

NYCMTB Race Map:

Highbridge Hustle & Flow Race

[Highbridge Park, Inwood, Manhattan, NY]



City of New York
Parks & Recreation

- FIRST LEG: XC CLIMBER**
While some technical climbing skills are necessary, the most important skill for this leg is the ability to hammer uphill as quickly as possible.
- SECOND LEG: YOUTH (under 18) PUMP TRACK LAP**
Take the tag and sprint around the pump track. Double up, manual and carve your way through this leg. If your team doesn't have an under-18 member, we can provide one for you
- THIRD LEG: DOWNHILLER**
Down the freeride trail. 150 feet of vert as fast as you can ride it. Full-face helmet mandatory. 5' drop at the entrance and 10' drop at the finish are optional with slower go-around routes.
- FOURTH LEG: ROADIE/'CROSSER/XC CLIMBER**
Sprint up the paved path to the top of Rough Ryder as fast as you possibly can. Any bike is permitted- road, cross, mountain bike... it just needs to be light and fast.
- FIFTH LEG: SUPER-D/DH'er**
Blast back down the Rough Ryder trail to the finish. This trail is mostly downhill, but with some tricky technical spots that demand bursts of climbing power which will be difficult on a DH rig. Ideal bike is a 6" travel all-mountain bike.
- ★ TAG-OFF POINTS**
Points where one rider tags out with the rider for the next leg. Marshalls will keep split times.

