



GRAVEL

★★ **NATIONAL** ★★
CHAMPIONSHIPS

LA CRESCENT, MN



TECHNICAL GUIDE



NATIONAL CHAMPIONSHIPS

GRAVEL | LA CRESCENT, MN
SEPTEMBER 12, 2026

OFFICIALS PARTNERS



JACK MASON



THE METEOR



Range



OFFICIALS SUPPLIERS



skraitch



GYM/AWARE





Event Staff 6

Specific Race Regulations..... 7-9

SafeSport.....10

Weather Protocol.....11

Medical Assistance 12

Anti-Doping..... 12-13

Technical Summary 14-21



USA Cycling
Gravel National Championships

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

THURSDAY, SEPTEMBER 10

1:00 PM – 5:00 PM
(OPTIONAL)

FRIDAY, SEPTEMBER 11

12:00 PM – 5:00 PM

EXPO INFORMATION

520 S 14TH ST, LA CRESCENT, MN 55947

SATURDAY, SEPTEMBER 12

7:00 AM – 5:00 PM



EXPLORE
MINNESOTA

Explore Minnesota drives awareness for what makes Minnesota the Star of the North™ and a top state to visit, live, work and do business



DISCOVER THE RANGE
FOR RIDE THE RANGE

Cycling - gravel, MTB, paved/road
- in northern Minnesota



THE PEARL
ICE CREAM PARLOR

Homemade ice cream cups & sandwiches



GEAR WEST
BIKE & SKI

Bikes and accessories (helmets,
water packs, etc.)



TWO SCOOPS
& A BAR LLC

Ice cream cones, prepackaged novelty,
sundaes, floats, ice cream nachos,
milkshakes



TW CARBON

Carbon fiber repair and custom paint



THE COMPADRES LLC

Tacos, burritos, quesadillas, rice bowls,
corn in the cup, walking tacos, aguas
frescas



LA CRESCENT HOKAH
GIRLS BASKETBALL

Pre-ordered and ready to buy chicken Q



SILCA

High-quality cycling accessories and
tools trusted by cyclists around the
world



EXPLORE
LA CROSSE

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



SHOKZ

As the official headphone partner of USA Cycling,
Shokz delivers innovative open-ear headphones
that provide premium sound while keeping athletes
aware of their surroundings



ORA TRAILS

Area advocate for all things trails
and leading the kids' ride



MESABI TRAIL

A 160+ mile path that stretches from Grand
Rapids, MN to Ely, MN. It explores 28 communities
and nestled in the Great Northern MN wilderness



LA CROSSE
ADVENTURE
FESTIVAL

Advertising the upcoming La Crosse
Adventure Film Festival 10/14-10/18



COULEE BICYCLE

Your local shop for bikes, service,
accessories, and cycling expertise



ELSIE'S BAR
& GRILL

A locally owned restaurant in Caledonia, MN,
serving burgers, pizza, sandwiches, wraps, salads,
and more in a welcoming atmosphere



MN CYCLING
FEDERATION

Local affiliate organization of USA Cycling
for the State of Minnesota



THE BEAN

Locally owned coffee trailer serving espresso,
organic coffee syrups, and Lotus energy drinks.
Inspired by Bean, their Goldendoodle.



VON BUCK LLC

Professional on-bike hot wax chain
service



BORAH TEAMWEAR

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



JAKROO

A custom sports apparel manufacturer
specializing in premium cycling



GILLETTE PEPSI
COMPANIES

Regional Pepsi distributor delivering
popular beverages and supporting local
communities and events



SUSTAINABLE
DRIFTLESS

Films and educational resources about
the Driftless Area



ROOT DOWN
YOGA STUDIO

Offering yoga classes, workshops, and
retreats for all experience levels



BEER BY BIKE
BRIGADE

Beer By Bike Brigade is dedicated to enriching
the human experience, facilitating good in our
community, promoting progress, and building
connections



THORSON
GRAPHICS

Championship and local merchandise
and apparel



ONYX RACING
PRODUCTS

Premium hub manufacturer

Vendors and items are subject to change

RACE WEEKEND EVENTS



GRAVEL
NATIONAL
CHAMPIONSHIPS

LA CRESCENT, MN

Join the ongoing celebration and various events throughout the race weekend at the
La Crescent Community Ice Arena

FRIDAY, SEPT. 11

Vendor Expo - 12:00pm-5:00pm

Expo featuring cycling and outdoor brands, food and beverage vendors, local bike shops, and more!

Root Down Yoga - 2:00pm

Free pre-ride yoga session for riders and the community

Scan the QR for Full Race Weekend Itinerary:



SATURDAY, SEPT. 12

Vendor Expo - 7:00am-5:00pm

Expo featuring cycling and outdoor brands, food and beverage vendors, local bike shops, and more!

Root Down Yoga - 9:00am

Free yoga session for race spectators and expo attendees

ORA Trails Kids Route - all day

Bike route for kids and families to the new La Crescent Bike Skills Park

La Crescent Live - 12:45pm-3:30pm

Live music performance featuring MadLee Band

*Times & activities are subject to change



Powering riders at the 2026 Gravel National Championships

As proud supporters of the 2026 Gravel National Championships, Emplify Health by Gunderson delivers top-tier sports medicine services to keep you riding strong.

