre parcel in the town of Gloucester, Massachusetts that provides access to 300 acres of land that currently hosts the "Bruce & Tom's Trail Network".

Get your Tickets Now!

The NEMBA Trail Grant program is funded by ticket sales in NEMBA's annual raffle. Please support our grant program by purchasing raffle tickets. You can check out the great prize on the following page, and buy your tickets online at www.nemba.org.

Don't hesitate: the drawing is on Oct. 30th at the Wicked Ride.

CT NEMBA Awarded REI Grant

The Connecticut Chapter of New England Mountain Bike Association was given a check for $10,000 by REI (Norwalk).

The grant is for two projects (1) build a new trail at Collis P Huntington State Park and (2) expand our Trail Ambassador and Trail Maintenance program in the Hartford Area.

We will be forming a partnership with REI in all of our Trail Maintenance and Trail Ambassador activities in the future and can't wait to work with them in the future on new trail projects such as the one at Collis P. Huntington State Park and elsewhere.

Katie Ulvin from REI presents CT NEMBA president, Mark Lurie, with the check.

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The Firebird sets the new gold standard in long travel trail bike performance. We’ve harnessed Dave Weagle’s ability to design the world’s best downhill suspension and added more than a few tricks of our own. The Firebird’s dw-link® design has the DNA of 6 DH World Championships under its belt, and its gravity-based heritage is clearly evident in the bike’s incredible descending skills...but it doesn’t end there. We’ve built a bike that can climb as well as it descends.

Western Spirit Cycling’s Trip for Two —Moab’s White Rim Trail

Western Spirit Cycling is donating their classic Moab mountain bike tour for two on the White Rim Trail. Ride along White Rim Sandstone sandwiched among the layers of the Colorado Plateau and Canyonlands National Park. It’s an epic ride for all abilities!

Exposure Lights MaXx D Lights

Two Prizes donated by Exposure! The MaXx D packs the biggest punch for its size and weight available anywhere. No cables and connectors to come loose or get wet and all in a tiny package that weighs an incredible 320 grams with the mount included.

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This is killer wheelset! The Crossmax ST offers more responsiveness, with a low inertia thanks to its fully ISM machined rim. Bold white graphics highlight the amazing performance of this perfect "real" mountain bike wheelset.

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Your choice of any of any F-Series 26er or 29er suspension fork from Fox Racing Shox! These forks are the bomb!

Order online by Oct. 26 @ www.nemba.org
A Note from the DeRoche Family

Dear Friends,

It has been six months since Ryan's accident and we want to thank you all for your kindness, generosity and support.

Ryan is doing very well, and we owe a great part of his remarkable recovery to all of you!

His Ride to Recovery in June was a huge success, and again we owe it all to his many wonderful friends who came to support him on that day.

With the long road still ahead of Ryan we know that your love, support and friendship will help make each day easier for him.

Know that you all have played a special role in Ryan's recovery, and how much we appreciate all that you have done.

Sincerely, The DeRoche Family

Pioneer Valley NEMBA's Camp Weekend 2011

Even though we’ve had record rain for the past few weeks (Irene’s recent visit left about 8 inches in the Goshen/Ashfield area, and the rains from the following week or so have nearly equaled that amount), most of the trails at the Daughters of the American Revolution (DAR) State Park in Goshen were in pretty good shape. What is it that makes trails survive such a deluge? Good design, including careful use of the topography, and the good fortune of the site being heavily laden with rock and hardwood roots. Those that preceded the current group of NEMBA trail gurus did a superb job in building the trails that have put the DAR on the map of many outdoor enthusiasts. The trails are very well marked and mapped, and building challenging loops is a joy at this hill-town destination.

For the 2011 PV NEMBA camping weekend we were blessed with perfect weather and the riding gods were clearly smiling on our group. How many times can 25 riders spend a total of over 80 hours on classic, burly New England singletrack with only one minor mechanical (snapped chain) and not a single flat tire? Most of the people who arrived Friday used the afternoon to set up and hang back at the camp with birthday girl Jenn while Harold took Larry and Phil over to the new Charlemont trail system for a couple of hours of rock work, a night ride that took no mercy on Larry and his single speed, and finally well-deserved burgers and beer at the wonderful Warfield House.

Early Saturday morning, we were joined by a number of locals who
just couldn't pass up on this perfect, fall-like riding day. Most people followed Liam, Steve and Harold for up to 3 ½ hours of riding on some dry, some wet trails while Stef took a smaller group out for 2 hours of mellow riding. Despite nearing the end of summer the park was hopping this weekend: a large SCA (or similar) outing at Camp Howe, a kayak-athon on Sunday and a full campground. It was great to see so many people enjoying this beautiful park, many of them on bikes! The morning ride left most attendees in various states of repose when it came time for the 2:00 afternoon ride. Nevertheless, two intrepid riders went out for a couple hours while most of the group either headed for home or opted for the scenic hike to Chapel Falls.

Following the hikes and rides we got down to business and spread out lots of superb food (fortunately as much dessert as main dishes). Comfortably stuffed, we unanimously decided to forgo the planned MTB polo match and night ride and settled around the giant fire pit for a campfire and camaraderie, toasted marshmallows and a few unauthorized malt beverages. Larry and Rick left in the wee hours of the morning to race and patrol (respectively) but locals Phil, Tom and Bill came bright and early to enjoy Harold’s delicious camp griddle pancakes, smothered in maple syrup from the South Face Farm only a few miles down the road. The four of them went on one last ride to round out the weekend, enjoyed leftover apple pie and helped break down our site.

Thanks to everyone who came out and made this a weekend to remember. A perfect weekend of biking, hiking, swimming, eating and relaxing in a beautiful setting surrounded by good friends. This is what mountain biking is all about. Happy fall everyone!

—Your friends of Pioneer Valley NEMBA

Chef Harold Green cooking breakfast for the campers

Salsaconceptdesigners Mark and Sean get their 'Rocky Mountain High' up above Salida, Colorado — Photo by Gnat

Salsa is dedicated to keeping the spirit of adventure alive in bicycling. We make bikes to help you get there.
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NEMBA chapters are involved in trail work projects all year long. This is not news, it’s the norm. Every year though a few projects seem to break new ground in one way or another. While an article that talks about every trail project that NEMBA is involved with would fill the next 5 issues of Singletracks, we would like to feature a few special projects.

Pioneer Valley NEMBA Trail Projects

By Harold Green

State Parks, Forests and Reservations:

As all Massachusetts trail builders are aware, the DCR has made several policy and staffing changes that have made any trails initiatives on state owned properties unattractive. Speaking personally, as a volunteer trail guy, I have absolutely no interest in chasing paperwork through a cumbersome process without a sure end point before embarking on a project to create, modify or repair a problem trail. If DCR’s intent was to assure no volunteer trail building and upkeep activity is authorized in their parks, they’ve done a superb job. If their intent was to improve the visitor’s experience in their properties, they’ve failed miserably.

Due to these new policies, I’m unaware of ANY authorized trail construction or update activity in the Pioneer Valley’s many State Properties. Does this mean that the PV chapter has been inactive and there is a trail construction moratorium? Hardly; just that the renegades are now in the forefront of trail activity and no one is working with DCR on projects. Bridges have been updated and a short section of new trail built in Wendell, high usage trail impacts have been mitigated at Batchelor Street, a short section of trail was rerouted around a new beaver dam at Dubuque, a few longstanding inadequacies have been addressed at the DAR and a large section of nearly closed trail was rejuvenated in the seldom visited Catamount property.

Charlemont Trails:

What a delight! NEMBA has basically been handed about 1000 acres of hilly woodlands and given free rein in building a single track trail network associated with two existing recreational destinations and a bed and breakfast/restaurant in this scenic valley about 100 miles from Boston. Guidelines for the project stipulate free trail access, though the landowners have reserved the right to charge guests for additional services such as premium parking, shuttles, lift access and of course meals and lodging.

What is here? Berkshire East, Zoar Outdoor and the Warfield House are the property owners making their lands available to us. Currently Zoar has about 5 miles of single track winding through their property which forms the western boundary of the project, Warfield house has about twice that in farm and logging roads as existing infrastructure and NEMBA’s completed about 3 miles of single track since starting work on this project. Berkshire East built a 3 mile single track that skirts and descends the eastern edge of their lands from the summit.

House of Correction’s work detail builds trail for PV NEMBA at Charlemont. Photo by Harold Green

Heather Linscott from Berkshire NEMBA came to help out PV NEMBA at Charlemont. Photo by Harold Green
to the base parking lot last summer and is working on some nice trail on the relatively flat top of Mount Institute.

