



# NATIONAL CHAMPIONSHIPS

GRAVEL | LA CRESCENT, MN  
SEPTEMBER 20 | 2025



**TECHNICAL GUIDE**



# NATIONAL CHAMPIONSHIPS

GRAVEL | LA CRESCENT, MN  
SEPTEMBER 20 | 2025

**HOVERAir**

**FLOBIKES**

**TRAINING  
PEAKS**

**USPA**  
US PERFORMANCE ACADEMY

  
**CUDORE**

**emplify**  
HEALTH  
by Gundersen

 **MORRIE'S**  
Auto Group

**m**  
EXPLORE  
MINNESOTA<sup>SM</sup>





Event Staff ..... 6

Meeting Schedule ..... 6

Specific Race Regulations..... 7-9

SafeSport.....10

Weather Protocol.....11

Medical Assistance ..... 12

Anti-Doping..... 12-13

Protocol..... 14

Media..... 14

Vehicle Usage and Policies ..... 15

Communications..... 15

Technical Summary ..... 14-23



USA Cycling  
Gravel National Championships

210 USA Cycling Point, Suite 100  
Colorado Springs, CO 80919



# Powering riders at the 2025 Gravel National Championships

As proud supporters of the 2025 Gravel National Championships, Emplify Health by Gundersen delivers top-tier sports medicine services to keep you riding strong.

**Push your limits—we've got your back.**

**emplify**  
**HEALTH**  
by Gundersen





# “this is hero gravel, I love it out here”

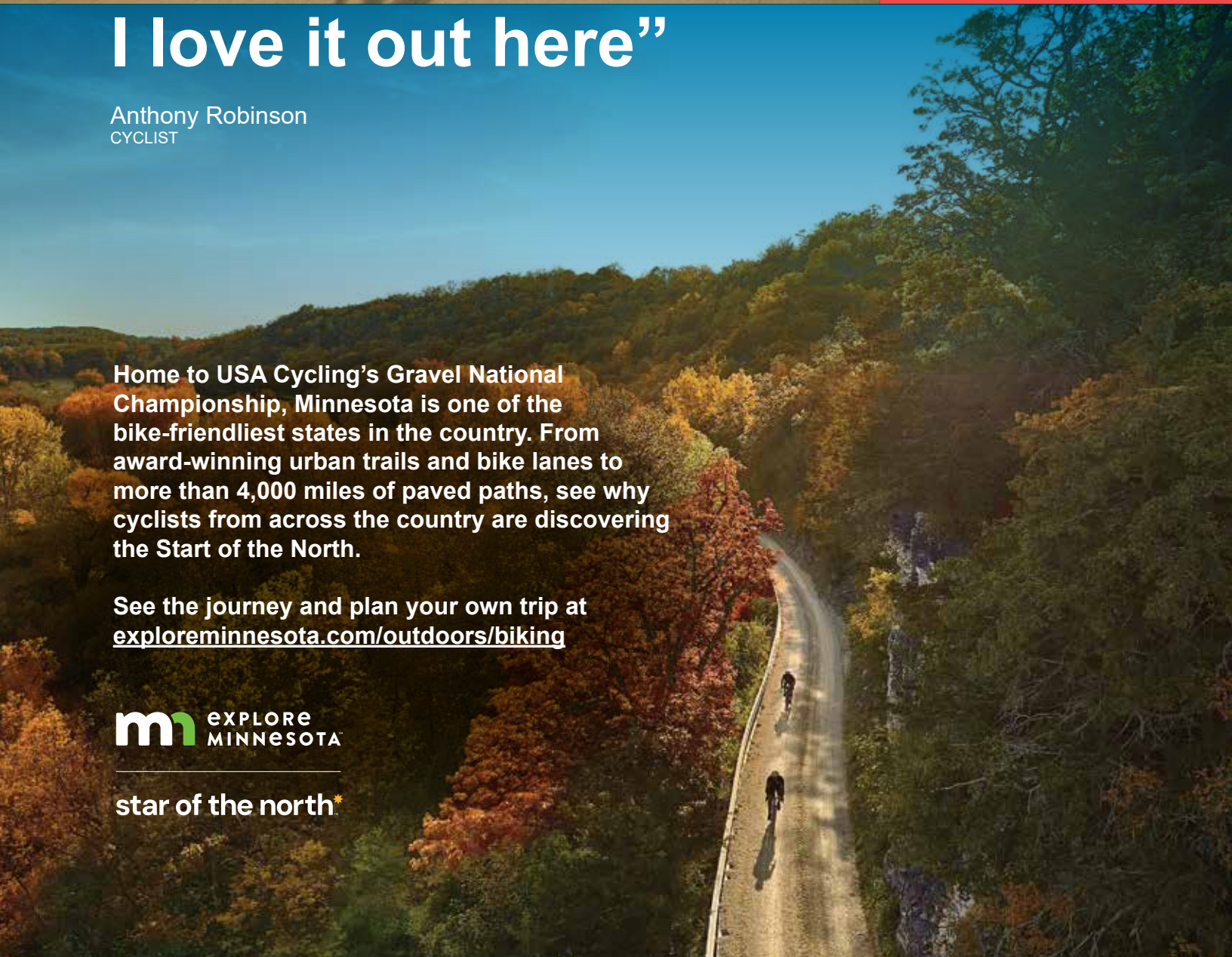
Anthony Robinson  
CYCLIST

Home to USA Cycling's Gravel National Championship, Minnesota is one of the bike-friendliest states in the country. From award-winning urban trails and bike lanes to more than 4,000 miles of paved paths, see why cyclists from across the country are discovering the Start of the North.

See the journey and plan your own trip at [exploreminnesota.com/outdoors/biking](https://exploreminnesota.com/outdoors/biking)

**m** EXPLORE  
MINNESOTA

star of the north\*





<b>President &amp; CEO</b>	Brendan Quirk
<b>National Events Manager</b>	Justin Evans
<b>Technical Director</b>	Bonnie Walker
<b>Marketing/Media Director</b>	K.K. Santos
<b>Marketing Manager</b>	Sabrina Potter



<b>Owner/President</b>	Chris Aronhalt
<b>VP, Events</b>	Tori Trice
<b>VP, Finance</b>	Lisa Tanner
<b>Production Director</b>	Joe Hawks
<b>Technical Director</b>	Will Smith
<b>Technical Director</b>	Jeff Corbett
<b>Operations Manager</b>	Valecia Frasier

## RACE OFFICIALS

<b>President of the</b>	Ugur Tosun
<b>Commissaire's Panel</b>	
<b>Commissaire</b>	Chris Clark
<b>Commissaire</b>	Marcie Weiss
<b>Chief Judge</b>	Vicki Mackzum
<b>Motor Commissaire</b>	Tim Radcliff
<b>Motor Commissaire</b>	Chris Black
<b>Motor Commissaire</b>	Trish Black
<b>Motor Commissaire</b>	Steve David
<b>Motor Commissaire</b>	Randy LeJeune
<b>Motor Commissaire</b>	Mark Nelson
<b>Motor Commissaire</b>	Brian Sheehy
<b>Motor Commissaire</b>	James Van Sloun

A SPECIAL THANKS TO MAYOR POELLINGER AND THE  
STAFF OF THE CITY OF LA CRESCENT AND THE STAFF OF  
EXPLORE LA CROSSE.

## MEETING SUMMARY

**Thursday, September 18**  
La Crescent Community Building

Packet Pick up/Rider confirmation 1pm-5:30pm

**Friday, September 19**  
La Crescent Community Building

Packet Pick up/Rider confirmation	12pm-5:00pm
Vendor Expo open	12pm-5:00pm

Crucifixion Elementary School

Rider Briefing	5:15pm-6:15pm
----------------	---------------

**Saturday, September 20**  
La Crescent Community Building

Packet Pick up	5:30am-6:30am
Vendor Expo open	All Day

KING APPLE TENT, APPLEFEST GROUNDS

Awards (all categories)	5pm
-------------------------	-----

## TIMING AND RESULTS



On the finish line when you need us the most!

Jon Gallagher  
(435) 901-8872

## NEUTRAL SUPPORT



Paul Reardon  
(970) 470-6668





## USA Cycling Gravel National Championships September 20, 2025 Specific Regulations

### ARTICLE 1. ORGANIZATION

The USA Cycling Gravel National Championships is organized by USA Cycling and Medalist Sports, LLC under the regulations of USA Cycling and the International Cycling Union.

The Secretary General for the race is Brendan Quirk, President and CEO of USA Cycling. The organization's address is:

USA Cycling Gravel National  
Championships  
USA Cycling  
210 USA Cycling Point, Suite 100  
Colorado Springs, CO 80919  
1-719-434-4200

### ARTICLE 2. TYPE OF EVENT

The event is held under the rules of the UCI and USA Cycling, USA Cycling Permit number 2025-10297.

### ARTICLE 3. PARTICIPATION

The event is open to United States citizens with a USA nationality on their UCI/USA Cycling recognized international license. For elite races, athletes must be 19 years or older. Para athletes must be internationally or nationally classified with a 'confirmed' or a 'review' sport class status (not applicable to tandem pilots) or hold a provisional classification. Full eligibility guidelines are available at the USA Cycling website:

<https://gravelnats.usacycling.org/>

### ARTICLE 4. RACE HEADQUARTERS

The race headquarters shall be open during the designated hours and is located at the La Crescent Community Bldg. 336 1st St. La Crescent, MN.