Push your limits—we've got your back.

emplify
HEALTH
by Gunderson

**WIESER
BROTHERS**
General Contractor, Inc.

*Welcome,
USA Gravel Nationals Racers!*

*Family-Owned. Self-Performed.
Proud to Call La Crescent Home.*

La Crescent, MN | Waunakee, WI www.wieserbrothers.com

507.895.8903

TRUST • PARTNERSHIP • EXCELLENCE



President & CEO	Brendan Quirk
National Events Director	Kyle Knott
Technical Director	Bonnie Walker
Marketing/Media Director	K.K. Santos
Marketing Manager	Sabrina Potter
Marketing/Communications	Matt Waite
Marketing/Communications	Greta Shaffer



Owner/President	Chris Aronhalt
VP, Events	Tori Trice
VP, Finance	Lisa Tanner
Production Director	Art Daves
Race Director	Will Smith
Technical Director	Jeff Corbett
Technical Director	Chuck Hodge
Operations Manager	Valecia Frasier

RACE OFFICIALS

President of the Commissaire's Panel	Jurgen Heise
Commissaire	Ann Martens
Commissaire	Marcie Weiss
Chief Judge	Nicki Cypranowski
Motor Commissaire	Tim Radcliff
Motor Commissaire	Chris Black
Motor Commissaire	Ryan Campos
Motor Commissaire	Steve David
Motor Commissaire	Richard Dunn
Motor Commissaire	Jason Kraft
Motor Commissaire	Randy Lejeune
Motor Commissaire	Brian Sheehy
Motor Commissaire	James Van Sloun

TIMING AND RESULTS



On the finish line when you need us the most!

Tom Mains
(609) 638-4833

NEUTRAL SUPPORT



Paul Reardon
(970) 470-6668

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



USA Cycling Gravel National Championships September 12, 2026 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 2026-16051.

ARTICLE 3. PARTICIPATION

The event is open to United States citizens with a USA nationality on their UCI/USA Cycling recognized license. Please review eligibility guide for full requirements. 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 Ice Arena, 520 S 14th 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 11th at 5:15pm in the La Crescent/Hokah Elementary School, 504 S Oak St. La Crescent MN.

Official race schedule is available:

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

ARTICLE 6. NEUTRAL TECHNICAL SUPPORT

Neutral technical support services are handled by Event Support Professionals (ESP). ESP will provide mechanical support at designated aid stations and at the start.

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

ARTICLE 7. ANTI-DOPING

Anti-Doping will be carried out by the United States Anti-Doping Agency (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. Note that all morning races will be live from the whistle, while afternoon races will begin under neutralized start for a distance of 0.5 miles.

ARTICLE 11. ATHLETE SUPPORT

Aid Stations: The aid stations will be marked with A-Frame signs and Neutral mechanical support will be co-located at feed zones. Please refer to the distance maps for services available at each feed zone.

The feed zone located in the orchard (mile 16.3) is limited to feeding athletes on the 31 mile route only. Medical and neutral support will be present in the orchard and other distance races may utilize on their passage.

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 feed zone 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. Bib numbers shall not be folded, cut or otherwise altered. Numbers will be attached on the sides as shown below to allow visibility by officials and race results.



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

The courses are not closed to traffic and therefore the race is conducted using rules of the road. Per USA Cycling regulation 3B, all riders must stay to the right of the center line or enforcement line to ensure safety of all athletes and the public use of the roadways. If no actual line is present on the road, the center of the road is assumed. Commissaires will be enforcing this regulation during the race.

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



Penalties for Violation:

First Offense: Warning for accidental riding on or crossing the center line.

Second Offense: Relegation by means of a time penalty ranging from 30-seconds to 2-minutes.

Recommended suspension for dangerous attack.

Third Offense: Disqualification from the event, either immediately or at the finish. Recommended for suspension.

ARTICLE 17. RACING WITHIN DEFINED FIELDS

Athletes may race only with the other fields that are starting within the same wave. Athletes may not draft or race with athletes in other waves. Waves are defined by the start time, please refer to the schedule for the fields comprising a start wave.

ARTICLE 17. RADIO COMMUNICATION

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

ARTICLE 18. RIDERS OUT OF CONTENTION

To ensure safety of all athletes, riders projected to finish after 6pm may be removed from the race at the direction of the commissaire.

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. Please note that rider staging for the morning races will be behind the finish truss, while afternoon races will stage on Spruce St. adjacent to the truss (See locator map).

ARTICLE 20. EQUIPMENT RULES

BICYCLES:

- Riders will be allowed to ride any bicycle meeting the guidelines in the USA Cycling Rulebook, regulation 1l. 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. Handcycles 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. 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.



This event is a USA Cycling Gran Fondo National Championships Qualifier

Your result in this event can qualify you for the [USA Cycling Gran Fondo National Championships](#). The 2026 #GFNats will be held on September 20 at [Gran Fondo Maryland](#) in Frederick, MD. In addition to qualifying through results and participation in [Gran Fondo National Series](#) events, cyclists can qualify for #GFNats by finishing in the top three in any Amateur or Masters National Championship, or any State or Regional Championship. For complete qualification criteria, visit: <https://link.edgepi-lot.com/x/Mld-rDDg3y8AAXla-Z4pF8w?u=https://www.granfondonationalseries.com/gran-fondo-national-championship>



SafeSport

Welcome to USA Cycling Gravel National Championships. We are excited to have you participating with us and we want to remind you that athlete safety 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 viola-

tions 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. Please familiarize yourself with USA Cycling's [MAAPP](#).