I began this project by first bush-whacking through the Warfield woods for a couple sessions, roll of flagging tape in hand, marking places to go, and noting areas to avoid. Once I had a reasonable feel for the terrain, and an idea of what the character of these first couple of trails would be, I returned to the trail heads and flagged the rough routes, with one ribbon about every 100 feet or so. For the first trail we arranged for labor from the County House of Correction, so I took a more classic approach to flagging and pinflagged the entire route with one flag about every 5 feet. I generally skip this step, but those clearing, digging and shaping the trail wouldn't have the advantage of knowing what trail flow is, nor any of the other little tricks we trail builders take for granted as we wind our way making semi-permanent tracks through the forest.

We had these community service volunteers for one day and they whipped nearly a mile of trail into shape on that single session, unfortunately we haven’t been able to coordinate a return visit, though we’ll continue to investigate the opportunity.

Since that one session, NEMBA has held 4 official trails days in Charlemont that, though sparsely attended, have assisted in some of the more challenging sections of bench cutting. Thanks to those that have helped! The rest of the work done to date has been largely completed by me…

Once upon a time, all land was measured by the anachronistic measure equal to 5 ½ yards, the Rod. As I’ve spent most of the summer laboring in the woods accompanied by my dog Toby, I’ve come to realize that the Rod was probably developed by farmers and woodsmen as a reasonable section of land to work at a time. I find that as I’ve spent numerous hours in these woods that the Rod is somehow just a natural section to tackle at a time. After flagging about once every hundred feet, I begin shaping single track by clearing the brush for something near a Rod; I then rake the corridor clear of leaves, loose duff and debris, followed by bench cutting when the side slope dictates. Working alone, I’ve found that when I’ve tried to tackle too long a section at a time, I tend to need to return later to re-bench, or trim back brush I’ve overlooked. When I keep the distance short, a few steps forward and back, I get a much more uniform section of trail. A couple dozen laurel bushes pulled, a few small trees limbed, twenty or so swipes with the rake, rearrange a couple of boulders and maybe a hundred strokes with the McCloud and I’m ready to move forward.

I’ve gradually crept up, down and across the hillside a rod at a time, trying to keep the average grade reasonably within realistic parameters and yet assuring a trail that will be bi-directional, fun and suitable for all abilities while climbing a fairly steep hillside that gains several hundred feet of elevation. It’s slow, but rewarding work and the results are already bringing smiles to faces in the hill towns, though like any new trail, until it gets ridden, it isn’t finished.

Come on out and see for yourself. We’ll be holding trail work, ride sessions until snow flies on Friday afternoon/evenings. Follow the PV NEMBA facebook page for updates and where to meet.

Continued on page 10
Berkshire NEMBA - Family Trail Loop

By Brad Herder

Pittsfield State Forest

Our dream of creating some easy single track trails for kids and families to learn to mountain bike on has finally become a reality! People now have an alternative to riding hiking trails which generally go straight up the mountain or the ATV trails which are generally very rocky and very muddy.

There now are two beginner level singletrack loops in the Pittsfield State Forest for all to ride. One loop begins in the lower parking lot (Ski Lodge Parking) and is called Bear Claw. The other loop begins in the upper parking lot (Lulu Brook) and is called Deer Hill. They are all signed and ready to ride!
Beartown State Forest - Bridge and Trail Repair

While the following project may seem simple enough, replacing an old bridge, as with most 'simple' projects it involved a lot more than just building a bridge.

On Sunday May 22nd, 2011, Harry Meyer led a team of thirteen people doing a bunch of trail work in Beartown State Forest.

- Replaced an old rotten bridge with a new bridge
- Rerouted the entrance and exit to a drier area
- Cut brush back at least 1/4 mile of trail
- Drained mud holes from ATV damage
- Replaced the planking on another bridge until we can get in and replace the whole thing

Thanks to Ruth Wheeler, Celeste Young, Dale Finkle, Lisa and Bill Zigssworth, Dave Funk, Lindy Miller, Doug Clark, Ed Mahoney, Gary Millet and three others who we can't think of (sorry!).

Fairfield County NEMBA

By Ryan Tucker

Troutbrook Park

Fairfield County NEMBA in 2011 was focused on strengthening the relationships with all park land managers which culminated in a comprehensive 4 day IMBA event. This FC NEMBA sponsored event included a land manager workshop, a club care event, trail building school, which included 3 hours of classroom and 4 hours outdoor workshop at Troutbrook Park. Our push this year was to get more non-trail ambassadors out to assist on trail maintenance days, this
resulted in 251 total trail maintenance hours so far in 2011 for 5 parks, of which 167 hours were from trail ambassadors and 84 hours from volunteers. We will continue to grow our trail maintenance volunteer base so that we may expand our work into more parks throughout Fairfield County.

**Greater Boston NEMBA**

By Bill Cohn

**Landlocked Forest, Burlington**

It's been another great year of trail building projects for GB NEMBA. While we haven't broken records in terms of miles of trail built, we've made huge strides in building bridges, both figuratively and literally. A prime example is our work in Landlocked Forest (LLF), a sweet, compact tract of land which has pieces in Burlington, Lexington, and Bedford, MA. Formally known among a small set of local mountain bikers as the "Private Reserve", the LLF parcel was under threat of development for many years. Realizing that encouraging greater use and empowering local advocacy was a key to conserving the land, GB NEMBA adopted a multi-pronged strategy:

1) working with and nurturing conservation groups in the surrounding towns;
2) removing the "secret stash" veil and inviting the mountain biking community to explore and enjoy the area; and
3) improving access to and navigation (e.g. maps and signage) within the forest.

The "hands-on" part of the project began in October 2010, with the building of a 150 foot boardwalk over a swampy and therefore uninviting section of the parcel. Thirty-five volunteers exceeded all expectations and built in one long day a connector, which not only opened a significant portion of the LLF to multi-use, but provided a model to local advocates for the positive impact the biking community could have on the local resource.

In May GB NEMBA capitalized on the momentum and constructed a 125-foot boardwalk (complete with a "B" line for more adventurous riders) over what had been a broad, frequently flooded rocky

**GB NEMBA’s Tim Post teaching Burlington Boy Scouts about the business end of a pulaski. Photo by PK**
streambed. By this point, local advocates were publishing articles about the work in town newspapers and spreading the word about the transformative work GB NEMBA was doing.

Our springtime work in the LLF pulled all three parts of the strategy together. We assembled a motivated crew, most prominently featuring members of a Boy Scout troop from Burlington. After introductory words from both the conservation advocates and NEMBA leaders, and an extended tool and safety instruction talk (the kids were duly impressed by Tim Post’s “circle of death” warnings), we split into groups and built a ½ mile trail that provided much needed, easier access to the heart of the trail system. While the kids may not have moved as much earth as the adults, they learned the value of shared volunteer conservation work and took great pride in their accomplishment, which is now appropriately called “Scout Trail”.

To top off the already-productive day, the remaining crew tackled a ¾ mile branch off the Scout Trail, aiming to create a single-track alternative route to an exposed, fire/utility double-track. Surpassing even our own expectations, we finished the route in record time, laying down what is now aptly named “Extra Credit”.

It’s now September, and after a summer full of well-attended (average of 30 people) group rides in the LLF, we have a few smaller projects lined up and are poised for more ambitious work pending land management approvals. With the increased awareness and usage by bikers, hikers and local nature enthusiasts, we are excited about the continuing potential for the Landlocked Forest and for similar areas where we can replicate our success.

Q: What do mountain bikers do when it rains?
A: Paddle whitewater!

Whitewater kayaking is the perfect complement to mountain biking.

Reading a river is remarkably similar to reading a bike trail and the balance, agility and excitement all carry over from one sport to the other.

At Zoar Outdoor, we teach kayaking lessons for beginner to advanced paddlers, we sell gear for all styles of river running from play boating (think downhill bike) to river running (cross country bike) and we’re located on southern New England’s only summer whitewater - the Deerfield River in western Massachusetts.

In fact, the mountain biking here in Charlemont is pretty awesome as well!

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Fairfield County NEMBA is NEMBA’s newest chapter. It’s located at the extreme southwestern corner of New England. A region that many of us may have only visited on a trip to New York City. Too bad. Because on that hurried trip to someplace else you missed out on one of the best riding areas in all of New England.

There are almost too many good riding areas in Fairfield County to mention. A few of the better known include.

**Huntington State Park** in Redding, CT is a beautiful park that has been the focus of some serious NEMBA efforts over the years. The park features some amazingly tight and twisty single track on the Chimney trail and some neat flow interlaced with tech on the Rock n’ Roll trail. Huntington’s fire roads provide some great family and beginner entertainment, and if you’re into history, old mica mines can be found at the northern-most reaches of the park.

**Mianus River Park** is located in Stamford and Greenwich. It’s close to the New York border and sees a lot of visitors from New York City. At 393 acres it hosts miles of fun singletracks and fire roads. Newer riders will enjoy smooth flowy singletracks while more experienced riders can find lots or typical Connecticut rocks and roots to challenge themselves with.

**The Upper Paugussett State Forest** in Newtown offers more than a dozen miles of prime shared use riding on over 800 acres of land. The singletracks flow nicely through the property and include many technical challenges.