Team representatives are requested to confirm their starters and collect their race numbers at the race headquarters according to the published race schedule.

### ARTICLE 5. RIDER MEETING

The team managers' and rider meeting, will be held on September 19th at 5:15pm in the Crucifixion Elementary School, 420 S. 2nd St. La Crescent MN.

Official race schedule is available:

<https://gravelnats.usacycling.org/>

### ARTICLE 6. NEUTRAL TECHNICAL SUPPORT

The technical support service is handled by Event Support Professionals (ESP). ESP will provide mechanical support on the outbound leg of the 110 and 74 mile routes in Hokah, after crossing of the Root River bridge (5.3 miles from start) and at Eitzen, Freeburg and Chicken Ridge Aid Stations. Team and/or individual support may provide mechanical and nutrition support at these aid stations and additionally at the Rt. 249 aid stations.

Note that there will be hydration and limited nutrition supplied at all aid stations provided by the organization.

### ARTICLE 7. ANTI-DOPING

Anti-Doping will be carried out by the United States Anti-Doping Association (USADA).

The anti-doping tests will take place at a dedicated location after each race. Please see the section on anti-doping for specific information.

### ARTICLE 8. AWARDS CEREMONY

In accordance with article 1.2.112 of the UCI rules, the top three (3) riders in the UCI categories (Elites and 17-18 Juniors) and the top five (5) in all other categories will present themselves at the podium 10 minutes before the start of the ceremony. Please wear your team kit to the ceremony and note that no bikes will be allowed on the awards stage.

### ARTICLE 9. PENALTIES

The USA Cycling penalty scale applies to all categories.



## ARTICLE 10. CONTROLS

**Starts:** A whistle or air horn will be sounded under the control of the Commissaires to start each wave/category. All races will begin with a 1.3km neutral section through La Crescent. The race start will be handled by the commissaire at the zero km mark.

## ARTICLE 11. ATHLETE SUPPORT

**Aid Stations:** The aid stations will be marked with A-Frame signs and Neutral mechanical support will be present at the Eitzen, Freeburg and Chicken Ridge Aid Stations only. All aid stations will have medical support, hydration, and limited nutrition. For athletes with team or individuals supporting their race, they may utilize any of the designated aid stations to support their rider. During the course of the race, athletes may change wheels and other broken components within the aid station, but must finish on the frame they started the race on.

Athletes may not receive outside assistance outside of aid stations, violations of this will result in disqualification.

Should an athlete require support, SAG vehicles will be present and may provide transportation to the nearest aid station or finish line, however, by accepting this assistance, the athlete will be disqualified from the competition.

Each aid station is a green zone, and are the only location where trash may be deposited.

### Distance Markers:

Signs indicating 3, 2, 1 kilometer(s) and 300, 200, 150, 100 and 50 meters to go. At 1-kilometer to go two A-Frame signs will be on both sides of the road.

## ARTICLE 12. RESULTS

Final results will be released after the Chief Judge signs them.

## ARTICLE 13. LOCAL LAWS

It is against the law to urinate in public and by doing so you may be cited by local law enforcement and penalized by the race jury. Portable toilets will be located adjacent to the start line and at all aid stations. Each aid station is a green zone where trash may be deposited. Do not deposit trash

outside of the aid stations. Please obey all traffic laws and the directions of law enforcement.

## ARTICLE 14. RIDER IDENTIFICATION

All competitors must use the frame number plate and body numbers as supplied. Bibs will be color coded to the distance being raced - RED is 31 mile athletes, GREEN is 74 mile athletes and BLUE is 110 mile athletes, and these match to color of the course routing signs. Additionally, color decals will be applied to the bibs which show your racing group within distance so athletes can easily identify their competitors.

Timing for this race will be via electronic transponder attached to the bike frame number plate. Please ensure that you return the timing chip to USA Cycling Staff upon completion of competition.

**Lights:** All riders are strongly advised to run a blinking white front light and red rear tail light. Some starts and finishes may be before or after dusk.

## ARTICLE 15. DISMISSAL

Where it is deemed that the image or reputation of the USA Cycling Gravel National Championships may be blemished, notably with regard to anti-doping laws, through the behavior of any member of a trade team (management or athlete), the organizer reserves the right at any time during the race to exclude the rider(s) or the team member involved from the race.

## ARTICLE 16. ROAD CENTERLINE

This race is conducted using rules of the road, and all riders must stay to the right of the center of the road to ensure the safety of all athletes and the public use of the roadways. Commissaires will be enforcing this regulation during the race.

Crossing the centerline, whether for overtaking or any other reason, is prohibited.

Penalties for Violation:

**First Offense:** A warning is issued to the rider. The rider's number will be recorded, and the warning will be documented.

**Second Offense:** A time penalty may be applied, typically ranging from 30 seconds to 2 minutes, depending on the severity of the infraction.





Third/ Offense: The rider is disqualified from the race. Disqualification is immediate, and the rider must leave the course.

## ARTICLE 17. RADIO COMMUNICATION

Radio communication are not allowed in any field. Riders may not use earpieces while racing.

## ARTICLE 18. RIDERS OUT OF CONTENTION

To provide for civilian traffic flow post race and to ensure the safety of participants and staff, riders must pass the last aid station (Chicken Ridge Aid Station) by 3pm. Riders outside this time cut will be asked to withdraw from the race and will be transported or directed to the finish line. Riders cut will not be listed in the final results.

## ARTICLE 19. STARTS

Competitors should arrive in the staging area 15 minutes before their assigned start wave. Riders who miss their start wave will be placed in the next start wave to ensure their safe passage on the opening section of highway.

## ARTICLE 20. EQUIPMENT RULES

### BICYCLES:

- Riders will be allowed to ride any bicycle meeting the guidelines in the USA Cycling Rulebook, regulation 11. Riders must start and finish the competition with the **same bike frame**. E-bikes are not allowed to be ridden during competition.

### AERO BARS

Clip-On Aero Bars or Integrated TT Bars are not allowed during competition.

### SINGLESPEED

Singlespeed is any type of bicycle possessing only one rear cog and one front chain ring. There is no means of altering the gear ratio in any way for the duration of the race. "Blocked out" gears are not allowed at the national championships.

## PARA SPECIFIC RULES

### SAFETY BARS

Safety bar must meet regulation height and dimensions. Hand bikes that lose the safety bar during competition can replace it in the aid station or by neutral service. Athletes without a safety bar will be disqualified.

### WHEEL DISTANCE

Wheel distances (paired front or back wheel pairs) must meet UCI specifications, as must wheel heights. Refer to UCI Regulations Part 16 Paracycling.

### SAFETY FLAGS

All handcyclists must use a safety flag while on course.

## ARTICLE 21. ELITE FIELD PRIZE MONEY

Competitors placing in the top 5 in both men and women elite fields will be awarded prize money according to the below chart.

1st - \$5,000  
2nd - \$2,500  
3rd - \$1,500  
4th - \$750  
5th - \$250

## ARTICLE 22. ATHLETE TRACKING

In an effort to improve athlete safety and responsive time to incidents occurring during the race, the organization will be using TraqCentral to manage resources during the race. Athletes are encouraged to download the application here:

<https://traq.cc/app>

Athletes may use this application to request support during the race, allow family members to track their progress, and provides race command with a better situational awareness improving overall race safety. Additional details will be provided during the athlete briefing.



## SafeSport

As you prepare for the Gravel National Championships, we want to make sure you know that safety and well-being is of the utmost importance to USA Cycling. To help create and foster a safe environment that is free from misconduct and abuse at all USA Cycling events, please review USA Cycling's Safe Sport Program Policies, including reporting requirements and the Minor Athlete Abuse Prevention Policies (MAAPP). All Participants at USA Cycling sanctioned events must abide by these policies.

### Prohibited Conduct

All Participants at this event are expected to refrain from engaging in Prohibited Conduct as defined by the US Center for SafeSport Code. Prohibited Conduct includes but is not limited to the following: sexual misconduct, emotional misconduct, physical misconduct, bullying, harassment, hazing, and violations of the MAAPP.

### MAAPP

These policies have been adopted by USA Cycling to establish clear boundaries between participants in cycling and to reduce isolated one-on-one interactions between minors and adults in cycling and apply during all USA Cycling events, including before, during and returning from the event: One-on-One Interactions; Meeting & Training Sessions; Athletic Training Modalities; Locker Rooms; Transportation; Lodging; Electronic Communications.

## Reporting Requirements

Adult Participants are required to report violations of USA Cycling's Safe Sport Program, including violations of the MAAPP. The mandatory reporting requirements apply to Adult Participants, but USA Cycling encourages anyone who becomes aware of or experiences misconduct or abuse to report those allegations via the links provided below. While USA Cycling is committed to providing a safe environment for all participants, the organization can't address behaviors or problems it is unaware of, so your engagement in reporting is instrumental in ensuring safety for all.