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. 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 Director: Kyle Knott
- 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: Jurgen Heise
- 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
Mason Fisher	MD	Race Doctor
Karla Eppler	EMS	EMS Coordinator
Kylie Nordie	EMS	Command Post
Mike Tornstrom	EMS	Motorcycle Paramedic
Tom Tornstrom	EMS	Motorcycle Paramedic
Paul Theede	MedComm	Command Post

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 event is subject to doping control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), World Anti-Doping Agency (WADA), and/or the International Federation (IF) under an in-competition testing program. This section is intended to give an overview of the key points relevant to this program and the testing that can be conducted at the event.

What substances 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](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete subject to testing is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during the competition period. In some cases, some substances are only prohibited in a certain sport.

What about medications?

Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to check the status of an athlete's medication is to use USADA's [Global DRO](#) service, which allows athletes to search for generic and name brand products, as well as specific ingredients. Given that the Prohibited List changes each year and medication formulations can also change, it's important for athletes to regularly check the status of their medications. It's also important to understand that dietary supplements are not medications. They are regulated and manufactured differently, which means that USADA is unable to provide guidance on the safety and efficacy of specific dietary supplement products. If an athlete chooses to use dietary supplements in spite of the risks, athletes can reduce their risk by using only third-party certified products. For more information, visit USADA's [Supplement Connect](#) resource.



Athletes or their support team can also speak to an expert by phone during business hours by calling (719) 785-2000 and selecting option 2.

What if I need to take a prohibited medication?

In some situations, an athlete may have an illness or condition that requires the use of a medication listed on the World Anti-Doping Agency's Prohibited List. A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. TUE requirements also vary based on the competition level of the athlete and nationality.

If an athlete is diagnosed with a medical condition requiring treatment with a prohibited substance or method, they should apply for a TUE as soon as possible, but at least 30 days prior to an event or competition. U.S. Athletes interested in obtaining a TUE should visit USADA's [TUE page](#). International Athletes should contact their National Anti-Doping Organization if they are a national-level athlete, or their International Federation if they are an international-level athlete.

How will I be notified of testing?

This drug testing program allows for athletes to be selected for testing at a competition (in-competition testing) without any advance notice. Athletes will be notified of their selection for doping control by a Doping Control Officer (DCO) or a notifying chaperone. At the time of notification, the athlete will be informed of their rights and responsibilities during the sample collection process and will be asked to provide photo identification.

What does the sample collection process include?

Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet as safe and comfortable for the athlete as possible. Understanding the processes, as well as an athlete's rights and responsibilities, can help to make the sample collection process less intimidating. For example, athletes will be required to provide a urine sample of 90 mL under direct observation

of a DCO or a witnessing chaperone of the same gender. There are additional considerations for minor athletes and athletes with impairments. Most notably, minor athletes are encouraged to be accompanied by a representative of their choice.

Learn more about the sample collection processes [here](#).

What if an athlete is returning to sport from retirement?

Under the rules, athletes who were previously eligible for out-of-competition (no-advance-notice) testing before [officially retiring](#) have a six-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Cycling sanctioned events or UCI sanctioned events. If you have an athlete in this situation, please email AthleteConnect@USADA.org.

Athletes can also visit USADA's [Anti-Doping 101 page](#) to find more important information for athletes, coaches, family members, and other athlete support people.



