

-111°43'30" -111°43'15" -111°43'0" -111°42'45" -111°42'30" -111°42'15" -111°42'0" -111°41'45"

# McDowell Competitive Track

*Caution: This TRACK is for high speeds, challenging one's skills, and racing. Use TRAILS elsewhere in the park for leisurely travel.*

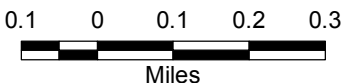
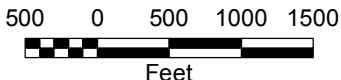
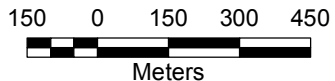


- Long Loop
  - Sport Loop
  - Technical Loop
  - Connector
  - Pump Track
  - Service road (Restricted)
  - Locked gate
- 1.15 Track segment in Miles  
(1.85) Track segment in Kilometers

Distances on map are for selected segments between junctions (•), or junction and parking.



Scale = 1:16,000



Contour Interval 20 Feet



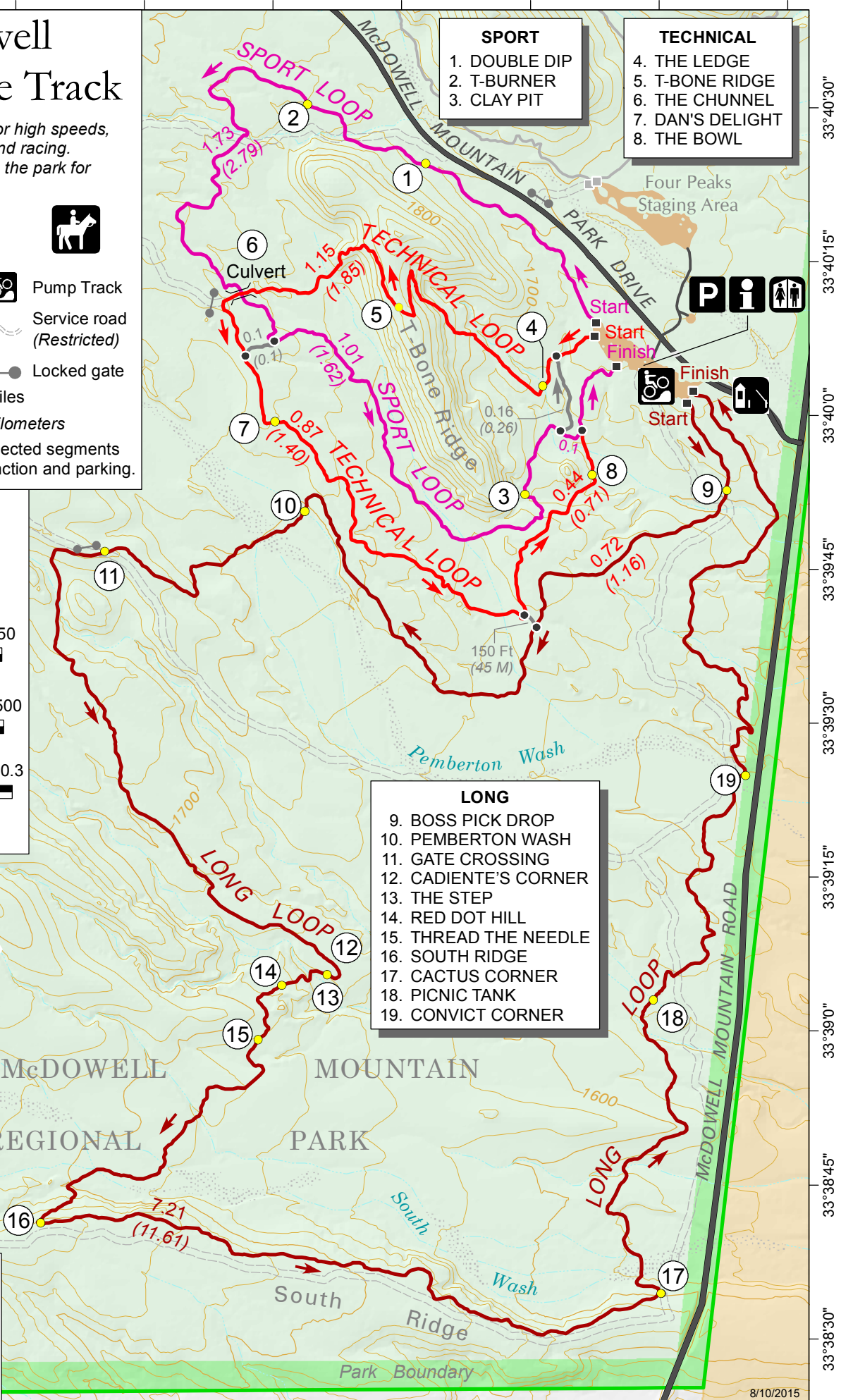
McDOWELL MOUNTAIN REGIONAL PARK

- SPORT**
1. DOUBLE DIP
  2. T-BURNER
  3. CLAY PIT

- TECHNICAL**
4. THE LEDGE
  5. T-BONE RIDGE
  6. THE CHUNNEL
  7. DAN'S DELIGHT
  8. THE BOWL

- LONG**
9. BOSS PICK DROP
  10. PEMBERTON WASH
  11. GATE CROSSING
  12. CADIENTE'S CORNER
  13. THE STEP
  14. RED DOT HILL
  15. THREAD THE NEEDLE
  16. SOUTH RIDGE
  17. CACTUS CORNER
  18. PICNIC TANK
  19. CONVICT CORNER

- Self-service pay station
- Parking
- Information kiosk
- Restrooms



33°40'30"  
33°40'15"  
33°40'0"  
33°39'45"  
33°39'30"  
33°39'15"  
33°39'0"  
33°38'45"  
33°38'30"

# McDowell Mountain Competitive Track

McDowell Mountain Regional Park

Maricopa County, Arizona



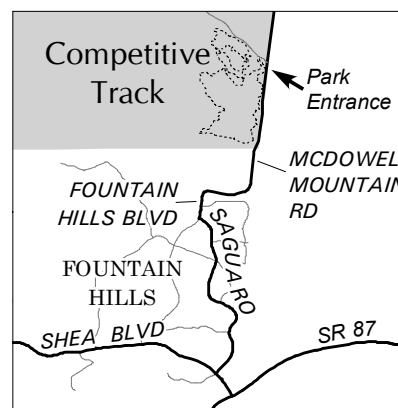
Cross-country runners  
Joggers



Fast bicyclists  
Technical riders



Trotting, galloping equestrians  
Endurance riders



## CAUTIONS

Track is for high speeds, challenging one's skills, and racing.  
Use trails for leisurely traveling.

Even though speed is permitted, this track has challenges.  
Pre-ride or run the course at a reasonable speed first.  
The Technical Loop is the most difficult. It is for experts only.