Report suspected or known incidents of sexual misconduct directly to the US Center for SafeSport:

<https://uscenterforsafesport.org/report-a-concern/>

Report other forms of misconduct, including physical misconduct, emotional misconduct, and MAAPP violations, to USA Cycling:

<https://usacycling.org/safesport/report-other-misconduct>



## SEVERE WEATHER GUIDELINE

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In preparation for the upcoming USA Cycling Gravel National Championships in La Crescent, MN, USA Cycling and a cross section of key constituents have created the following plan to help mitigate any weather-related risks while respecting the unique racing conditions of the sport.

In the case of severe weather, the following group would be empaneled to make decisions regarding the conduct of the race(s):

- National Events Manager: Justin Evans
- Vice President, Medalist Sports: Tori Trice
- Technical Director: Will Smith
- Local Organizing Committee: Jeremiah Burish
- Public Safety: Police Chief Luke Ahlschlager
- Medical Team: Christine Waller, MD
- Jury President: Ugur Tosun
- Team Representative
- Athlete Representative

Other staff and experts may be included and consulted based on the specific conditions.

### CONVENING THE PANEL

This panel would be immediately convened under the following circumstances:

A NOAA special weather statement is issued for the race venue, severe cold/heat and/or wind anticipated within 72 hours, freezing rain, heavy snow or other threatening precipitation is forecast.

Other atmospheric conditions that could affect the health and welfare of athletes, spectators, staff, and volunteers.

Road conditions, travel and transportation to and from the venue, poses danger to volunteers, staff, spectators, or athletes. Any member of the panel would also be empowered to request that the group convene based on conditions outside of those mentioned above.

## ACTIONS

The following actions may be taken based on the forecast and conditions:

- No direct action - monitor situation
- Modification of the course
- Change of start times
- Combining of classes and categories
- Shortening of individual races
- Change of start date
- Cancellation

In addition to the above actions affecting race participants, the following actions may be considered in relation to spectators, staff and volunteers:

- Increased medical staffing
- Warming/cooling areas provided
- Decrease in shift times/exposure

These lists are not exhaustive, and may be used in combination or separately on different days or at different times.

## COMMUNICATIONS PLAN

Status updates, and if needed revised schedules, will be communicated to the affected parties through a variety of methods:

An e-mail update will be sent directly to registered athletes/participants by USA Cycling.

USA Cycling will utilize its social media platforms to provide outreach to spectators and volunteers.

Venue announcements will be used in the case of on-site modifications and notifications, using Public Address System and posted materials at Race Office/Awards Stage.

Credentialed media will be provided with updates through USA Cycling communications staff.



## Medical

Medical Services will be provided during the USA Cycling Gravel National Championships by the staff of Tri-State Ambulance and staff of Emplify Health by Gundersen.

Athletes and staff are encouraged to seek out the assistance of the medical staff for any injuries or illnesses and report any incidents to the Medalist Sports staff.

A medical tent and staff will be available at the start/finish area in the staging area one hour before the race start through the completion of competition.

### MEDICAL STAFF

Name	Specialty	Position
Christine Waller	MD	Race Doctor
Karla Eppler	EMS	EMS Coordinator
Callie Hofmeister	EMS	Command Post
Mike Tornstrom	EMS	Caledonia Ambulance
Joe LeMere	Athletic Trainer	Aid Station Coordinator

### AREA HOSPITAL

Emplify Health by Gundersen  
1900 South Ave.  
La Crosse, WI. 54601  
(608) 782-7300

For emergencies, dial 911 on your phone.

## DOPING CONTROL

This competition is subject to anti-doping rules and competitors may be selected for in-competition testing. Keep reading to learn more about anti-doping rules and expectations.

What is clean sport?

Clean sport means that athletes have the opportunity to compete on a fair and level playing field free from the influence of performance-enhancing substances and methods.

How do we protect clean sport?

The U.S. Anti-Doping Agency (USADA) is charged with managing the anti-doping program for all United States Olympic & Paralympic Committee (USOPC) recognized sport national governing bodies, their athletes, and events, and this program encompasses in-competition and out-of-competition testing, results management processes, drug reference resources, and athlete education.

What substances and methods are prohibited?

As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. Athletes can check prescription and over-the-counter medications and ingredients on GlobalDRO.com to determine the prohibited status. Be aware that even everyday products, such as those to treat acne and altitude sickness, may contain prohibited substances. In many cases, athletes can consider alternative but similar treatment options that do not contain prohibited substances.

Do I need a Therapeutic Use Exemption (TUE) to use a prohibited substance or method?

There may be a time during an athlete's career when they have a legitimate medical need to use a prohibited substance or method. USADA can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency's International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes with access to critical medical care while protecting the rights of clean athletes to compete on a level playing field. Whether an athlete needs a TUE for the use of a prohibited medication or method depends on the athlete's competition level and the Prohibited List category of the treatment. Athletes can submit a TUE Pre-Check Form to USADA to determine if a TUE is required prior to using the prohibited substance.





Can I use prohibited medications and treatments if they are prescribed by a physician?

No, having a prescription does not permit the use of prohibited substances or methods. Athletes should submit a TUE Pre-Check Form to USADA to determine if they need a TUE prior to using a prohibited substance.

What if I've started using my medication but do not have a TUE?

First and foremost, we encourage athletes to consider their health first and athletic competition second. If you have a medical condition for which you have been prescribed a prohibited substance, medication, or method, consult with your medical provider. Depending on your competition level and the prohibited status of the substance, medication, or method, if you compete without a TUE, are tested, and your sample is positive for the prohibited substance, you could be at risk of having committed an anti-doping rule violation (ADRV), which may result in a sanction and public announcement. However, it may also be possible to receive a retroactive TUE depending on the circumstances.

Are supplements safe to use?

Dietary supplements are risky because they could contain ingredients that can cause a positive anti-doping test and/or health problems, and in some cases, those ingredients aren't listed on the label. Dietary supplements are regulated in a post-market fashion, which means that no regulatory body approves the accuracy of the label or safety of the contents before they are sold to consumers. As such, no dietary supplement can be guaranteed to be 100 percent risk-free. If athletes choose to use supplements despite the risks, USADA has always recommended that athletes use only dietary supplements that have been certified by a third-party program that tests for substances prohibited in sport. USADA currently recognizes NSF Certified for Sport® as the program best suited for athletes to reduce the risk from supplements. Learn more at USADA's Supplement Connect resource.

What kind of testing should I expect?

Athletes selected for testing are subject to both urine and blood testing. The sample collection process is designed to both protect the integrity of the

sample, as well as the rights of athletes. The Doping Control Officer (DCO) will make the process as comfortable and consistent as possible, and there can be modifications to the process for athletes with impairments. When USADA tests an athlete who is a minor (under the age of 18), USADA urges a minor athlete to appoint a representative to accompany them at all times during the sample collection process, including in the washroom area. The representative will not witness the passing of the sample unless authorized by the athlete and of the same gender as the athlete (unless a parent). Additionally, the DCO will have a second sample collection person present throughout the sample collection process. Learn more about the sample collection process and athletes' rights and responsibilities here.

Ineligibility

Athletes who have notified USADA, their National Governing Body, and their International Federation of their retirement from sport are not eligible to participate in this competition. Anyone serving a suspension for an anti-doping rule violation is also not eligible to compete.



# RACE DETAIL

Race  
Detail



Race Headquarters	La Crescent Community Bldg. 336 1st St. La Crescent MN
Confirmation/PPU	La Crescent Community Bldg. 336 1st St. La Crescent MN.
Team Parking	La Crescent High School, 1301 Lancer Blvd, La Crescent, MN
Anti-Doping	La Crescent Community Bldg. 336 1st St. La Crescent MN
Commissaire's Room	2nd Floor conference room, La Crescent Community Bldg
Awards Ceremony	King Apple Tent, Abnet Field - See locator map
Vehicle Deviation	Right turn at Apple Blossom Dr. - 250 meters to go



LOCATION	TIME	EVENT	DISTANCE	
Thursday, September 18				
La Crescent Community Bldg. 336 1st St. La Crescent MN. 55947	1:00 p.m. - 5:30 p.m.	Packet pick-up/Rider Confirmation		
Friday, September 19				
104 6th St. N, Brownsville, MN	9:00 a.m. - 11:00 a.m	Shakeout Ride		
Main St. La Crescent, MN	12:00 p.m. - 5:00 p.m	Vendor Expo Open		
La Crescent Community Bldg. 336 1st St. La Crescent MN. 55947	12:00 p.m. - 5:00 p.m.	Packet pick-up/Rider Confirmation		
Crucifixion Elementary School, 420 S 2nd St, La Crescent, MN 55947	5:15 p.m. - 6:15 p.m.	Rider meeting		
Saturday, September 20				
	5:30 a.m. - 6:30 a.m.	Packet pick-up Only		
	All Day	Vendor Expo Open		
300 Main St La Crescent MN	7:00 a.m.	Men Elite/Open 19+	110 mi	
	7:15 a.m.	Women Elite/Open 19+	110 mi	
	7:45 a.m.	Non-Binary, Men and Women Singlespeed, 19-34, 35-39, 40- 44, 45-49	110 mi	
	8:00 a.m.	Men and Women 15-16, 17-18	74 mi	
	8:05 a.m.	Men and Women 50-54, 55-59, 60-64	74 mi	
	8:20 a.m.	Para BVI, Para C3-5	74 mi	
	8:25 a.m.	Men and Women 65-69, 70-74, 75+	74 mi	
	8:40 a.m.	Men and Women 11-12, 13-14	31 mi	
	8:45 a.m.	Para C1-2, H3-5	31 mi	
King Apple Tent, Applefest grounds, 500 S. 11th St. La Crescent, MN	5pm	Awards - All		