**Trumbull** hosts two great riding areas that are linked together by a rail bed. Pequonnock River Valley State Park is a freeriding paradise. It has a number of natural drops and lots of rock to ride on. There are four marked trails and a veritable maze of trails running between them. Old Mine Park, a former tungsten mine, consists of 72 acres and many miles of trails. Located a short ride north of Pequonnock on the rail bed it has a unique character all its own.

**Shelton Lakes** in Huntington hosts over 10 miles of trails. Most are flat and easy and it’s a good place to bring families or newer riders.

**Bennett’s Pond** is another great technical riding destination and will put you on your game, if you can get a guide, you can link up several other parks in the area for a massive epic ride. Also, for some free ride, technical, rock garden infested fun, Wilton Woods is extremely well maintained and has some of the best trail features to help rides move along the progression curve.

A growing index of Fairfield County’s riding can be found at www.fcnemba.org. Check it out, and I’m sure that the next time you’re in this area that you won’t be heading to New York City.
2011 has been a tremendous year for NEMBA racing. We have in essence two race teams, competing in the Root 66 and Eastern Fat Tire series held throughout the region. Every race weekend somewhere in New England there is a NEMBA Racing tent typically set up front and center.

Our race kits stand out in the crowd and our numbers rival that of larger more seasoned teams. The results speak for themselves, and we plan on a strong finish in September and October at both the Landmine Classic and Treasure Valley Rally. Most racers know NEMBA and the work that is done, so it only made sense to have an organization that builds, maintains, and promotes positive trail usage to have a team racing in the dirt.

It’s been nothing but positive experiences. Spectators will cheer as you whiz by or grind up a tough hill. "GO NEMBA" Typically, we’re at the venue’s early for set up and for send off of our novice racers who usually start early. The tent has frequent visitors stopping by with questions from other vendors and event volunteers who ask about our organization as well as new racers asking how they can pull on a green team jersey.

As racers we love the sport, but it’s not all about the racing, as almost all of our racers have picked up trail tools, chainsaws, loppers, and shovels to lend a hand in new trail construction and repair throughout the region.

Most recently our North Shore members have been hard at work clearing downed trees and debris from the Land Locked forest in Burlington Mass from hurricane Irene.

On the Root 66 side of the team we had a good start to the early season with Mark Lurie, Melissa Roti, Harold Green, Jeff Green, Fabian Esponda, Mark Gedraitis and Art Roti attending several of the Root 66 races. The first race of the year was the King of Burlingame MTB TT where Melissa, Art, and Fabian and Mark and Carl from the EFTA contingent raced. This a great way to test your fitness with a quick 7 mile race that has a good mix of technical singletrack and wide open dirt roads. The next race was the Winding Trails Race in Farmington, CT. We had seven racers at this early season race. It is a nice follow on to the TT as the course is fairly flat and fast. Next up was Massasoit Lung Opener where Mark Lurie and Fabian flew the NEMBA flag in the Singlespeed class in a WET race. The Winsted Woods race was another muddy event that only Mark Lurie could attend. He represented once again in the Singlespeed category. At the Coyote Hill Race Fabian pulled off a 3rd place in the Singlespeed category. At Domnaraski Farm Mark Lurie and Fabian were joined by Harold Green. Fabian both promoted and won the Cat 2 singlespeed race at the Wrath of the Boneyard in Meriden. Fabian took the trip up to Putney for an extremely fun course and took a 5th place in Cat 2 singlespeed. In August Fabian and Dan Voss raced at the Hodges Village Dam race in Oxford MA. Fabian took 4th and Dan took 2nd. Finally Jeff Green and Mark Horvath did the Millstone Grind in Websterville, VT. Unfortunately, the final race in the series was cancelled due to Hurricane Irene. Art Roti raced in the U-MASS MTB race (non Root 66) as well. This is a pretty hilly race for a short loop. Every gear on your bike gets used in this race. Next year we hope to get a few more people on the Root 66 circuit to get the kind of attendance that the EFTA part of the team had. It sure has been a fun season.

Hard to believe the EFTA series (Eastern Fat Tire Association) has only one race left. This year our NEMBA race team presence has been
strong through the first seven races of the series, and on average we're seeing 6-10 racers per event. We've also got a full spectrum of riders representing all of the major fields. Expert, single speed, sport, and novice are all covered. Results thus far have been better than expected. EFTA has a team competition again this year as well that is growing in popularity and our team currently sits in 3rd.

EFTA has eight races throughout the year, with the best seven to count towards your points. As in the past, it starts with the Gloucester Grind. A relatively flat course with lots of twists and turns, but the big story here was the mud holes! Win the mud win the race. Six racers made the trek south and five out of the six took a top five or better.

"This was my only EFTA race," said Shawn Smith. "I missed last year so I was excited to check it out. Early season fitness was certainly there as well. From the half lap pre ride it was apparent that the whole shot here would put you in great shape. Steve C and I lined up front row. We were 3rd and 4th into the first muddy bottleneck. Due to the wet conditions bikes and bodies were all over the place. Knee deep mud in many spots slowed riders down and maybe even broke spirits and bikes. I sat in second till the start of the last lap. Like so many races this year mother nature would dump a lap worth of rain on an already slippery course. Took a forth place finish in my first race in Expert. A great day indeed."  

The following weekend was the Weeping Willow at Willowdale State Forest. Once again the largest race due to its close proximity to Boston. Over 400 racers again this year on what some believe, is the best single-track in the series. Ten racers four, top ten finishes.

According to Shaun Pinney, "It was my first race on a singlespeed so I had no idea what to expect. I started slow, not really sure how my body would react to the whole not shifting thing. Eventually some of them pulled away and I kept up my rather slow pace. Lap two I thought went a little bit better. I passed a couple racers and was able to apply more power to the pedals without any major issues. I ended up 20th out of a giant 30-person single speed field. I also cut 15+ minutes off my finishing time from last year's race when I was racing in Sport. So overall I called it a early season win and a great start to my singlespeed career".

The third race was the Big Ring Rumpus, this was the second year for the Rumpus and it certainly gained a bit more in popularity. This is not your typical mountain bike race. Corners are sketchy, but no hills or technical features here. Drafting and tactics are what will get you a podium. That is if your lungs and legs can keep up with the pack. Seven racers, four top tens, and 2 podiums — not bad at all!

Alfred Gadway commented, "I have ridden this race in both years that it has been run, and it is fast. 2010 it was my first race ever and I had no idea what to do. The first thing I learned was to go and not stop...as fast as possible! This track has lots of straights and is mostly smooth and rolling. The few turns are quick and loose, so be careful. I have raced the course with a full suspension bike because it's all I own for a mountain bike but I think this course would be best suited with a fully rigid 29er."

EFTA #4 The Pinnacle in Newport NH. This is another racer favorite, with the newly added free ride style berms and the legendary 30+ MPH "Plunge" this race is the total package. The course is simple, climb for about three miles and then hold on for some of the best downhill around, and if you're lucky enough to race in expert you get to do it three times. Three podiums obtained on this day.

"I haven't missed the Pinnacle in the past 7 years," says Kevin Orlowski. "I got a good start and was about mid pack heading up the first 3 miles of climbing. I was able to hold off the Experts chasing until just about the top and then the fast guys started catching me. Teammate Shawn Smith got a front row seat for my "Descending fast on a fully rigid bike" clinic I had scheduled for that morning. I had a blast pushing it hard in a line of Experts descending full on through those large berms and excellent terrain. Unfortunately I was having a bit too much fun and misjudged a line and had a pretty spectacular crash trying to squeak through a turn and some trees at high speed. Didn't quite work out for me but I avoided any damage to bike or body.

Continued on page 18
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and continued on my way. I was able to keep things together and thanks to a crucial bottle pass from Carl heading into the final lap I was able to finish strong and come in for 6th of 14. One of my best races of the year and I’m already looking forward to hurting on this course next year.”

2011 would see the return of the All out in Moody Park EFTA #5. Classic single-track with a downhill start and the much anticipated “Gravity Cavity”. There’s would be only one problem. Mud. Lots of Mud. The kind of Mud that eats even 29er sized wheels. Watching the Sport and Novice riders finishing up you knew that it was going to be a hard day. Everyone’s bikes were brown with caked earth and label-less. After this race new brake pads would be needed. Two podiums on the day: Carl Devincent would earn Team NEMBA a first place, and all racers would finish in the top ten.

According to Greg Katz, “It was a total mud fest today at Moody Park. We all thought that it couldn't get much worse than the Gloucester Grind earlier in the year. Wrong! Three inches of rain during the days leading up to Sunday over-whelmed the trails. A kayak would have been more appropriate. Lots of chain suck, squealing brakes and bikes (and riders) stuck in two feet of mud!”