RACE DETAIL

Race
Detail

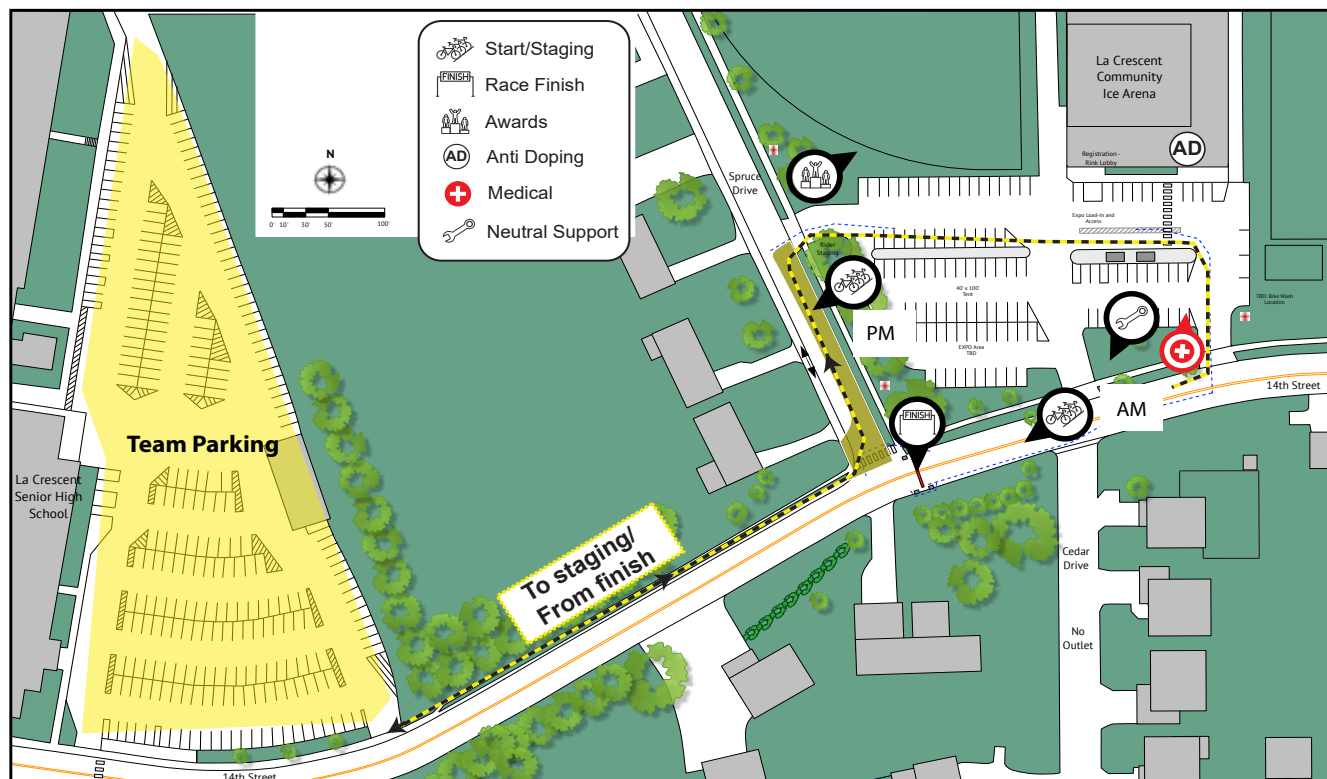


Race Headquarters	La Crescent Community Ice Arena 520 S 14th St. La Crescent MN
Confirmation/PPU	La Crescent Community Ice Arena 520 S 14th St. La Crescent MN
Team Parking	La Crescent High School, 1301 Lancer Blvd, La Crescent, MN
Anti-Doping	La Crescent Community Ice Arena 520 S 14th St La Crescent MN
Commissaire's Room	Finish Stage
Awards Ceremony	Abnet Field - See locator map
Vehicle Deviation	Left turn at Lancer Blvd - 375 meters to go



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 located 1 block west of the start/finish. Riders going to staging will follow outside the fence line as noted with signage to arrive at rider staging. Please note the two staging area, with morning races staging behind the finish truss and afternoon races staging on Spruce Dr. Finishers will utilize the same fenced pathway to return to team parking.



Race
Detail

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 on all route distances. See the course map and 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 men's and women's Elite races are receiving caravan protection.
- For the elite fields, a vehicle will be present that will note with signage on the rear of the vehicle when you must 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.
- For the safety of all athletes, you must complete your race by 6pm. Riders projected to exceed this window may be time cut and removed from the course at the direction of the commissaire.



Note: The section of course that runs through private property will be open for course preview on Saturday and Sunday Sept. 5,6 from 9am to 5pm and on Wednesday and Thursday Sept. 9, 10 from 5pm to 7pm. Do not disrupt their regular business hours.