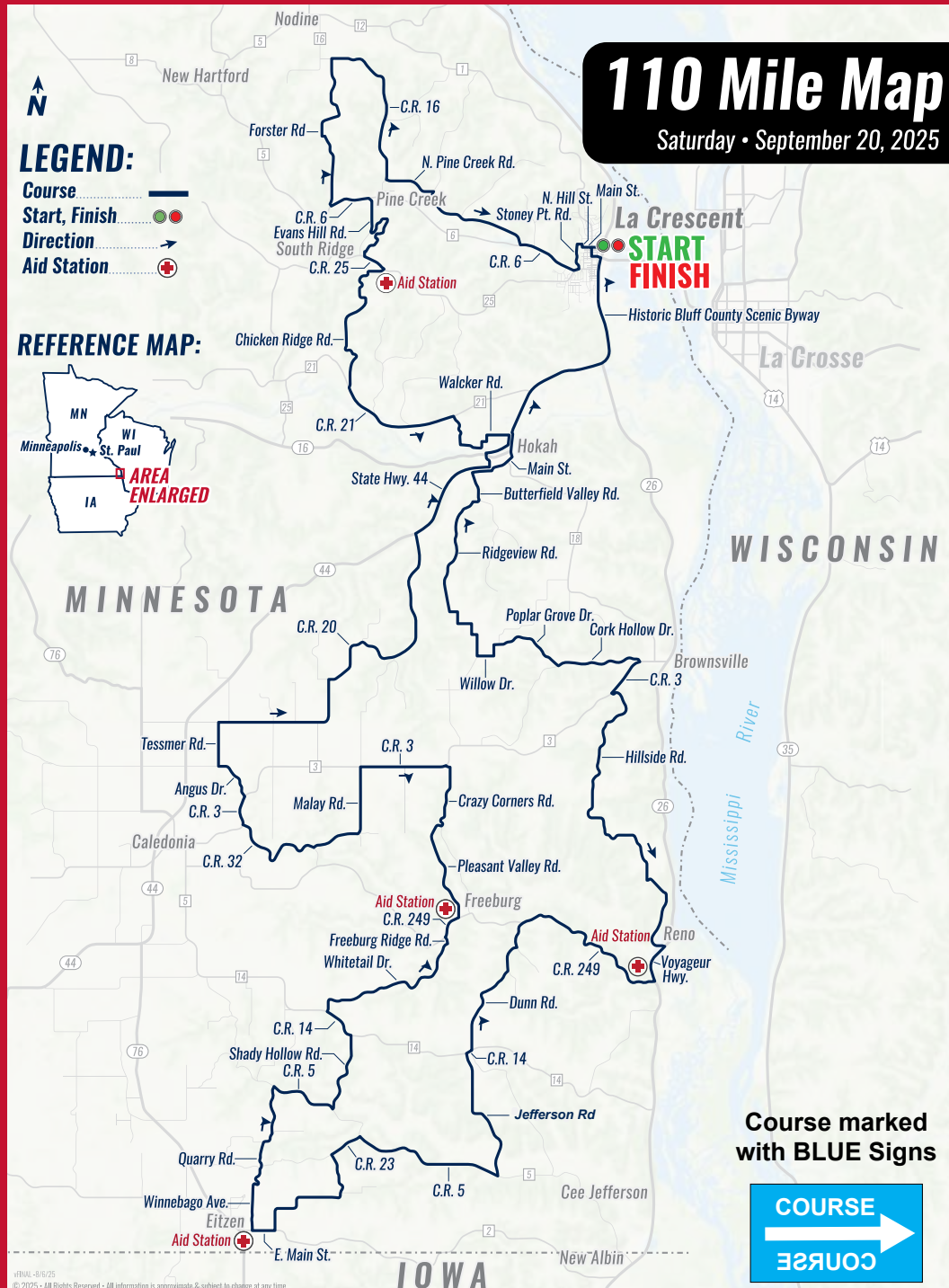
Race  
Detail



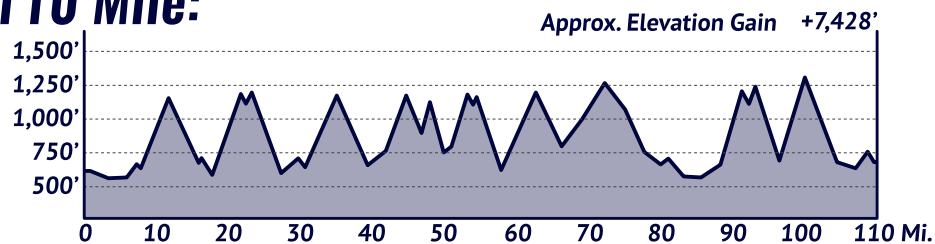
# NATIONAL CHAMPIONSHIPS

GRAVEL | LA CRESCENT, MN  
SEPTEMBER 20 | 2025

Course Map  
110



## 110 Mile:







## COURSE LOG - 110

ETA 18 mph	ETA 20 mph	ETA 22 mph	ETA 24 mph	ETA 26 mph	Incr.	Kilo.	Miles Ridden	Miles To Go	Action	Location	Surface
0:00	0:00	0:00	0:00	0:00	0.0	0.0	0.0	0.8	START	Neutral Start	Paved
0:00	0:00	0:00	0:00	0:00	0.1	0.2	0.1	0.7	Left	Elm St	Paved
0:01	0:01	0:00	0:00	0:00	0.2	0.6	0.4	0.5	Left	S 3rd St	Paved
0:02	0:02	0:01	0:01	0:01	0.3	1.0	0.6	0.2	Right	Voyageur Hwy	Paved
0:03	0:02	0:02	0:02	0:02	0.2	1.3	0.8	109.7	cs	Zero KM - START	Paved
0:22	0:20	0:18	0:16	0:15	5.3	8.5	5.3	104.4	cs	Railroad Trl - Neutral Support	Paved
0:24	0:21	0:19	0:17	0:16	0.3	9.0	5.6	104.1	Right	Main St (Hokah)	Paved
0:27	0:24	0:22	0:20	0:18	1.0	10.6	6.6	103.1	Left	Butterfield Parkway	Paved
0:24	0:21	0:19	0:17	0:16	0.1	10.8	6.7	103.0	cs	Butterfield Parkway	Gravel
0:30	0:27	0:24	0:22	0:20	0.7	11.7	7.3	102.4	Right	Ridgeview Rd	Gravel
0:47	0:42	0:37	0:34	0:31	4.5	19.0	11.8	97.9	Left	Willow Rd	Gravel
0:56	0:50	0:45	0:40	0:37	2.4	22.9	14.2	95.5	Left	Cork Hollow Rd	Gravel
1:03	0:56	0:50	0:46	0:42	1.9	25.9	16.1	93.6	Right	Main St	Paved
1:07	0:59	0:53	0:48	0:44	1.0	27.5	17.1	92.6	Left	Hillside Rd	Gravel
1:37	1:26	1:18	1:10	1:05	8.1	40.4	25.1	84.6	Right	Voyageur Hwy	Paved
1:40	1:29	1:20	1:13	1:07	0.9	41.8	26.0	83.7	Right	County 249	Gravel
1:41	1:30	1:21	1:13	1:07	0.1	42.0	26.1	46.9	cs	Aid Station 249	Gravel
1:55	1:43	1:32	1:24	1:17	3.9	48.3	30.0	79.7	Left	Dunn Rd	Gravel
1:58	1:45	1:34	1:26	1:19	0.7	49.4	30.7	79.0	Right	Dunn Rd	Gravel
2:09	1:54	1:43	1:33	1:26	2.8	53.9	33.5	76.2	Right	County 14	Paved
2:09	1:55	1:43	1:34	1:26	0.1	54.1	33.6	76.1	Left	Jefferson Rd	Gravel
2:21	2:05	1:53	1:42	1:34	3.2	59.2	36.8	72.9	Right	County 5	Gravel
2:34	2:17	2:03	1:52	1:43	3.5	64.9	40.3	69.4	Left	County 23	Gravel
2:37	2:19	2:05	1:54	1:44	0.7	66.0	41.0	68.7	Left	County 23	Gravel
2:49	2:30	2:15	2:03	1:53	3.3	71.3	44.3	65.4	Right	E. Main St (Eitzen)	Paved
2:51	2:32	2:17	2:04	1:54	0.5	72.1	44.8	64.9	Right	Winnebago Ave	Gravel
2:51	2:32	2:17	2:04	1:54	0.1	72.3	44.9	64.8	cs	Aid Station Eitzen	Gravel
3:04	2:44	2:27	2:14	2:03	3.5	78.0	48.5	61.3	Right	County 5	Gravel
3:10	2:49	2:32	2:18	2:07	1.5	80.4	50.0	59.8	Left	Shady Hollow Rd	Gravel
3:17	2:55	2:38	2:23	2:11	1.9	83.4	51.9	57.9	Left	County 14	Paved
3:20	2:58	2:40	2:25	2:13	0.8	84.7	52.7	57.1	Right	Whitetail Dr	Gravel
3:28	3:05	2:46	2:31	2:19	2.1	88.1	54.8	55.0	Left	Freeburg Dr	Gravel
3:32	3:08	2:49	2:34	2:21	1.0	89.7	55.8	54.0	Right	County 249	Paved
3:36	3:12	2:52	2:37	2:24	1.0	91.3	56.8	53.0	Left	Pleasant Valley Rd	Gravel
3:36	3:12	2:53	2:37	2:24	0.1	91.5	56.9	52.9	cs	Aid Station Freeburg	Gravel
3:37	3:13	2:54	2:38	2:25	0.3	92.0	57.2	52.6	cs	Min. Maintenance Rd - Narrow	Gravel
3:51	3:25	3:04	2:48	2:34	3.6	97.8	60.8	49.0	Left	County 3	Paved
3:58	3:31	3:10	2:53	2:38	1.9	100.8	62.7	47.1	Left	Malay Rd	Gravel