The sixth race would be held in Camden ME for the Maine Sport Runoff. It is by far the furthest race for most of us in the series, but we sent our top two guys in Expert and Sport to take care of business. When the gun goes off here you better be ready cause you’re going straight to the top of the Camden Snow Bowl. A series of tight root infested switch-backs get you to the top. As with most races held at ski hills you get a great view at the top and a screaming downhill to follow. Steve Crossley would net EFTA our second first place of the season here.

Carl Devincent commented that “while we were at the start line waiting to go one of the riders asked the promoter what the distance was for the sports… his response: “12 miles consisting of 1 full lap and 2 half laps, but before you say just 12 know most people say its the hardest 12 miles of their life” Man why do people need to go and be right all the time. Immediately out of the gate its all climbing and its really steep, tight and technical”.

EFTA #7 The Horror at Harding Hill. The heat would be the factor here as temps were easily in the 90’s for the mass starts. The stars would come out to shine on this day with NEMBA taking three first place finishes. Steve Crossley, Carl Devincent, and Leah Breen would represent.

“Things got going with the mass start up a grassy hill...WEEEEEEE! I was about mid pack sucking dust from the dry fire roads kicked up by le peloton. Just like the tour, nervous first lap jitters caused a pile up. Fairly hilarious...looked just like the tour too. From my point of view I just saw a bike shoot up in the air and then a bunch of dudes tip over”, said Kevin Orlowski.

Final Results

Individual results have been strong. Steven Crossley sits in 1st place in Expert Vet I. Steve also has locked up #1 for the overall EFTA points title, an impressive accomplishment. After finishing 1st overall in Sport last year, Shawn Smith currently holds a 5th place in Expert Vet I, and has a shot at a podium. Back again for more punishment, racing in the Single Speed division our very own Kevin Orlowski. Currently he’s sitting in 5th place, and is eying a 4th place spot. Kevin also has Shaun Pinney riding along side him this year in support. Our Sport team is the core of our team. Carl DeVincent is by far our hardest worker and is a lock for the Sport Vet I title. So we’ll see Carl racing Expert in October. Also, we have two new Sport Vet II’s racing in the largest and perhaps EFTA’s most competitive division. Greg Katz and Howard Granat. Greg sits currently only a mere 60 points out of a top 10 in Vet II. Returning racer Mark Horvath sits in 11th in the Sport Master division. Last but not least our Novice racers. Currently sitting in 2nd place Al Gadway. Al needs 120 points to retake 1st for the overall, and one way or another we’ll see him in Sport in 2012. Leah Breen, came out for the Horror and crushed her competition taking first place.
EVERY DETAIL MATTERS

The Technology: Trek Custom Fox Fork
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The biggest advantage that we mountain bikers have over hikers and runners is momentum. When we get going we tend to flow over everything while foot-based trail travelers have to concern themselves with every step.

Very good riders tend to fly through everything as though it wasn’t there, almost to the point that they seem to be riding on a different trail than the rest of us. Their secret, well, it’s part skill, but mostly it’s momentum.

Using momentum to your advantage saves you a lot of energy when you ride. When you’re in motion everything is easier. As your speed increases your balance improves and your bike tends to roll over trail obstructions like roots and rocks rather than be slowed down or stopped by them. Good riders know this and they try as hard as they can to ride efficiently, IE to not waste momentum.

The best way to practice saving momentum is to shift your bike more. Shift up when it’s easy to pedal and down as it becomes more difficult. If you pay attention to the people around you you’ll notice that the most efficient riders are constantly shifting their bikes to stay at their most efficient pedaling cadence. These riders are probably shifting their bikes much more than you are, and, as a bonus, getting tired much slower.

Singlespeed riders take advantage of momentum too. You’ll often see them accelerate before hills and technical sections so that momentum rather than muscle strength powers their bikes.

This is a good technique to practice on a geared bike too. For example; when approaching a small hill accelerate as much as you can so that momentum will carry you as high on the hill as it can. With a little practice you may find yourself cresting these hills without even increasing your respiration rate instead of panting as you do now. In rolling terrain take advantage of the downhills, shift up and keep pedaling instead of just coasting. Let your momentum increase and use it to carry you to, hopefully, the top of the next rise.

If you’re following someone and you know that they will shift down and struggle up the next rise, back off, put a lot of space between you and them, and while they grind up the hill, accelerate and hit the base of the hill with momentum. Oftentimes you’ll find yourself passing your friend and they may never be able to figure out why.

Of course the quest for momentum doesn’t give you license to fly through the woods with complete abandon. You are always sharing trails with others, and you never know what’s coming up around the next corner. So only go faster when you have a clear vision of what’s coming. Never go so fast that you can’t come to a safe, controlled, stop.

In technical terrain, let’s say a long series of rocks or roots, use momentum to make things easier. Instead of slowing down to the point where you can avoid or deal with each individual obstruction, slowing down to the point where your wheels drop down between everything on the trail, pick a straight line and go a little faster. Let your momentum carry you through the obstructions. Isaac Newton’s second law states that “an object in uniform motion stays in motion unless an external force acts on it”.

When you’re riding every one of the roots and rocks in you path could be the external force that slows you down, or causes you to stop, or fall — but only if you let it.

It’s OK to slow down as you approach obstructions, but just before you get to them, pick your best straightest line and accelerate a little. Try to go into the series of obstacles with an increasing momentum bias rather than a decreasing one. If it’s a long series of obstructions keep pedaling. You’ll be surprised how much easier everything is.

How much faster is enough? Well, surprisingly, not much at all. Only one to two miles an hour more is usually enough to move you from bouncing from one thing to the next while you struggle for control, to slipping smoothly through things as though they weren’t there.

We’ve all seen those great riders who seem to float through everything without effort. Well, truth is, when you’re doing it right, it is almost without effort. Make momentum your best friend when you ride and you’ll see what I mean.
AUTUMN

By Philippe Guillerm

WILLY GO

SEPTEMBER 15 AT 5:30 PM

OCTOBER 1 AT 5:30 PM

OCTOBER 15 AT 5:30 PM

www.bicyclecomicjokes.blogspot.com
Well, some of our chapter members have discovered bike polo. Forget about the subtle aspects of flow in beautiful singletrack. No need for big travel full suspension bikes. Gone are conversations about the merits of seatpost drops or low pressure tubeless tires. The arguments now are about mallet size and wheel design. And how much fun it is to ride a flat field and whack a ball around. I was just starting to get good at riding log skinnies, and now everyone wants to ride in a soccer field. Maybe it's time to retire my leisure suit too.

This new cycling adventure was unveiled to our chapter members at our July BBQ and ride. It's quickly gaining an ardent following among the Keene members. Matches have been happening Wednesday evenings on the grounds of the Recreation Center in Keene.

For those of us still listening to John Prine and the Beatles, who embrace all that's retro, or are just convinced of the merits of classics, the work on the trails continues. In Brattleboro we've been upgrading trails with an eye for bridging and armorning. We recently received permission from a private landowner to rehab a critical section of the trails that are habitually wet and muddy. In Keene, we have reached the final stages of a formal MOU with the city of Keene which provides the outline for our responsibilities to the trails at Drummer Hill.

Our chapter decided to respond positively to the invitation from the state of NH to join the efforts in maintaining trails in Pisgah State Park. We will be entering into an MOU with the state towards this end.

We've decided to postpone hosting a trail school until next year, as we lacked the time needed to prepare well for such an event. Apologies to anyone who might have been making plans to join the weekend event this fall. —Paul Rodrigue

BK NEMBA board meeting at palatial BK NEMBA Towers in Brattleboro. Photo by Malcolm Moore

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After an eventful summer of riding, trail maintenance and the endurance race that the Carrabassett Region NEMBA hosted along with the town of Carrabassett Valley, Hurricane Irene paid a visit and put a damper on our summer fun. Remarkably there were very few trees down and most of the single track trails held up just fine. The hard work completed during the past year really paid off with the trails being able to absorb and deflect the 8-9 inches of rain we received that day.

One area that did not fare well was the Carrabassett River itself. Being the main watershed for the western Maine mountains, it swelled to depths never seen before. Unfortunately the Narrow Gauge trail that runs along the river was washed out in several sections along with the large steel bridge that links the Narrow Gauge trails to the Outdoor Center trails. Moreover, the single track trails that run next to the river were inundated with piles of logs, sand, gravel and other debris.

The Carrabassett town manager has already stated that replacing the mountain bike bridge over the river as well as repairing the Narrow Gauge trail are a top priority, so we will be back to riding all of the routes in Carrabassett Valley before we know it!

News from CR NEMBA’s executive committee:

The Town and MH&G are ready to work on a plan to coordinate our efforts to build and maintain more MTB trail in the valley. The club was asked by the town if we were willing to be the group that would maintain the MTB tails in Carrabassett Valley. This is consistent with our mission, and we said that we’re willing to do it but that the details will need to be worked out. On Dave Cota’s suggestion, CR NEMBA will be submitting an annual trail maintenance budget to put in front of the town selectmen by Dec. 31. The snowmobile and ATV clubs already receive money from the town for trail maintenance. This funding would be in addition to construction money.