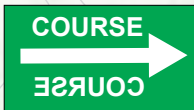
COURSE LOG - 108

ETA 18 mph	ETA 20 mph	ETA 22 mph	ETA 24 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Location	Surface
0:00	0:00	0:00	0:00	0.0	0.0	0.0	106.9	START	S 14th St. Start	Paved
0:01	0:01	0:01	0:01	0.5	0.8	0.5	106.4	Right	Skunk Hollow Rd	Paved
0:02	0:02	0:02	0:01	0.3	1.2	0.7	106.1	Right	County 25	Paved
0:03	0:03	0:02	0:02	0.3	1.6	1.0	105.8	Left	County 6/S 7th St	Paved
0:08	0:07	0:06	0:06	1.4	3.9	2.4	104.4	Right	N Pine Creek Rd	Paved
0:16	0:15	0:13	0:12	2.6	8.0	5.0	101.8	Left	N Pine Creek Rd	Gravel
0:20	0:18	0:16	0:15	1.1	9.8	6.1	100.7	Right	County 15	Gravel
0:33	0:29	0:27	0:24	3.8	15.9	9.9	96.9	Left	Forester Rd	Gravel
0:41	0:36	0:33	0:30	2.4	19.8	12.3	94.5	cs	Sharp right curve	Gravel
0:45	0:41	0:37	0:34	1.4	22.0	13.7	93.1	Left	County 6	Paved
0:48	0:43	0:39	0:36	0.9	23.5	14.6	92.2	Right	Evans Hill Rd	Paved
0:51	0:45	0:41	0:38	0.7	24.6	15.3	91.5	Left	Quarry Entrance (Private Property)	Paved
0:55	0:50	0:45	0:41	0.5	26.9	15.8	91.0	Right	Orchard back gate (Private Property)	Dirt
0:57	0:51	0:47	0:43	0.6	27.8	16.4	90.4	Left	County 25	Paved
0:59	0:53	0:48	0:44	0.6	28.8	17.0	89.8	Right	Chicken Ridge Rd	Gravel
1:12	1:04	0:58	0:54	3.7	34.8	20.7	86.1	Right	County 21	Paved
1:31	1:22	1:14	1:08	5.8	44.1	26.5	80.3	cs	Begin Feed Zone	Paved
1:33	1:24	1:16	1:10	0.7	45.2	27.2	79.6	cs	County 9 End Feed Zone	Gravel
1:44	1:34	1:25	1:18	3.3	50.5	30.5	76.3	Right	Doblar Rd	Gravel
1:52	1:41	1:31	1:24	2.3	54.2	32.8	74.0	Left	Larman Rd	Paved
1:54	1:43	1:33	1:26	0.7	55.4	33.5	73.3	Right	Mn. 76	Paved
1:59	1:47	1:37	1:29	1.5	57.8	35.0	71.8	Left	Gates Coulee Rd	Gravel
2:07	1:54	1:44	1:35	2.4	61.6	37.4	69.4	Left	Breezy Rd	Gravel
2:08	1:55	1:44	1:36	0.1	61.8	37.5	69.3	Left	Randall Dr	Gravel
2:11	1:57	1:47	1:38	0.9	63.2	38.4	68.4	Left	Larman Rd	Paved
2:15	2:01	1:50	1:41	1.3	65.3	39.7	67.1	Right	Christianson Hill	Gravel
2:26	2:11	1:59	1:49	3.2	70.5	42.9	63.9	Left	Christianson Hill	Gravel
2:39	2:23	2:10	1:59	4.0	76.9	46.9	59.9	Right	Mn. 76	Paved
2:47	2:30	2:16	2:05	2.3	80.6	49.2	57.6	Left	Root River dike path, Begin Feed Zone	Gravel
2:48	2:31	2:17	2:06	0.3	81.1	49.5	57.3	cs	End Feed Zone	Gravel
2:51	2:33	2:19	2:08	0.9	82.6	50.4	56.4	Left	Swede Bottom Rd	Paved
2:53	2:35	2:21	2:09	0.6	83.5	51.0	55.8	Right	Swede Bottom Rd	Paved
2:55	2:38	2:23	2:11	0.8	84.8	51.8	55.0	Left	Fort Ridgeley Rd	Paved
3:07	2:48	2:33	2:20	3.5	90.4	55.3	51.5	Left	County 22	Paved
3:18	2:58	2:42	2:28	3.3	95.8	58.6	48.2	Right	Sanden Rd	Gravel
3:28	3:07	2:50	2:36	2.9	100.4	61.5	45.3	Left	Union Ridge Rd	Gravel
3:48	3:25	3:06	2:51	6.1	110.2	67.6	39.2	Left	Mn 44	Paved
3:53	3:30	3:11	2:55	1.6	112.8	69.2	37.6	Left	County 20	Gravel
4:15	3:50	3:29	3:11	6.6	123.4	75.8	31.0	Left	Leary Rd (No Parking on this road)	Gravel
4:19	3:53	3:31	3:14	1.0	125.0	76.8	30.0	Left	County 3	Paved
4:19	3:53	3:32	3:14	0.1	125.2	76.9	29.9	cs	County 3 - Begin Feed Zone	Paved
4:20	3:54	3:33	3:15	0.4	125.8	77.3	29.5	cs	End Feed Zone	Paved
4:32	4:05	3:43	3:24	3.6	131.6	80.9	25.9	Left	Cork Hollow Rd	Gravel
4:43	4:15	3:51	3:32	3.2	136.8	84.1	22.7	Left	Poplar Grove Dr	Gravel
4:51	4:22	3:58	3:38	2.5	140.8	86.6	20.2	Right	Ridgeview Rd	Gravel
5:06	4:35	4:10	3:49	4.4	147.9	91.0	15.8	Left	Butterfield Valley Rd	Gravel
5:09	4:38	4:12	3:51	0.8	149.2	91.8	15.0	Right	Mn 44	Paved
5:14	4:42	4:16	3:55	1.5	151.6	93.3	13.5	Left	Walcker Rd	Dirt
5:21	4:48	4:22	4:00	2.1	155.0	95.4	11.4	Left	County 21	Paved
5:27	4:54	4:27	4:05	1.9	158.0	97.3	9.5	Right	Bush Valley Rd	Gravel
5:40	5:06	4:38	4:15	3.9	164.3	101.2	5.6	Right	County 25	Paved
5:44	5:09	4:41	4:18	1.2	166.2	102.4	4.4	Right	Selke Rd	Paved
5:46	5:11	4:43	4:19	0.6	167.2	103.0	3.8	Left	Farm access path	Gravel
5:55	5:20	4:51	4:26	2.8	171.7	105.8	1.0	cs	Skunk Hollow Rd	Paved
5:57	5:21	4:52	4:28	0.6	172.7	106.4	0.5	Right	S 14th St	Paved
5:59	5:23	4:54	4:29	0.5	173.5	106.9	0.0	Finish	Finish	Paved