4:04	3:37	3:15	2:57	2:42	1.6	103.4	64.3	45.5	Right	Malay Rd	Gravel
4:08	3:40	3:18	3:00	2:45	1.1	105.2	65.4	44.4	Right	County 32	Gravel
4:16	3:48	3:25	3:06	2:51	2.3	108.9	67.7	42.1	Right	County 3	Paved
4:19	3:50	3:27	3:08	2:53	0.7	110.0	68.4	41.4	Left	Angus Rd	Gravel
4:23	3:54	3:30	3:11	2:55	1.1	111.8	69.5	40.3	Right	Tessmer Rd	Gravel
4:27	3:57	3:33	3:14	2:58	1.0	113.4	70.5	39.3	Right	County 20	Paved
4:36	4:05	3:40	3:20	3:04	2.3	117.1	72.8	37.0	cs	County 20	Gravel
5:01	4:27	4:00	3:39	3:20	6.7	127.9	79.5	30.3	Right	Highway 44 - Right Shoulder	Paved
5:10	4:35	4:08	3:45	3:26	2.4	131.9	82.0	27.8	Left	4th St	Paved
5:11	4:36	4:09	3:46	3:27	0.3	132.3	82.2	27.5	Left	Highway 16	Paved
5:11	4:36	4:09	3:46	3:27	0.0	132.3	82.2	27.5	Right	Railroad Access Rd	Paved
5:11	4:36	4:09	3:46	3:27	0.0	132.4	82.3	27.5	Right	Railroad Trl	Gravel
5:13	4:38	4:10	3:48	3:29	0.6	133.3	82.9	26.9	Left	County 25 - Left Shoulder	Paved
5:14	4:39	4:11	3:48	3:29	0.2	133.7	83.1	26.7	Left	Walcker Rd	Gravel
5:22	4:46	4:17	3:54	3:34	2.1	137.0	85.2	24.6	Left	County 21	Paved
5:32	4:55	4:26	4:01	3:41	2.8	141.5	88.0	21.8	Right	Chicken Ridge Rd	Gravel
5:46	5:08	4:37	4:12	3:51	3.7	147.5	91.7	18.1	cs	Aid Station Chicken Ridge	Gravel
5:46	5:08	4:37	4:12	3:51	0.1	147.7	91.8	18.0	Left	County 25	Paved
5:48	5:10	4:39	4:13	3:52	0.5	148.5	92.3	17.5	Right	Orchard Service Rd	Dirt
5:51	5:12	4:40	4:15	3:54	0.6	149.4	92.9	16.9	Left	Quarry Path	Dirt
5:51	5:12	4:41	4:15	3:54	0.1	149.6	93.0	16.8	Right	Quarry Service Rd	Gravel
5:54	5:14	4:43	4:17	3:56	0.7	150.7	93.7	16.1	cs	Quarry entry Rd	Gravel
5:54	5:15	4:43	4:18	3:56	0.2	151.0	93.9	15.9	Right	Evans Hill Rd	Paved
5:57	5:18	4:46	4:20	3:58	0.8	152.4	94.7	15.1	Left	County 6	Paved
6:01	5:21	4:48	4:22	4:00	0.9	153.8	95.6	14.2	Right	Forster Rd	Paved
6:02	5:22	4:49	4:23	4:01	0.3	154.3	95.9	13.9	cs	Forster Rd	Gravel
6:15	5:33	5:00	4:33	4:10	3.5	159.9	99.4	10.4	Right	County 16	Paved
6:20	5:38	5:04	4:36	4:13	1.4	162.1	100.8	9.0	cs	County 16	Gravel
6:29	5:46	5:11	4:43	4:19	2.3	165.8	103.1	6.7	Left	N Pine Creek Rd	Gravel
6:33	5:50	5:15	4:46	4:22	1.2	167.8	104.3	5.5	Right	N Pine Creek Rd	Paved
6:43	5:58	5:22	4:53	4:29	2.6	172.0	106.9	2.9	Left	County 6 - Right Shoulder	Paved
6:48	6:03	5:27	4:57	4:32	1.4	174.4	108.4	1.3	Left	Stoney Point Park Access path	Gravel
6:49	6:04	5:27	4:58	4:33	0.3	174.9	108.7	1.0	cs	Stoney Point Rd	Paved
6:51	6:05	5:28	4:58	4:34	0.3	175.4	109.0	0.7	Right	N 1st St	Paved
6:51	6:05	5:29	4:59	4:34	0.1	175.5	109.1	0.6	Right	N Hill St	Paved
6:51	6:06	5:29	4:59	4:34	0.1	175.7	109.2	0.5	Left	Main St	Paved
6:53	6:07	5:30	5:00	4:35	0.5	176.5	109.7	0.0	Finish	Finish	Paved

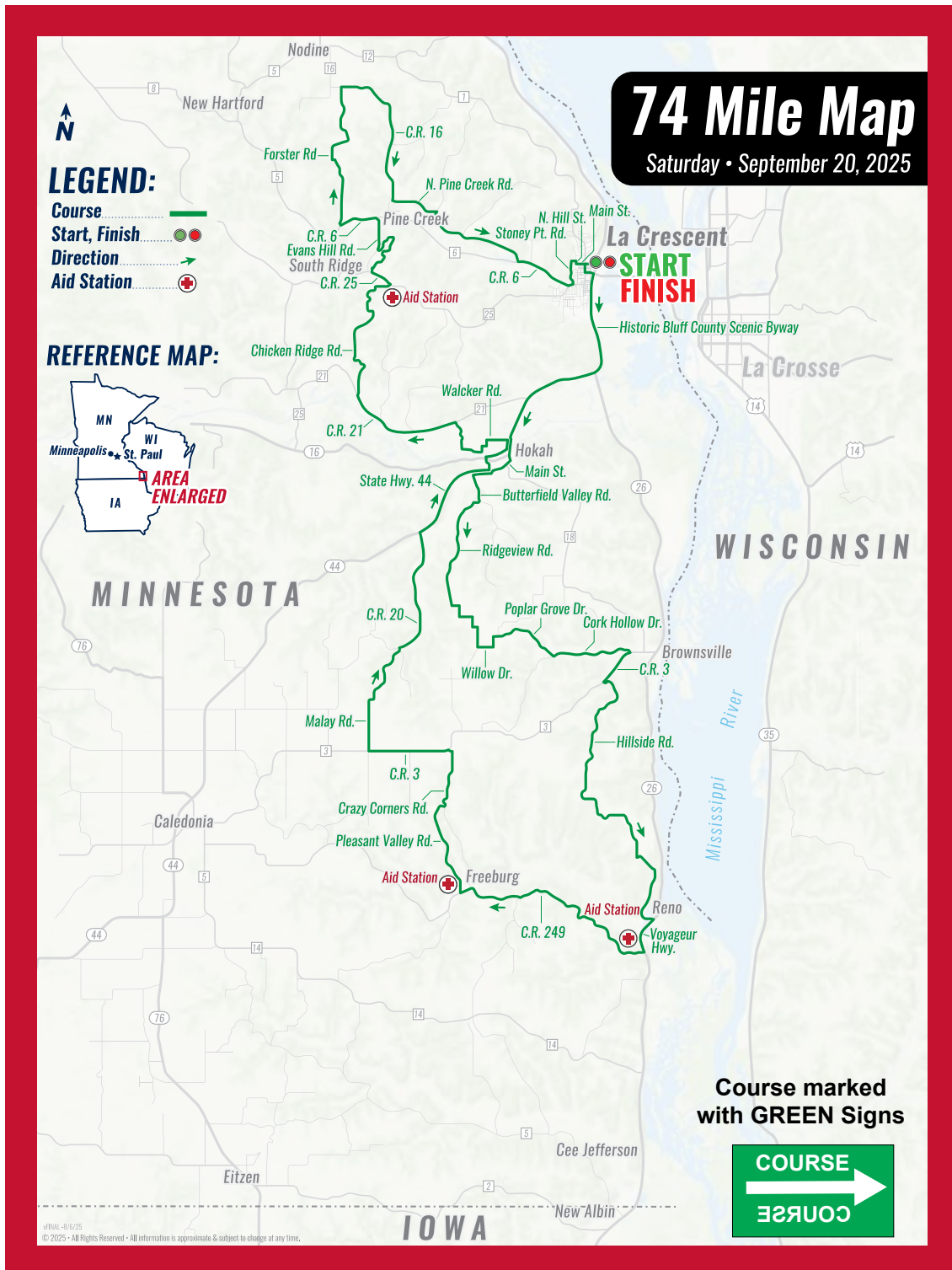
Note: The section of course that runs through private property (Orchard and Gravel Quarry) Mile 92.3 - 93.7 will be open for course preview on Thursday Sept 18 from 5pm-7pm and Friday Sept 19 from 5pm to 7pm ONLY. Do not disrupt their regular business hours.