Maine Huts & Trails is developing a strategic plan to improve their existing trails and build new singletrack reroutes and stacked loops over the next 3 years. They are talking about a crew that could possibly work with trail building machines, and they are looking for our input on what to do, where to do it, as well as help prioritizing projects. There was lots of discussion about the Dead Moose section of the Stratton Brook loop as well as the north side of Poplar Mountain, and CR NEMBA’s trails committee will continue to work on this.

Lastly, we will be developing a map, new kiosk(s) and signage system over the winter. We need to decide what trails we are going to put on the map, name trails and choose a method of signage, design a map, get it printed. This will also require going back to landowners (Penobscot Nation, Sugarloaf, CV Sewer Department, and Bigelow Preserve) for permission to mark and map. If you would like to help with this, contact David Hughes.

—Glenn Morrell / David Hughes
First Annual Mountain Bike Festival A Success Despite Irene!

She threatened, she rained, she screamed at 70+ mph, but she couldn't stop nearly fifty people from enjoying the first ever Central Maine Mountain Bike Festival at the Quarry Road Recreation Area in Waterville. Well, OK, hurricane Irene did manage to turn a weekend event into a one-day fiesta but it was hard to tell that she was anywhere near New England that Saturday in late August as beginners and experienced riders alike enjoyed a lot of hot sunshine with their single track.

For the day’s first ride in the morning, three separate groups sampled trails that ranged from a gravel -> well-groomed hiking path to twenty miles of single track for the more advanced mountain bikers. Others tried some of the more intermediate track that makes up the majority of trails in the Quarry Road area- a former downhill ski hill and current X-country ski area during the winter season. The advanced ride got a taste of what some of the new connector trails will look like between the Quarry Road and Pine Ridge. Those new trails are being developed as we speak. Everyone got back in time to chow on some of the many pizzas provided by the local Domino’s and after lunch, a large group traveled across town to the Pine Ridge Trails and had another spectacular ride on those trails that were dry, clear and in great shape. That would change over the next 24 hours, but on the eve of Irene, the festival proved a rider’s dream. The purpose behind the 1st Annual Central Maine Mountain Bike Festival was to showcase the fantastic riding opportunities these trails offer at both Quarry Road and Pine Ridge. Crews of volunteers have worked to create (and maintain) miles of quality single track for the past three years and the MTB Festival serves as a way to show them off.

Two local bike shops, Auclair Cycle & Ski and Mathieu’s Cycle provided support for the day. Auclair’s provided a mechanic (thanks Dave!) and Mathieu’s served up delicious burgers and hot dogs (thanks John!) while the band played and cyclists reflected on the day’s rides. The Bicycle Coalition of Maine, Kennebec Messalonskee Trails and Waterville Parks & Rec also helped with promotion and by having a presence at the event. Brian Alexander, President of CeMeNEMBA says, “I wish to thank all the riders that came out to enjoy the day as well as the many CeMeNEMBA volunteers that helped make this happen. I would also like to thank our sponsors for their generous donations and for showing up and helping out.”

The day was filled with happy, smiley faces and even some non-riding activities. The National Guard showed up with a portable climbing wall but unfortunately had to bail at the last minute. Dave Richard of the Central Maine Cycling Club (CMCC) brought his family, a generator and a bouncey house for the kids. He was last seen with his kids bouncing up and down on him as the bouncey house collapsed around him. His generator provided the juice for the Steve Vellani Duo, a couple of very talented guys on guitars who helped bring the day to a close with a rather dreary cover of Good Night Irene.

Preparations are already underway for next year’s festival and it is expected that with the success of this year’s event behind us, and no hurricane in the forecast, the 2nd Annual CeMeNEMBA Mountain Bike Festival will prove even more fun than the first! —Pete Phair

A few scenes from the Maine Mountain Bike Festival. Photos by Brian Alexander
Earlier this year, both the Norwalk and West Hartford REI stores nominated CT NEMBA for $5,000 grants. On September 17th, the Chapter will be receiving a Grant from REI for $10,000! The grant proposals submitted were for a new trail and other trail improvements at Collis P Huntington State Park, bolster the TA Program there, and to develop a Trail Ambassador and Trail Maintenance Program for the West Hartford Reservoir. The grant will be used to buy trail tools, build board walks, educate trail users on trail building techniques, and supply trail ambassadors with new kits, including bike tools and uniforms.

The New Trail at Collis P Huntington State Park will be a coordinated effort with Fairfield County NEMBA that will extend the Rock and Roll Trail by upwards of 1.5 miles, re-route and repair the blue trail so that it's more sustainable as well as tying in with the new trail and connecting to the single track south of the White Trail/South Pond Carriage Road. Weekend trail building sessions will soon be organized so if you want to have input on this trail, let me know.

Continued on page 26

Stephen Hull and Glenn Vernes work on the tranny on the new Rusty Truck Boardwalk at Huntington State Park

Paula Burton removing some post-Irene blowdowns at Huntington State Park. Photos by Mark Lurie

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Paula Burton removing some post-Irene blowdowns at Huntington State Park. Photos by Mark Lurie
Trails in Connecticut took a beating this summer as a result of Hurricane Irene. Every riding area in the state was impacted and CT NEMBA Trail Ambassadors spent quite a bit time and effort clearing blowdowns and picking up sticks.

Earlier this month, CT NEMBA’s first Biketemberfest, or Bikes, Brats and Beers Ride was a smashing success! 15 riders showed up for a spectacular Saturday morning to ride Rocky Neck State Park in East Lyme, CT. Rocky Neck took a beating from Tropical Irene a few weeks ago and last week also got a big helping of rain water from the remnants Tropical Storm Lee. Except for a few blowdowns on the Red and White Trails you could barely tell that this area has suffered two tropical storms in the past two weeks, all thanks to the diligent efforts of the areas Trail Ambassadors, Cory Stiff, Steve Eldridge and Thom Lamourine.

It was a diverse mix of riders from all over the state. We had people from as far north as Barkhamsted, South Windsor, and even Brewster, MA. There were quite a few people from western Connecticut including Newtown, Oxford, and Shelton of course quite a few people from the local area. Steve Eldridge led the ride and Mark Sponauer rode sweep. It was great that this big of a group could stay together on a two plus hour ride. Granted Rocky Neck State Park is not a very difficult or large riding area it is still a fun place to ride with many different challenges that you would think wouldn't exist in a park this size.

Afterwards, we sampled Brews from the Berkshire Brewing Company. Big thanks to Ken Turcotte owner of Divine Wine, a local wine specialty shop and package store which is across the street from the Rocky Neck State Park trail for setting this up and letting us collocate our event with his beer tasting. This all came about while I was vacationing in nearby Giants Neck and visited Divine Wine looking for BBC and Ken mentioned that he had just met with the local BBC representative. I suggested that maybe we could do a joint ride and tasting event.

Since I didn't live in the area, Thom Lamourine handled the planning and coordination of the Bike, Brats and Brews ride, and did awesome job grilling the frankfurters and bratwurst. Thom also coordinated with Andrew Watson, the owner of Watson Cycles, and hand made and custom bike builder to display some of his bikes and they were indeed something to look at.

Hopefully, you had the opportunity to either ride at the Goodwin State Park Mountain Bike Potluck ride or better yet join us for the Fall Fiesta at Gay City State Park. If you missed these events, be sure to check our website for additional ride events in the coming months like the annual Veterans Day Ride and the Black Friday Ride.

Hope to see you on the trail! —Mark Lurie
FC NEMBA recently played host to two visitors: one welcome, one not.

First the IMBA Trail Care Crew arrived and showed us with knowledge and flooded us with excitement. We were lucky to have two crews on hand and to have three events. The Land Manager Training, the Club Care Event and the Trail School. Each was well attended and well received. It was great to further solidify our relationships with our land managers and by the end of Club Care Event, excellent ideas to help grow our fledging chapter were brewing. Perhaps the most exciting part of IMBA’s visit was building "The Great Wall of Troutbrook."

Near the entrance of the park there was a classic fall-line trail. It was far too wide, very eroded and ugly. To one side of the fall-line trail there is a drop off, to the other sensitive native fauna on a very steep slope. In order to reroute the trail we had to build a crib walled crowned switchback, an undertaking of serious magnitude, and replant a number of ferns and saplings. We were excited to not only be getting rid of some nasty fall-line, but also to be learning such advanced trail building technique. It took about 5 hours of back breaking work and over 10,000lbs of rock and dirt to get the job done. A number of people took turns transporting and placing rock, while others benched, collected dirt and prepped the trail on either end of the turn. The result is spectacular. The old trail is hardly visible thanks to newly planted vegetation and the new trail flows perfectly.