GRAVEL
NATIONAL
CHAMPIONSHIPS
LA CRESCENT, MN

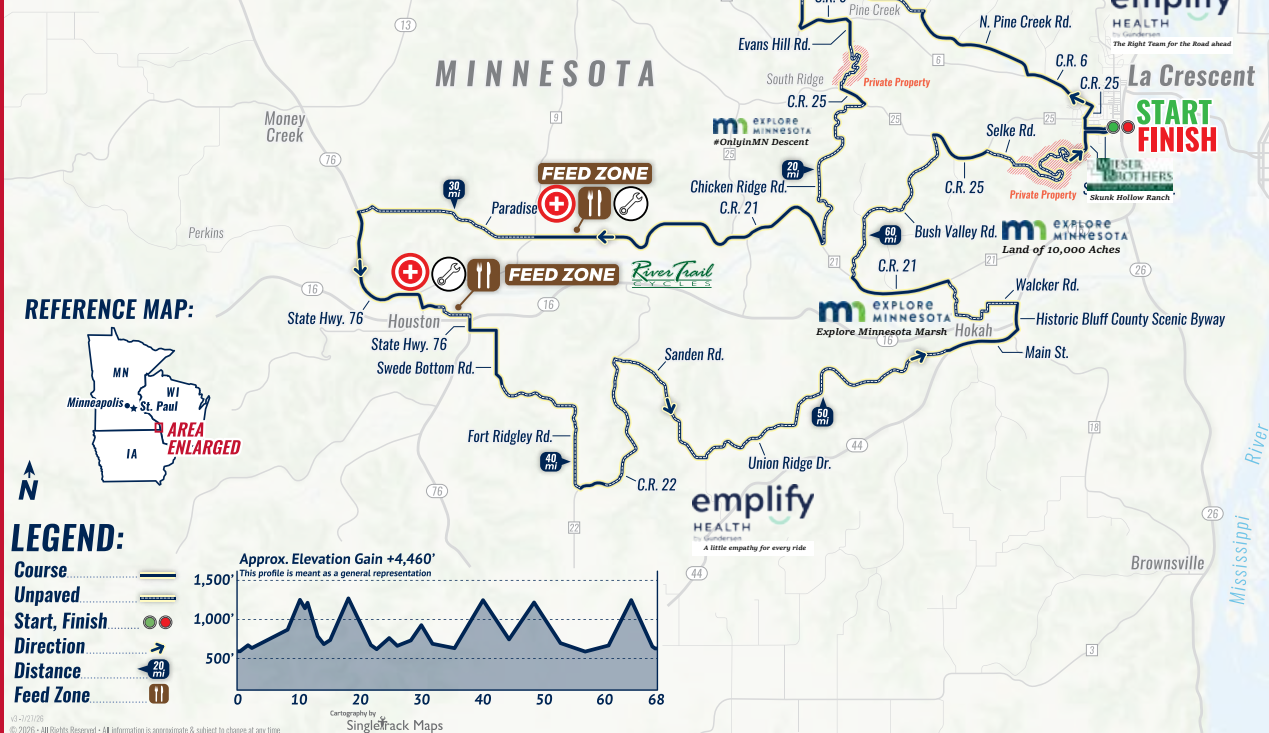
**Course marked
with GREEN Signs**



68 Mile Map

Saturday • September 12, 2026

Course Map



Note: The section of course that runs through private property will be open for course pre-view on Saturday and Sunday Sept. 5,6 from 9am to 5pm and on Wednesday and Thursday Sept. 9, 10 from 5pm to 7pm. Do not disrupt their regular business hours.