# NATIONAL CHAMPIONSHIPS

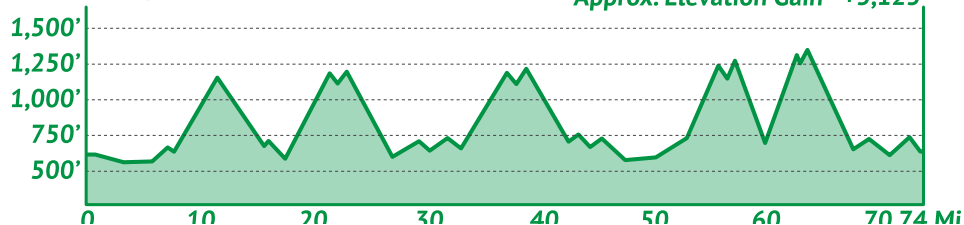
GRAVEL | LA CRESCENT, MN  
SEPTEMBER 20 | 2025

Course Map  
74



## 74 Mile:

Approx. Elevation Gain +5,125'





## COURSE LOG - 74

ETA 16 mph	ETA 18 mph	ETA 20 mph	ETA 22 mph	ETA 24 mph	Incr.	Kilo.	Miles Ridden	Miles To Go	Action	Location	Surface
0:00	0:00	0:00	0:00	0:00	0.0	0.0	0.0	0.8	START	Neutral Start	Paved
0:00	0:00	0:00	0:00	0:00	0.1	0.2	0.1	0.7	Left	Elm St	Paved
0:01	0:01	0:00	0:00	0:00	0.2	0.6	0.4	0.5	Left	S 3rd St	Paved
0:02	0:02	0:01	0:01	0:01	0.3	1.0	0.6	0.2	Right	Voyageur Hwy	Paved
0:03	0:02	0:02	0:02	0:02	0.2	1.3	0.8	73.0	cs	Zero KM - START	Paved
0:22	0:20	0:18	0:16	0:15	5.3	8.5	5.3	67.7	cs	Railroad Trl - Neutral Support	Paved
0:24	0:21	0:19	0:17	0:16	0.3	9.0	5.6	67.4	Right	Main St (Hokah)	Paved
0:27	0:24	0:22	0:20	0:18	1.0	10.6	6.6	66.4	Left	Butterfield Parkway	Paved
0:28	0:25	0:22	0:20	0:18	0.1	10.8	6.7	66.3	cs	Butterfield Parkway	Gravel
0:30	0:27	0:24	0:22	0:20	0.6	11.7	7.3	65.7	Right	Ridgeview Rd	Gravel
0:47	0:42	0:37	0:34	0:31	4.5	19.0	11.8	61.2	Left	Willow Rd	Gravel
0:56	0:50	0:45	0:40	0:37	2.4	22.9	14.2	58.8	Left	Cork Hollow Rd	Gravel
1:03	0:56	0:50	0:46	0:42	1.9	25.9	16.1	56.9	Right	Main St	Paved
1:07	0:59	0:53	0:48	0:44	1.0	27.5	17.1	55.9	Left	Hillside Rd	Gravel
1:37	1:26	1:17	1:10	1:04	8.0	40.4	25.1	47.9	Right	Voyageur Hwy	Paved
1:40	1:29	1:20	1:13	1:07	0.9	41.8	26.0	47.0	Right	County 249	Gravel
1:40	1:29	1:20	1:13	1:07	0.1	42.0	26.1	46.9	cs	Aid Station 249	Gravel
2:00	1:46	1:36	1:27	1:20	5.1	50.2	31.2	41.8	Left	County 249	Paved
2:01	1:48	1:37	1:28	1:21	0.4	50.9	31.6	41.4	Right	Pleasant Valley Rd	Gravel
2:01	1:48	1:37	1:28	1:21	0.1	51.0	31.7	41.3	cs	Aid Station Freeburg	Gravel
2:03	1:49	1:38	1:29	1:22	0.3	51.5	32.0	41.0	cs	Minimum Maintenance Rd	Gravel
2:16	2:01	1:49	1:39	1:31	3.6	57.3	35.6	37.4	Left	County 3	Paved
2:23	2:07	1:54	1:44	1:35	1.9	60.3	37.5	35.5	Right	Malay Rd	Gravel
2:34	2:17	2:03	1:52	1:43	2.9	65.0	40.4	32.6	Right	County 20	Gravel
2:46	2:28	2:13	2:01	1:51	3.2	70.2	43.6	29.4	Right	Highway 44 - Right Shoulder	Paved
2:55	2:36	2:20	2:07	1:57	2.5	74.2	46.1	26.9	Left	4th St	Paved
2:56	2:37	2:21	2:08	1:57	0.3	74.6	46.4	26.6	Left	Highway 16	Paved
2:56	2:37	2:21	2:08	1:57	0.0	74.7	46.4	26.6	Right	Railroad Access Rd	Paved
2:57	2:37	2:21	2:08	1:58	0.0	74.7	46.4	26.6	Right	Railroad Trl	Gravel
2:59	2:39	2:23	2:10	1:59	0.6	75.6	47.0	26.0	Left	County 25 - Left Shoulder	Paved
3:00	2:40	2:24	2:10	2:00	0.2	76.0	47.2	25.8	Left	Walcker Rd	Gravel
3:07	2:47	2:30	2:16	2:05	2.1	79.3	49.3	23.7	Left	County 21	Paved
3:18	2:56	2:38	2:24	2:12	2.8	83.8	52.1	20.9	Right	Chicken Ridge Rd	Gravel
3:32	3:08	2:49	2:34	2:21	3.7	89.8	55.8	17.2	cs	Aid Station Chicken Ridge	Gravel
3:32	3:09	2:50	2:34	2:21	0.1	90.0	55.9	17.1	Left	County 25	Paved
3:34	3:10	2:51	2:36	2:23	0.5	90.8	56.4	16.6	Right	Orchard Service Rd	Dirt
3:36	3:12	2:53	2:37	2:24	0.6	91.7	57.0	16.0	Left	Quarry Path	Dirt
3:37	3:13	2:53	2:37	2:24	0.1	91.9	57.1	15.9	cs	Quarry Service Rd	Gravel
3:37	3:13	2:54	2:38	2:25	0.1	92.1	57.2	15.8	Left	Quarry entry Rd	Gravel
3:38	3:14	2:54	2:38	2:25	0.2	92.4	57.4	15.9	Right	Evans Hill Rd	Paved
3:41	3:16	2:57	2:40	2:27	0.8	93.7	58.2	15.1	Left	County 6	Paved
3:44	3:19	2:59	2:43	2:29	0.9	95.1	59.1	14.2	Right	Forster Rd	Paved
3:45	3:20	3:00	2:44	2:30	0.3	95.6	59.4	13.9	cs	Forster Rd	Gravel
3:58	3:32	3:11	2:53	2:39	3.5	101.2	62.9	10.4	Right	County 16	Paved
4:04	3:37	3:15	2:57	2:42	1.4	103.5	64.3	9.0	cs	County 16	Gravel
4:12	3:44	3:22	3:03	2:48	2.3	107.2	66.6	6.7	Left	N Pine Creek Rd	Gravel
4:17	3:48	3:25	3:07	2:51	1.2	109.1	67.8	5.5	Right	N Pine Creek Rd	Paved
4:27	3:57	3:33	3:14	2:58	2.6	113.3	70.4	2.9	Left	County 6 - Right Shoulder	Paved
4:32	4:02	3:37	3:18	3:01	1.4	115.5	71.8	1.3	Left	Stoney Point Park Access path	Gravel
4:33	4:03	3:38	3:18	3:02	0.3	116.0	72.1	1.0	cs	Stoney Point Rd	Paved
4:34	4:04	3:39	3:19	3:03	0.3	116.5	72.4	0.7	Right	N 1st St	Paved
4:34	4:04	3:39	3:19	3:03	0.1	116.7	72.5	0.6	Right	N Hill St	Paved
4:35	4:04	3:40	3:20	3:03	0.1	116.8	72.6	0.5	Left	Main St	Paved
4:37	4:06	3:41	3:21	3:04	0.5	117.5	73.0	0.0	Finish	Finish	Paved

Note: The section of course that runs through private property (Orchard and Gravel Quarry) Mile 56.4 - 57.2 will be open for course preview on Thursday Sept 18 from 5pm-7pm and Friday Sept 19 from 5pm to 7pm ONLY. Do not disrupt their regular business hours.