The work was very hard, by the end of the day everyone wore the same dirt uniform and war paint but it is great to have such an impressive show-piece right at the entrance to the park. The project’s success is all the more satisfying because it was accomplished right alongside volunteers from the land trust. We couldn’t be happier with what we learned from Steve, Morgan, Jake and Jenny from IMBA or how awesome the project turned out. Thanks to IMBA for quenching our thirst for trail building knowledge!

Our second visitor wasn’t nearly as fun to hang out with as the IMBA crew. Irene was rather nasty, although not as bad as her reputation made her out to be. After dumping historic rainfall on our area and ripping 60-80 mph winds through the trees she left many of our parks in a state of great disorder. Our crew member’s chainsaw literally died from exhaustion and at least one other needs a chain. Big thanks are owed to all the crews for helping to get the trails cleared. The ladies at Trumbull sawed instead of riding as did the boys at Wilton Woods, while others joined forces with the friends group at Mianus to get things open there. The job isn’t finished yet and we continue to saw our way through the downed trees around the county. On the upside, Irene did show us something positive too. Our reroutes held up beautifully, especially the one at Troutbrook. Maybe Irene was just working as an undercover inspector checking our work… if so, I hope she is a little kinder to our parks and neighbors if she or any of her coworkers visit again.

As we head into the Fall riding season, keep an eye on the website and the Facebook pages as we have plans to keep the cranks turning until the snow comes down. The fall season offers some of the best weather to experience our singletrack and we aim to get as many rides in as we can, if only to shed the pounds we'll likely gain as the holidays and cold weather stare us down. Feel free to email us if you have any ideas for rides at FCNEMBA@gmail.com, see you on the trails!

—Ryan Tucker
The plan was released just as we're going to press but our initial—very preliminary—read on the Falls Draft RMP is positive. DCR has gone to great lengths to document and validate that mountain biking is an absolutely appropriate activity in the Fells and deserves expanded access. It is a good starting point and a lot of thought and hard work was put into this document. We will have more detailed feedback and comments on it shortly.

Summary of the important parts that are of immediate interest:

- The Draft RMP has essentially all the pieces that DCR was proposing in the Draft Trails Plan.
- Reservoir Trail (Orange) becomes multi-use
- Dark Hollow Pond gets 1-3 mountain bike trails
- The Eastern side of the Fells is targeted for expanded mountain bike access including possibly the Rock Circuit Trail
- Winter closure (as enacted last January) is still the month of March or as conditions require
- Existing MTB Loop, Reservoir and Skyline trails will likely be de-aligned to separate them where they overlap

Out of deference to pedestrians, DCR is designating the Skyline (White) Trail as pedestrian only. We know this has some favored technical sections but we believe that the compromise of expanded access on the East side (with the technical opportunities of the Rock Circuit) is a fair one. DCR believes that part of the solution to user conflicts at the Fells is separation of use: have some pedestrian-only and mtb-only trails.

We would encourage reading the Draft RMP. Go to www.gbnemba.org for the link to download the RMP.

We are now in the next phase: 60 days of public comment. Then DCR incorporates comments and releases a version that gets reviewed and hopefully approved by the Stewardship Council. So, we're not quite done yet… but we're getting very close!

It's been a long road without clear outcomes and a fair amount of discouragement over the last 25 years. I'm optimistic that this process is yielding the start of positive changes for equitable access in the fells for all of us. Thanks for being patient and pitching in when we've put the call out. There will be a next action request of all of you to send in comments but that will follow a more detailed set of comments from GBNEMBA on the Draft RMP.

GBNEMBA's Weekly Ride Series:

And let's not forget our Weekly Ride Series that was finally forced by darkness to wrap up in mid-September. GBNEMBA sponsored the Wednesday Night PYT "Practice Your Technique" Rides at the Fells and the Thursday Night Social Ride at the Land Locked Forest between April and September. Exceeding our wildest imagination, the rides were a total success having over 400 enthusiastic riders participating throughout the season. Thanks to Adam Glick for organizing and running the series.

Ride Like a Girl Series:

The "Ride Like A Girl" series certainly generated a lot of buzz this year. The monthly rides were a total success and we hope they become a mainstay of the GBNEMBA Ride Series. Much thanks go to Karen Eagan and her team for making this happen.

DCR / NEMBA Explorers Kid's Ride Series:

As with the Weekly Ride Series, the monthly "Kids Ride" was a season highlight. Started in 2007, the Massachusetts DCR created a program designed to provide outside supervised activities for children: No Child Left Inside." To this, GBNEMBA stepped up and organized a mountain bike experience allowing local kids to get a taste of riding single-track. Through the Explorers ride, GBNEMBA's introduced children to the fun and excitement that came from mountain biking and at the same time developed the kids' appreciation for the rules of the park and care of the trails. Adam Glick did a fabulous job organizing and running this series which draws 15-20 riders each month.

All this culminates on October 1st with the National 'Take a Kid Mountain Bike Day.' In cooperation with the DCR and much appreciated support from IMBA and local businesses, we expect a great turnout for the all-day event at the Middlesex Fells.

Mountain Bike Patrol:

With 2011 coming to a close, the New England Mountain Bike Patrol remains busy patrolling area parks and supporting local mountain bike events.

Reaching out to help others, the Patrol provided First Aid coverage at the Landmine Race at Wompy on September 11th. With over 425 racers, the weather was perfect. Though the Patrol was happy everything went smoothly, they treated a small number of racers with cuts and bruises. All-in-all, the day was perfect with everyone having a tremendous time.

Keep an eye open for the Patrol. They'll be at the Great Brook MBAS on Sept 18th, the Land Locked Forest Social Ride on Sept 24th and the Foxboro MBAS on Sept 25th. In October, the Patrol will be busy at Take a Kid Mountain Bike Day at the Fells on the 1st, the two-day NEMBAFest on October 8th and 9th, and the annual "Wicked Ride of the East" at Harold Parker on the 30th.

With a number of new members, the Patrol is increasing its visibility and providing expanded services to NEMBA. Working towards a more regional look, the Patrol continues to look for new volunteers.

If you're interested in the Patrol, contact them. To become a Patroller, you will need to attend the annual Patrol Clinic where each Patroller is certified in First Aid and CPR and receives training on Patrolling skills, basic bike maintenance, conflict management, and park rules and regulations. No experience is necessary and the veterans will get you certified in First Aid and the very necessary basic bike repair skills.

—Terry Kennedy
This season, Merrimack Valley completed trail maintenance at Lowell Dracut Tyngsborough State Forest and Great Brook Farm in Carlisle. Since there were no new trail projects at either location this year, we turned our efforts to keeping trail corridors in top shape. Even with hurricane Irene passing through our area, we experienced only minor storm damage at Lowell and virtually no damage at Great Brook Farm or Russell Mill. Any trail blockages we did find after the storm were quickly removed and used to keep the single track “single”. The result of our maintenance days and impromptu maintenance is that Lowell Dracut, Great Brook Farm and Russell Mill are in great shape for riders of all abilities.

Now that the days are getting shorter, our Tuesday night and Friday night group rides are getting shorter and finishing with lights. Night riding in the New England woods is a completely different experience. The challenge of maintaining speed and balance over technical terrain is made even more interesting in the dark. If night riding interests you, then pick up a light at your local bike shop and give it a try. The prices of reliable, high quality LED lighting are more affordable than ever.

With a simple helmet set up, you can enjoy a whole different dimension of mountain biking - blasting through the darkness behind a beam of light.

This fall, we have our last annual chapter meeting to plan for 2012 and hold our annual elections. If you’re interested in any part of our chapter operation from leading a group ride to trail maintenance to helping run the chapter, send me an email: W4LRU5@yahoo.com. There are many ways which you can help and opportunities to volunteer. Where else can you have this much fun?

See you on the trail! —Stuart McDonald
Ride the Trails

The fall season of mountain biking is upon us here in Midcoast Maine, which for many, is the season of choice for riding and trail building. It’s also a great time to experience lift served mountain biking at the "Bowl". Riding the lift allows you to experience anywhere from a three minute run down the mountain or up to a 3+ hour all mountain experience. Don’t forget to arrive early to fuel up during the pancake breakfasts.

Trails:

**Ragged Mountain Preserve (RMP):** We completed the trail route near Massey Falls. McNEMBA and the Coastal Mountains Land Trust (CMLT) will be celebrating the “official” opening on Sept 21st at the Camden Snow Bowl with group ride along the trail. We will be working with CMLT to flag out a new connector trail that will offer a more gradual climb to the Massey Falls intersection this fall. We are also continuing to work with CMLT on the “round the mountain” trail vision and will update everyone with details as they become available.