### Use of the Track

- The track varies from 2 to 10 feet wide. Use the whole cleared width for your own tread and for passing.
- The track is designed and maintained for skilled users. Please do not "improve" or sanitize it. Do not shortcut. Mud, rocks, sharp curves, etc. are the challenge of the course.

### Track Etiquette and Safety

- Slower users yield to faster users.
- Call out before passing.
- Stay on the designated track.
- Travel in the one-way direction as marked.
- Take extra water and allow yourself extra time. A sprained ankle, bent rim, or thrown shoe will delay you.
- Track closes at sunset.
- It is strongly recommended that mountain bikers wear helmets and other protective gear.

### The McDowell Competitive Track

- Consists of 3 loops with 3 connectors.
- Total tread length is 13.7 miles (22.1 kilometers).

- Is open daily for individuals and informal groups, except during special events. For event information contact the park office.
- Has a large parking area, water, restrooms with showers, and a bike wash rack.
- Camping is available nearby. Contact the park office for reservations and fee information.

### The Long and Sport Loops

- Long Loop is 7.9 miles (12.8 kilometers) long.
- Sport Loop is 3.0 miles (4.8 kilometers) long.

### The Technical Loop

- Requires a high level of skill.
- Is the most difficult of the 3 loops.
- Is 2.7 miles (4.4 kilometers) long.

### The Pump Track

- It is a series of low key dirt berms, rollers and banked turns that increase a cyclist's bike-handling ability to the point of being able to circle the pump track without pedaling simply by shifting their weight as they descend the rollers.

Physical Address:  
McDowell Mountain Regional Park  
16300 McDowell Mountain Park Dr.  
MMRP Arizona 85255

Mailing Address:  
McDowell Mountain Regional Park  
PO Box 18415  
Fountain Hills, AZ 85269-8415

Telephone: (480) 471-0173  
mcdowellpark@mail.maricopa.gov  
Web site: <http://www.maricopa.gov/parks/mcdowell>



**Maricopa County**  
Parks and Recreation