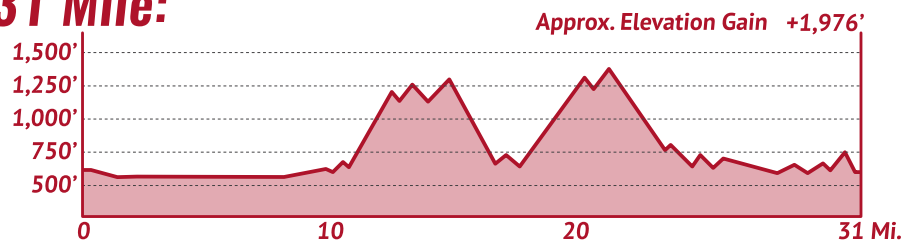
# NATIONAL CHAMPIONSHIPS

GRAVEL | LA CRESCENT, MN  
SEPTEMBER 20 | 2025

Course Map  
31



## 31 Mile:







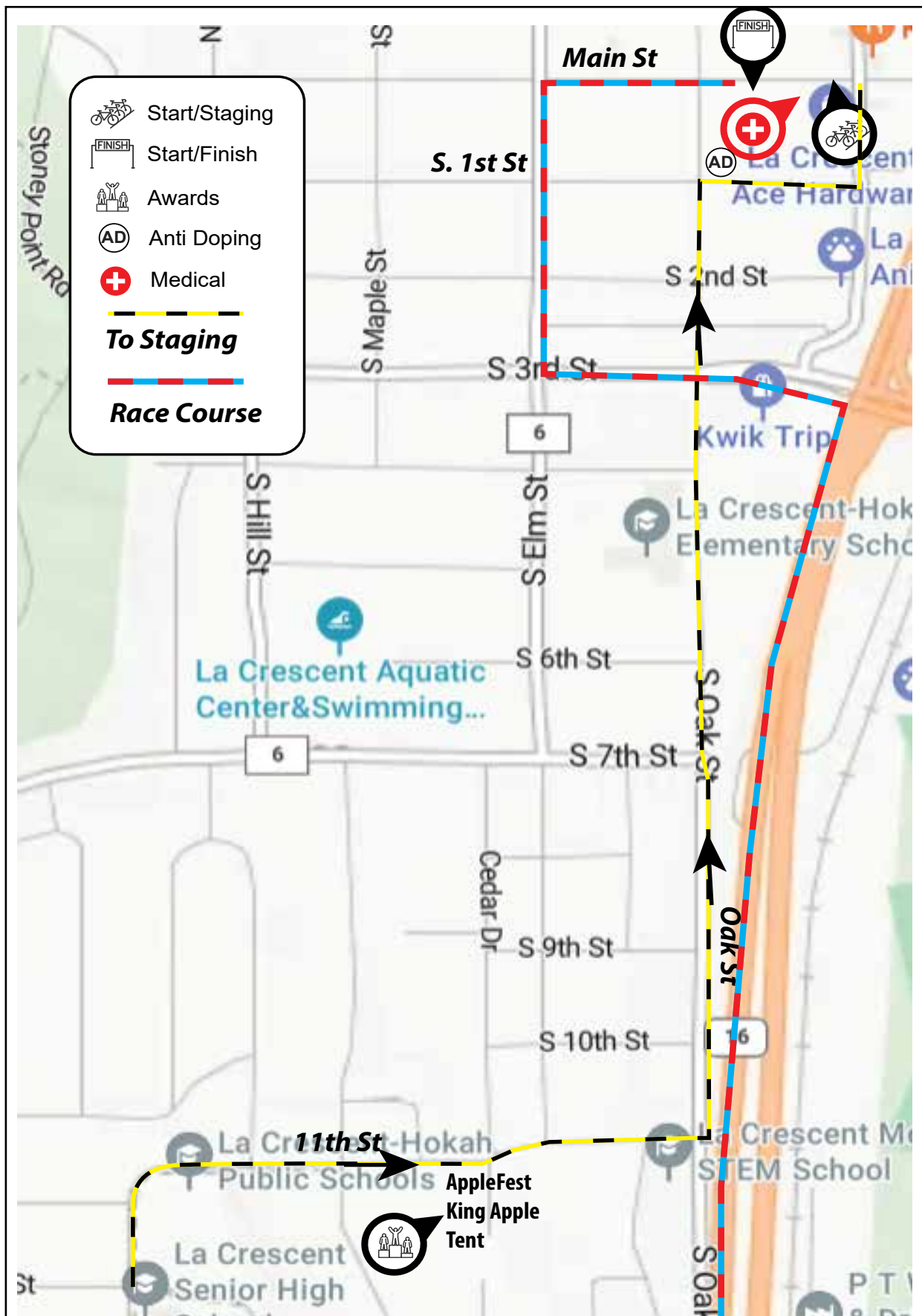
## COURSE LOG - 31

ETA 14 mph	ETA 16 mph	ETA 18 mph	ETA 20 mph	ETA 22 mph	Incr.	Kilo.	Miles Ridden	Miles To Go	Action	Location	Surface
0:00	0:00	0:00	0:00	0:00	0.0	0.0	0.0	0.8	START	Neutral Start	Paved
0:00	0:00	0:00	0:00	0:00	0.1	0.2	0.1	0.7	Left	Elm St	Paved
0:01	0:01	0:01	0:00	0:00	0.2	0.6	0.4	0.5	Left	S 3rd St	Paved
0:02	0:02	0:02	0:01	0:01	0.3	1.0	0.6	0.2	Right	Voyageur Hwy	Paved
0:03	0:03	0:02	0:02	0:02	0.2	1.3	0.8	30.9	cs	Zero KM - START	Paved
0:25	0:22	0:19	0:17	0:16	5.1	9.5	5.1	25.8	Right	Walcker Rd	Gravel
0:34	0:30	0:26	0:24	0:21	2.1	12.9	7.2	23.7	Left	County 21	Paved
0:46	0:40	0:36	0:32	0:29	2.8	17.4	10.0	20.9	Right	Chicken Ridge Rd	Gravel
1:02	0:54	0:48	0:43	0:39	3.7	23.3	13.7	17.2	cs	Aid Station	Gravel
1:02	0:54	0:48	0:43	0:39	0.1	23.5	13.8	17.1	Left	County 25	Paved
1:04	0:56	0:50	0:45	0:41	0.5	24.3	14.3	16.6	Right	Orchard Service Rd	Dirt
1:07	0:58	0:52	0:47	0:42	0.6	25.3	14.9	16.0	Left	Quarry Path	Dirt
1:07	0:59	0:52	0:47	0:43	0.1	91.9	15.0	15.9	cs	Quarry Service Rd	Gravel
1:08	1:00	0:53	0:48	0:43	0.2	25.6	15.2	15.8	Left	Quarry entry Rd	Gravel
1:09	1:00	0:54	0:48	0:44	0.2	25.9	15.4	15.9	Right	Evans Hill Rd	Paved
1:12	1:03	0:56	0:51	0:46	0.8	25.9	16.1	15.1	Left	County 6	Paved
1:16	1:07	0:59	0:53	0:48	0.9	28.6	17.0	14.2	Right	Forster Rd	Paved
1:18	1:08	1:00	0:54	0:49	0.3	29.1	17.3	13.9	cs	Forster Rd	Gravel
1:33	1:21	1:12	1:05	0:59	3.5	34.8	20.8	10.4	Right	County 16	Paved
1:39	1:26	1:17	1:09	1:03	1.4	37.0	22.2	9.0	cs	County 16	Gravel
1:48	1:35	1:24	1:16	1:09	2.3	40.7	24.5	6.7	Left	N Pine Creek Rd	Gravel
1:54	1:39	1:28	1:19	1:12	1.2	42.6	25.7	5.5	Right	N Pine Creek Rd	Paved
2:05	1:49	1:37	1:27	1:19	2.6	46.8	28.3	2.9	Left	County 6 - Right Shoulder	Paved
2:11	1:54	1:42	1:31	1:23	1.4	49.1	29.7	1.3	Left	Stoney Point Park Access path	Gravel
2:12	1:55	1:43	1:32	1:24	0.3	48.3	30.0	1.0	cs	Stoney Point Rd	Paved
2:13	1:57	1:44	1:33	1:25	0.3	50.1	30.3	0.7	Right	N 1st St	Paved
2:14	1:57	1:44	1:33	1:25	0.1	50.3	30.4	0.6	Right	N Hill St	Paved
2:14	1:57	1:44	1:34	1:25	0.1	50.4	30.5	0.5	Left	Main St	Paved
2:16	1:59	1:46	1:35	1:26	0.5	51.0	31.0	0.0	Finish	Finish	Paved

Note: The section of course that runs through private property (Orchard and Gravel Quarry) Mile 14.3-15.2 will be open for course preview on Thursday Sept 18 from 5pm-7pm and Friday Sept 19 from 5pm to 7pm ONLY. Do not disrupt their regular business hours.