**Camden Snow Bowl:** Trail work has been steady at the Snow Bowl this year. We have constructed/repaired three bridges, completed multiple rock armoring projects, and made some improvements to a number of the hair pin turns on the mountain. Work has also begun on the new shared use trail, which will involve closing the Jibe (yellow) trail for the remainder of the season for safety reasons. There is no doubt that this trail will impact singletrack segments that many have grown to cherish and there will be a lot of work to connect the dots to rebuild the single track in that area in 2012. The finished product is intended to provide an easier route to access other novice and intermediate terrain that exists on the mountain.

**Camden Hills State Park (CHSP):** I recently went for a ride at CHSP and decided to increase our involvement there to help improve existing singletrack there. We are going to try and coordinate a couple of trail work/ride sessions this fall and will likely take advantage of some of their fantastic camping accommodations, which includes an impressive ski shelter midway through the mountain. Initial work will likely involve maintenance and improvements to the Summer Bypass and Frohock trails in the interim. Stay tuned!

**Membership and Volunteers:**

The trails we love to ride are built and maintained by passionate and dedicated volunteers. Please consider giving 2-3 hours back to the trails this fall. If trail building isn’t your thing, that’s ok. We also need people to lead group rides, help with outreach/membership, among other things. We also need members! Membership strengthens our voice to advocate for mountain biking and access to trails. It also provides the financial means to purchase tools, material, and other necessary items for McNEMBA to continue improving mountain biking in Midcoast Maine.

**Upcoming events:**

- Group rides - Check our Facebook page for time and locations.
- Oct 2nd - Lift served MTB, Take a Kid Mountain Biking Day. (Camden Snow Bowl).
- Oct 9th - Lift served MTB, Ragged Mountain Festival (Camden Snow Bowl).
- Oct 16th and 23rd - Lift served MTB. (Camden Snow Bowl).
- Nov (TBD) - Turkey Burner Endurance ride

**Interested in becoming more involved?** Send an email to j-anders@roadrunner.com. Don’t forget to visit Midcoast Maine NEMBA on Facebook.

—John Anders

Rider: Carl Adams  Photo by Maine Media Workshop

Rider: Tim Sewall  Photo by Maine Media Workshop
North Shore NEMBA enjoyed a good summer of mountain biking, the trails were in good shape with just enough rain to keep the dust down. Thankfully the hurricane spared our local trails of any great damage, with not as much wind and far less rain than many other areas in New England.

The Moots ride series on Monday and Thursdays have concluded for the 2011 season. The Willowdale and Harold Parker group ride events were quite successful with great attendance again this year. Hopefully you were able to participate in some of the rides, if you missed out, plan to join us next spring when the evening rides returns.

The August chapter meeting saw 22 people in attendance. Topic for discussion included fall trail projects to be completed at both Greenwood Ave and HP. The Essex County Greenbelt Association impending land purchase plans at Tompson Street. Plans for the upcoming Wicked Ride of the East were also reviewed. Thanks goes out to Tim Willis for hosting the event and doing such a great job on the grill! Prior to the meeting the group enjoyed a tour of Ward Reservation’s best single track.

On September 17th the north shore chapter trail crew built a new trail and installed a 36 foot bridge at Beverly Commons. The half mile single track replaces the seldom used Susan Winchester trail that was always wet and erosion prone, making the trail impassable most of the time. The new trail uses proper trail building technique. The new design moves the run to higher ground, crossing some nice rock ledges, and incorporating lots of turns. The trail flows well in either way you ride it, but looks particularly good in the downhill direction. Once again thank goes to Dan Streeter who worked on this trail project for over a year, making many trips to the Beverly Conservation Committee, and the ECGA.

The annual Wicked Ride of the East returns for the twelveth year on October 30th. This is the North shores biggest fund raiser, and the event grows larger each year. I encourage members to participate in this great ride and fun day. We are always looking for more people to help with set up, parking, registration, ride leaders, and clean up. Please contact the president@nsnemba.org if you can help out for a few hours.

—Frank Lane
2011 has been a great riding season! It started out a little late with the wet spring, but it dried out and stayed that way through mid August. We have been very busy with weekly rides and events all year.

The MBAS in Wendell was smashing success and offered many demos for riders, as well as some very challenging riding. We have had a few trail days and some nice new additions have been popping up here and there. Bridges have been added to trails around the valley.

The Charlemont Trails are well on their way, and continue to be developed. The new Camp Shephard trails have been seeing a lot of traffic and the reviews are positive. Fall should bring some additions to the CST trails. Very disappointingly, Bear Hole has been stalled on one man’s desk and there will soon be a new Mayor. We may have to start back at square one in the spring… Fall riding is well under way, at the time of this writing.

The Mere Mortal Epic was a fun day out. With warnings from last year’s (food) Experts, no one took up the full Expert challenge this year. Instead, and in the spirit of the ride, we all shared in the Expert food, albeit in a very small portions, and still suffered pretty badly. The first of our 3 part epic series was a grueling success. Going from Leverett to Wendell, covering most of the trails there, and back to Leverett was a very long day in the saddle.

More than 20 people came out to the DAR State Park for the second PV NEMBA camping weekend. Despite all the rain we’ve had, the trails were, for the most part, in good shape, and we couldn’t have asked for better weather. It was the perfect weekend surrounded by friends - the perfect way to round out a great summer and get psyched for an exciting fall! Not yet completed are Epic number 2 and 3, the John Jenkins Memorial Ride, THE PV100, the Blue Groove charity ride for Shriners and the Chili Ride! I sure hope you made it out to some or all of these fantastic events. The Robinson Kid Rides continue through December, weather permitting. Monday night and Wednesday night Robinson rides also continue.

Maybe you will see this in time… So who’s in for the PV100 on October 15th?

Peace, Love and Mountain Bikes!
—Steve Rossi
The summer riding season sure felt like it went by quickly. But now that the heat is mostly behind, it thankfully means less bugs detracting from an otherwise enjoyable ride. A positive offset by leaf covered baby-head surprises on the trails perhaps—but a good trade off none-the-less…

Time has been moving so quickly— it is hard to believe that we are now in the third year that mountain biking has been officially legal in Big River. Seems like last month that we were organizing around that issue. It is something that is easy to see has not only galvanized mountain bikers in Little Rhody, but also brought a bit of a sense of community to a group that seemed to be less comfortable venturing out beyond our usual riding cliques. Earlier this summer there was a report of 62 cars parked at Big River for the weekly Thursday night ride. It never seems to be the same group going out, and every time is a good mix of riders and personalities. Much of the credit for the popularity deserves to be given to Alan Winsor for taking over the responsibility of organizing this weekly ride. I honestly don’t know how long ago it was that Peter brought up in a meeting running into Alan on the trails, next thing we know he is attending a monthly meeting and before long he has become an indispensible part of our chapter. The Big River ride is informal, smooth and the ride leaders always seem to make sure that there is good flow through their knowledge of the trails and willingness to take input from those in the group. Props also should go out to Wayne Asselin, who leads the ‘Relaxed Ride’ every week. It is an amazing asset to be able to point new or returning mountain bikers to a ride that will be accessible to riders of any skill level so they can get familiar and comfortable on the trails.

As most of you know- Hurricane Irene did make a mess out of some of the trails in RI, but unless you were lurking on the Facebook page or one of the people that volunteered to head in the woods to clean up after the storm, you might not have known. Seems like in less than a week and a half, many of the trails in our parks were over 50% cleared- in large part thanks to our members. Social media really was an asset to reporting to the community at large where there were issues and what people cleared. This is certainly a model use for this platform- and with over 300 members on the RI NEMBA Facebook group (and growing) this should be even more valuable in the future. If you run into any of the people who worked so diligently to clear debris, be sure to thank them for their efforts. I sure appreciate it!  

—Matt Schulde
We have so many ride spots around here and they are all in such great shape this time of year. The parking lots of all my normal ride spots have been filling up this year quicker Trail Notes ……

-For the past few months, Southeast MA chapter members have been involved with the planning of the Friends of Wompatuck’s biggest annual fundraiser, the Landmine Classic MTB Race. Tyler Eusden has this year taken the HUGE responsibility of this task from Mark and Vicki Schow, also known as the tandem-riding-with-baby-in-tow couple, who have moved to China, which made it harder to organize the event from so far away……

Wompatuck has had a lot of good work days this year.

- Lars Ahlzen of FoW has been working tirelessly (well, he does have some real nice tires… :-) ) on the NEW FoW Wompatuck map, which will be out mid-Sept….The map will replace the DCR map and is funded in part by local sponsors.

-Hopefully we’ll have some trails back by the time you read this…Irene dropped a lot of trees…we’ll still be out there cutting them outta the way…

-A lot of the boardwalks at Cutler Park have been fixed/replaced by the DCR

- Borderland had its Friends celebration at the Ames Mansion in September

-We had a FUN weekend up in Maine at Backcountry Excursions, back in June.

- BV NEMBA organized the event with Cliff Krolick at BCE, who has built some of the gnarliest trails and features in New England! 15 hours of riding in 2.5 days, followed by a wood-fired hot tub soaking, beer, good food and friends…as good as it gets!