COURSE LOG - 68

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	0.0	0.0	0.0	67.7	START	S 14th St. Start	Paved
0:01	0:01	0:01	0:01	0.5	0.8	0.5	67.2	Right	Skunk Hollow Rd	Paved
0:02	0:02	0:02	0:02	0.3	1.2	0.7	67.0	Right	County 25	Paved
0:03	0:03	0:03	0:02	0.3	1.6	1.0	66.7	Left	County 6/S 7th St	Paved
0:09	0:08	0:07	0:06	1.4	3.9	2.4	65.3	Right	N Pine Creek Rd	Paved
0:18	0:16	0:15	0:13	2.6	8.0	5.0	62.7	Left	N Pine Creek Rd	Gravel
0:22	0:20	0:18	0:16	1.1	9.8	6.1	61.6	Right	County 15	Gravel
0:37	0:33	0:29	0:27	3.8	15.9	9.9	57.8	Left	Forester Rd	Gravel
0:46	0:41	0:36	0:33	2.4	19.8	12.3	55.4	cs	Sharp right curve	Gravel
0:51	0:45	0:41	0:37	1.4	22.0	13.7	54.0	Left	County 6	Paved
0:54	0:48	0:43	0:39	0.9	23.5	14.6	53.1	Right	Evans Hill Rd	Paved
0:57	0:51	0:45	0:41	0.7	24.6	15.3	52.4	Left	Quarry Entrance (Private Property)	Paved
0:59	0:52	0:47	0:43	0.5	25.4	15.8	51.9	Right	Orchard back gate (Private Property)	Dirt
1:01	0:54	0:49	0:44	0.6	26.4	16.4	51.3	Left	County 25	Paved
1:03	0:56	0:51	0:46	0.6	27.4	17.0	50.7	Right	Chicken Ridge Rd	Gravel
1:17	1:09	1:02	0:56	3.7	33.3	20.7	47.0	Right	County 21	Paved
1:39	1:28	1:19	1:12	5.8	42.6	26.5	41.2	cs	Begin Feed Zone	Paved
1:42	1:30	1:21	1:14	0.7	43.8	27.2	40.5	cs	County 9 End Feed Zone	Gravel
1:54	1:41	1:31	1:23	3.3	49.1	30.5	37.2	Left	Doblar Rd	Gravel
1:55	1:42	1:32	1:24	0.3	49.6	30.8	36.9	Left	Mn 76	Paved
2:06	1:52	1:41	1:31	2.9	54.2	33.7	34.0	Left	Root River dike path	Gravel
2:06	1:52	1:41	1:32	0.0	54.3	33.8	34.0	cs	Begin Feed Zone	Gravel
2:06	1:52	1:41	1:32	0.2	54.6	33.9	33.8	cs	Begin Feed Zone	Gravel
2:10	1:56	1:44	1:35	0.9	56.2	34.9	32.8	Left	Swede Bottom Rd	Paved
2:16	2:01	1:48	1:39	1.4	58.4	36.3	31.4	Left	Fort Ridgeley Rd	Paved
2:29	2:12	1:59	1:48	3.5	64.1	39.8	27.9	Left	County 22	Paved
2:41	2:23	2:09	1:57	3.3	69.4	43.1	24.6	Right	Sanden Rd	Gravel
2:52	2:33	2:18	2:05	2.9	74.0	46.0	21.7	Left	Union Ridge Rd	Gravel
3:15	2:53	2:36	2:22	6.1	83.8	52.1	15.6	Left	Mn 44	Paved
3:22	3:00	2:42	2:27	1.9	86.9	54.0	13.7	Left	Walcker Rd	Dirt
3:30	3:07	2:48	2:33	2.2	90.4	56.2	11.5	Left	County 21	Paved
3:37	3:13	2:54	2:38	1.0	93.5	58.1	9.6	Right	Bush Valley Rd	Gravel
3:42	3:18	2:58	2:42	1.3	95.6	59.4	8.3	cs	Winding Creek Dr	Tarmac
3:52	3:26	3:05	2:48	2.5	99.6	61.9	5.8	Right	County 25	Paved
3:57	3:30	3:09	2:52	1.3	101.7	63.2	4.5	Right	Selke Rd	Paved
3:59	3:32	3:11	2:54	0.6	102.7	63.8	3.9	Left	Farm Path Private Property	Gravel
4:11	3:43	3:21	3:03	3.3	108.0	67.1	0.5	Right	S 14th St.	Paved
4:13	3:45	3:23	3:04	0.5	108.9	67.7	0.0	Finish	Finish	Paved



GRAVEL NATIONAL CHAMPIONSHIPS LA CRESCENT, MN

31 Mile Map

Saturday • September 12, 2026

Course marked
with RED Signs



REFERENCE MAP:

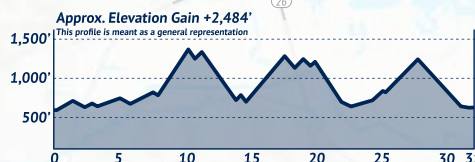


LEGEND:

Course	
Unpaved	
Start, Finish	
Direction	
Distance	
Feed Zone	

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Cartography by
SingleTrack Maps



Note: The section of course that runs through private property will be open for course preview on Saturday and Sunday Sept. 5, 6 from 9am to 5pm and on Wednesday and Thursday Sept. 9, 10 from 5pm to 7pm. Do not disrupt their regular business hours.



COURSE LOG - 31

ETA 14 mph	ETA 16 mph	ETA 18 mph	ETA 20 mph	Incr.	Kilo.	Miles Ridden	Miles To Go	Action	Location	Surface
0:00	0:00	0:00	0:00	0.0	0.0	0.0	31.0	START	S 14th St. Start	Paved
0:02	0:01	0:01	0:01	0.5	0.8	0.5	31.5	Right	Skunk Hollow Rd	Paved
0:03	0:02	0:02	0:02	0.3	1.2	0.7	30.4	Right	County 25	Paved
0:04	0:03	0:03	0:03	0.3	1.6	1.0	30.1	Left	County 6/S 7th St	Paved
0:10	0:09	0:08	0:07	1.4	3.9	2.4	28.7	Right	N Pine Creek Rd	Paved
0:21	0:18	0:16	0:15	2.6	8.0	5.0	26.1	Left	N Pine Creek Rd	Gravel
0:26	0:22	0:20	0:18	1.1	9.8	6.1	25.0	Right	County 15	Gravel
0:42	0:37	0:33	0:29	3.8	15.9	9.9	21.2	Left	Forester Rd	Gravel
0:52	0:46	0:41	0:36	2.4	19.8	12.3	18.8	cs	Sharp right curve	Gravel
0:58	0:51	0:45	0:41	1.4	35.6	13.7	17.4	Left	County 6	Paved
1:02	0:54	0:48	0:43	0.9	37.0	14.6	16.5	Right	Evans Hill Rd	Paved
1:05	0:57	0:51	0:45	0.7	38.6	15.3	15.8	Left	Quarry Entrance (Private Property)	Paved
1:06	0:58	0:51	0:46	0.2	39.6	15.5	15.6	Right	Quarry Path	Gravel
1:07	0:59	0:52	0:47	0.3	40.7	15.8	15.3	Right	Orchard back gate (Private Property)	Dirt
1:09	1:01	0:54	0:48	0.5	42.6	16.3	14.8	Left	Orchard Path Begin Feed Zone	Dirt
1:10	1:01	0:54	0:49	0.1	44.3	16.4	14.7	Left	County 25 End Feed Zone	Paved
1:12	1:03	0:56	0:51	0.6	45.4	17.0	14.1	Right	Chicken Ridge Rd	Gravel
1:28	1:17	1:08	1:01	3.6	45.5	20.6	10.5	cs	Caution - Stop Sign bottom of descent	Gravel
1:28	1:17	1:09	1:02	0.1	45.6	20.7	10.4	Left	County 21	Paved
1:32	1:21	1:12	1:04	0.9	46.8	21.6	9.5	Left	Bush Valley Rd	Gravel
1:48	1:35	1:24	1:16	3.8	47.6	25.4	5.7	Right	County 25	Paved
1:54	1:39	1:28	1:19	1.2	48.3	26.6	4.5	Right	Selke Rd	Paved
1:56	1:42	1:30	1:21	0.6	48.6	27.2	3.9	Left	Farm Path Private Property	Gravel
2:11	1:54	1:42	1:31	3.4	49.1	30.6	0.5	Right	S 14th St.	Paved
2:13	1:56	1:43	1:33	0.5	50.4	31.0	0.0	Finish	Finish	Paved