## ATHLETE PARKING/AWARDS LOCATOR MAP

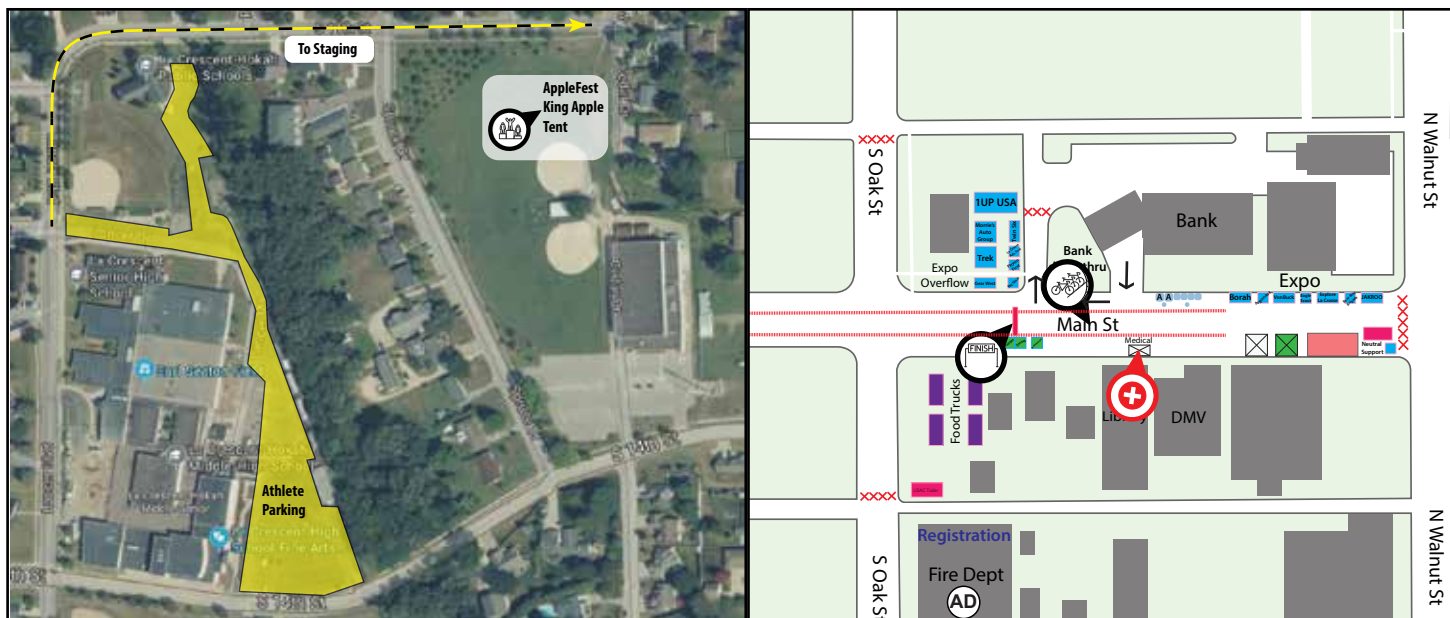


## DIRECTIONS TO RACE START AND FINISH

- Athlete parking is located at the La Crescent High School 1301 Lancer Blvd, La Crescent, MN. The parking area is immediately adjacent the AppleFest grounds where all awards will be presented post race. Follow 11th St. to Oak St, make a left on Oak (north) and proceed to S. 1st St and make a Right. Make a Left on Walnut and rider staging will be located on left at Main St and Walnut St. Use the same route when returning to athlete parking and note that all roads between parking and staging are live traffic, please follow all traffic laws.

## RACE NOTES

- Riders must stay to the right of the center of the road at all times during the race. The rider is responsible for following the correct course (note color coded signs in route map). Course Marshals will be present at key locations.
- Neutral mechanical support is located at 3 locations, servicing all route distances. See the course log for mileage to each support location.
- Support personnel should utilize paved roadways as much as possible and avoid race course when driving to/from aid stations. Please respect the other competitors.
- Obey the direction of Law Enforcement, flaggers and course marshals and note that only the leading groups of the mens and womens Elite races are receiving caravan protection. Once passed by the regulator's vehicle, elites will follow rules of the road. A sign will be present on the back of that vehicle. All others, including those elite riders who drop off the back of the lead field must follow the rules of the road for the race.
- For the elite fields, a vehicle will be present that will note with signage on the rear of the vehicle when you must begin to obey all rules of the road. If you are passed by that vehicle you have been considered dropped from the field and must proceed via rules of the road.
- A time cut is applied to ensure the safety of riders and the public. All athletes must pass the aid station on Chicken Ridge before 3pm. Those arriving after that time will be removed from the competition and be transported or directed back to the finish line.





LOCALLY CHAMPIONED

BY **m** **explore MINNESOTA**

**THANK YOU TO OUR 2025 SPONSORS & PARTNERS!**



**GUNDERSEN**  
TRI-STATE  
AMBULANCE



Driftless Cycle



**KWIK TRIP**





**FRIDAY,  
SEPTEMBER 19  
NOON - 5PM**

# EXPO INFORMATION

**315 MAIN STREET LA CRESCENT, MN 55947**

**SATURDAY,  
SEPTEMBER 20  
7AM - 4PM**



**1UP USA**

Bike & cargo racks  
and storage accessories



**ARGONAUT  
CYCLES**

We are an American  
manufacturer of high  
performance custom carbon  
fiber road and gravel bikes.



**BEER BY  
BIKE  
BRIGADE**

Complimentary  
old-fashioneds provided



**BORAH  
TEAMWEAR**

Borah Teamwear manufactures  
custom team apparel for cycling,  
nordic, alpine, and triathlon  
teams. All apparel is proudly  
made in the USA.



**CHEF'S  
TABLE LLC**

Bistro type food, breakfast,  
lunch, dinner options depending  
on time



**COULEE  
BICYCLE CO**

We are a bicycle store



**DRIFTLESS  
PUBLISHING**

Guidebook to Gravel Cycling,  
art, poetry and writing



**EAGLE SCOUTS:  
LA CRESCENT BIKE  
SKILLS PARK**

Advertising and information of my  
Eagle Scout Project, which is a Bike  
Skills Park in La Crescent.



**EXPLORE  
LA CROSSE**

Visit the area's resources at our  
Mobile Welcome Center to find the  
best attractions, dining, and events  
in the region



**GEAR WEST  
BIKE & SKI**

Gravel Bikes- Trek, Felt, Cervelo,  
Cycling clothing, cycling  
accessories(e.g tires, tubes, etc

**HOVERAIR**

**HOVERAIR**

Flying cameras that follow you



**INFUZN  
FOODS**

We specialize in Global Inspired  
Indian Fusion Street Food. Our  
menu is completely vegetarian with  
vegan and gluten free offerings



**JAKROO  
CUSTOM APPAREL**

Custom apparel



**LA CROSSE  
ADVENTURE  
FESTIVAL**

An adventure festival taking place in  
October to build community and  
excitement around outdoor adventure



**MORRIE'S  
AUTO GROUP**

An automotive dealer group serving  
Minnesota, Wisconsin, and Michigan with  
a superior selection of new and used  
vehicles.



**MCLAOS LLC**

Fresh battered fried cheese curds,  
hand deep corn dogs, footlong  
hotdogs, fresh squeeze lemonade



**PACTIMO  
CUSTOM  
CYCLEWEAR**

Custom Cyclewear



**PHYSIOLOGY  
FIRST  
LA CROSSE**

VO2 max testing, Resting Metabolic  
Rate testing, Body Composition  
Testing, small group personal  
training, and the only true total  
health optimization training across  
the lifespan in the tri-state area



**SUSTAINABLE  
DRIFTLESS**

Emmy Award winning documentary film:  
Decoding the Driftless. Soon to be  
released documentary film: Spirit of the  
Driftless. (Premiers on Sept 23 at Viterbo  
University)



**TREK BICYCLE**

Displaying Trek Bikes, Trek parts  
& accessories, and hosting a  
lounge space



**TW CARBON**

Carbon fiber repair and custom  
bike paint



**TWIN SIX**

Cycling hard-goods and  
soft-goods designed in  
Minnesota.



**USA CYCLING**

USA Cycling  
merchandise tent



**VITTORIA  
INDUSTRIES  
NORTH AMERICA**

Bike tires



**VONBUCK LLC**

We use the VonBuckinator to  
deep clean and hot wax bicycle  
chains while still on the bike



# ELEVATED ADVENTURE

IT'S IN OUR NATURE

Nestled between ancient, towering bluffs and along the Mississippi River, the La Crosse Region bursts with colorful landscapes and over 100 miles of trails. The area offers biking options for all cycling enthusiasts, from gravel routes in La Crescent, Minnesota and exhilarating mountain biking trails on Grandad Bluff to leisurely Great River State Trail in Onalaska and everything in between.

With charming historic downtowns, vibrant festivals, and flavorful cuisine, the La Crosse Region bursts with seasonal adventure as unique as each explorer!

Discover Your Roadmap to Adventure Today!

**EXPLORELACROSSE.COM**