- Blue Hills issued a new MTB map as well, but the small changes made don’t reflect the wishes of the big numbers of mountain bikers who sent in comments during the RMP process. The double-track, multi-use, ‘Green Loop’ around Ponkapoag will be fair game, just look out for buses, cars, trucks, field trips, horses, baby strollers…

- We’ll be working on developing biking and multi-use trails on a new parcel in Braintree, at the request of the Braintree Conservation Committee!! The Conservation Ranger there is a mountain biker! The exact location of this parcel can’t be announced quite yet, but with luck, we’ll start work (and we’ll be asking for help…) over the late fall/winter…

- Foxboro has an MBAS on Sept 25th, Chris Patrick and his local crew have been chain sawing the big stuff out of the way.

Have a fun and safe fall season; hope to see you on the trails!

—Steve Cobble
White Mountain NEMBA has been very busy this summer with trail projects, focusing primarily on the White Mountain National Forest’s (WMNF) Moat Mountain trail network. The Forest Service adopted about 12 miles of singletrack trails last spring with mountain biking designated as the primary user group.

We fabricated and installed a new bridge at the well-used Joe’s Alibi access, and recently completed a relocation project on the Tent Boulder Trail, adding about a half-mile of enjoyable 2-way trail to an area previously known for its fall-line steepness. Relocation work was also done on the former hike-a-bike stream crossing further north. We continue to work on hardening and improving trails for long-term sustainability.

Most of our trails were spared any serious flood damage accompanying Hurricane Irene, although fire roads in the WMNF saw some significant erosion.

A big crew of local riders had a fun weekend up in Vermont at the Vermont Mountain Bike Festival. Fourteen WMNEMBA members headed that way to connect with friends new and old. Former valley resident Jon Conti was a spectacular guide, host, and leader. We went on numerous rides, drank numerous beers, and had numerous laughs. Vermont is beautiful!

A number of NEMBA members have been riding in the Red Jersey Summer Race Series, challenging their long term rivals at Thorne Pond and Bear Notch Ski Touring. Tony & Tracy Tulip and Muriel Mitchell have been gracious supporting these races with registration and food. The courses have been exciting and challenging - a big thank you to Pat Ferland and the Red Jersey crew.

Five Mount Washington Valley members competed in the Carrabassett Backcountry Challenge on July 24th, with three placing first in their respective categories!! Great race, fun course, and gracious hosts. Thanks to all Carrabassett Region NEMBA officers for making that happen and connecting mountain bikers from across New England.

Local NEMBA members Sally and Odd put in stellar performances at the Mount Washington Hillclimb on August 20, along with local Peter Ostroski who placed 7th with a time of 1:02:09, just a couple seconds quicker than Front Side Grind’s Austin Orth’s 3rd place finish in the Newton’s Revenge race... Did anyone note that many of the front runners in these races were mountain bikers? Congratulations to all for their dedicated training and hard work. —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 contact 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.

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.

**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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**Central, Wachusett & Western Mass**

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<tr>
<th>Days</th>
<th>Location</th>
<th>Leader</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>Pittsfield SF</td>
<td>Beginner-Expert Brad Herder</td>
<td><a href="mailto:brad@berkshiresports.org">brad@berkshiresports.org</a></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Robinson SP, Agawam</td>
<td>All Trevor Emond</td>
<td>413-789-0123</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Hawley Ride or Charlemont</td>
<td>Work All Harold Green</td>
<td><a href="mailto:handmgreen@comcast.net">handmgreen@comcast.net</a></td>
</tr>
<tr>
<td>Saturdays</td>
<td>Notch Visitors Ctr, Hadley</td>
<td>Intermediate Kris Wyman</td>
<td><a href="mailto:kn_wyman@hotmail.com">kn_wyman@hotmail.com</a></td>
</tr>
<tr>
<td>Sundays</td>
<td>Rutland State Park</td>
<td>All Renee Gregoire</td>
<td><a href="mailto:jeparooni@aol.com">jeparooni@aol.com</a> 774-200-0177</td>
</tr>
<tr>
<td>Sundays</td>
<td>Leominster SF</td>
<td>All Jim Wrightson</td>
<td><a href="mailto:jjwright@princeton-ma.us">jjwright@princeton-ma.us</a> 978-852-4800</td>
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</tbody>
</table>
Connecticut

Mondays Mianus River Park Beginner Ryan Tucker rrtucker@gmail.com
Alternate Tuesdays TBD, Eastern CT Beginner-Intermediate Alan Tinti alanrtinti@cox.net 860-368-9109
Wednesdays Wilton Woods Intermediate TRF Ryan Tucker rrtucker@gmail.com (T/FR)
Sundays W. Hartford Res. Intermediate-Advanced Charlie Beristain mtbikes@prodigy.net 860-521-7188 (8:00 AM)

Maine, New Hampshire & Vermont

Mondays Greater Portland Area All Mike Davies mike@allspeed.com 207-878-8741
Mondays Brattleboro, VT Intermediate Paul Rodrigue paulr@sover.net
Tuesdays Southern NH Beginner-Intermediate Matt Caron mtriple@gmail.com
Tuesdays Milford, NH (until 10/25) Advanced Beginner-Intermediate Bob Hall bob@603sports.com 603-320-8949
Alternate Tuesdays Page Hill NH (until 11/29) All Jesse McGowan jesse@mcGowans.info 603-581-41-04
Wednesdays TBD, NH Intermediate Peter DeSantis peterdesantis@comcast.net 603-493-4779
Wednesdays Portland, ME Area Women Katrina Zalenski zalenk74@gmail.com (WOMEN)
Wednesdays TBD, Central ME Intermediate Bob Hall bob@603sports.com 603-320-8949
Thursdays Gorham, ME All Gorham Bike & Ski bjdanz@gmail.com
Thursdays TBD, Central NH Intermediate Matt Bowser matt@bowser.com 603-491-5448
Saturdays Bradbury MTN SP, Pownal, MEAll Brian Danz www.gpnemba.com
Saturdays TBD, Southern NH Advanced Inter Peter DeSantis peterdesantis@comcast.net 603-493-4779
Sundays TBD, Southern NH All (SS) Jason Gagnon jngagnon@gmail.com 603-781-2640

Metro Boston, Merrimack & North Shore

Mondays Willowdale Meadow Advanced Novice-Intermediate Frank Lane president@northshorenemba.org
Tuesdays Lynn Woods Women Tina Dwan rideslikeagirl01902@yahoo.com 781-258-8254
Tuesdays Lowell Dracut Tyngsboro SF Intermediate Lionel Chapman erollithin@yahoo.com
Tuesdays Russell Mill, Chelmsford Adv. Beginner-Inter David Zizza davidzizza@gmail.com
Thursdays Great Brook Farm, Carlisle Adv. Beginner-Inter David Zizza davidzizza@gmail.com
Thursdays TBD Skills All Barry Moore horneti20@comcast.net
Fridays Russell Mill, Chelmsford Intermediate Stuart McDonald W4LRU5@yahoo.com
Saturdays TBD Adv. Beginner-Inter David Zizza davidzizza@gmail.com
Saturdays Great Brook Farm SP, Carlisle Women-Relaxed Nanyee Keyes nanyeekeyes@gmail.com

Southeastern Mass. Blackstone Valley & Rhode Island

Sundays Lincoln Woods, RI Beginner-Intermediate Leo Corrigan thecorr17@aol.com
Mondays Lincoln Woods, RI Intermediate Brendan Dee mtbee@hotmail.com
Tuesdays TBD - RI Advanced Jim Grimley rimud@cox.net 401-732-6390
Tuesdays Foxboro SF Mellow-Recovery Ian Cerar icerar@advantagegroup.com
Wednesdays Duxbury Town Forest Women Beth Mills info@cyclelodge.com (AM)
Wednesdays Blackstone Valley, TBD All Eammon Carleton eammon@gmail.com http://www.bvnemba.org/rides.php
Wednesdays Burlingame, RI Adv Beg-Intermediate Lennon Schroeder ljshroer@gmail.com 401-212-6694
Wednesdays TBD, SE Mass. Intermediate Bill Boles NEMBAbill@yahoo.com 508-583-0067(AM)
First Thursdays Foxboro SF Intermediate Ian Cerar icerar@advantagegroup.com
First Thursdays Foxboro SF Intermediate Ian Cerar icerar@advantagegroup.com
First Thursdays Vietnam, Milford MA Skills Eammon Carleton eammon@gmail.com www.bvnemba.org
Thursdays Big River, RI Relaxed-Advanced Alan Winsor alanwinsor@cox.net
Fridays Blue Hills Intermediate Steve Cobble cobblestv@gmail.com
Saturdays Wompatuck SP, Hingham Richard Banks Adv. Beginner & Kids spellmanmountainbikers@yahoo.com (KIDS)
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WHEN IT COUNTS.

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