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

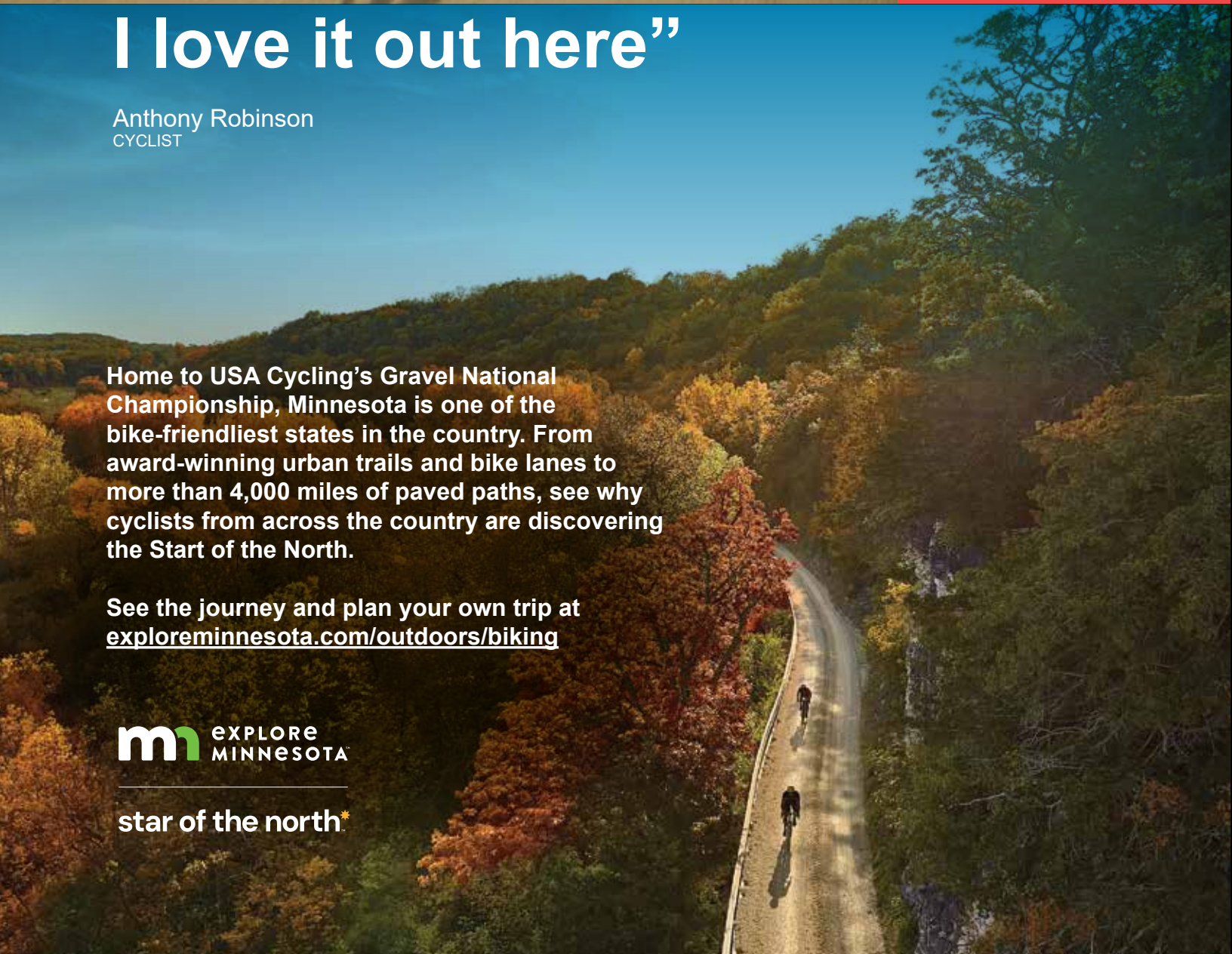
Anthony Robinson
CYCLIST

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