

McDowell Mountain Competitive Track

McDowell Mountain Regional Park



Cross-country runners
Joggers



Fast bicyclists Technical riders



Trotting, galloping equestrians Endurance riders



SR 87

Shea Blvd

Rio Verde

CAUTIONS

- Track is for high speeds, challenging one's skills, and racing.
- Use trails (see separate map) 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
- Is open daily for individuals and informal groups, except during special events. For event information contact the park office 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).
- 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

Physical Address:

McDowell Mountain Regional Park 16300 McDowell Mountain Park Dr. Fountain Hills, AZ 85268

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Interactive Trail Map



mcdowellmtnpark



@MCParks







