



Welcome to the **FU Racing Series**! Kinda like F1, but without the cars and caviar.

Next time someone asks you if race bikes, just respond, “Yea, **FU!**”

*[Ok...I’m two sentences into this announcement and I’ve already heard concerns about the word “racing”. Please ride safely and responsibly. From now on, the FU Racing Series will be referred to as the “**Formula U Scenery Series**”. Ahhh...much better. Thank you for your attention in this matter.]*

Here at Cape Cod NEMBA (CCNEMBA), we wish you a Happy New Year and offer our new competition for 2026. Time to set some new goals. You decide if you’d like to explore new riding areas at your own pace, push yourself to improve on your previous efforts, or to compare yourself with the best riders on the Cape.

Taking inspiration from F1 Racing, we have taken the best trails that Cape Cod has to offer and curated a series of “tracks” on which you’ll compete for Grand Prix and Sprint race points.

Like F1 Racing, where drivers and their teams compete in the Drivers’ Championship and the Constructors’ Championship, the **Formula U Scenery Series** will offer a **Riders’ Championship** and a **Completers’ Championship**.

In the **Riders’ Championship**, participants will be awarded points based on their position on the Strava leaderboard (Men and Women) of the Strava segments defined for each Grand Prix and Sprint course. The point distribution is identical to that used in F1 (see below). The Riders’ Championship leader board will be updated periodically on the CCNEMBA Facebook page. The overall points leader at the end of the year will be crowned the Rider Champion.

Place	Grand Prix Points	Sprint Race Points
1 <sup>st</sup>	25	8
2 <sup>nd</sup>	18	7
3 <sup>rd</sup>	15	6
4 <sup>th</sup>	12	5
5 <sup>th</sup>	10	4
6 <sup>th</sup>	8	3
7 <sup>th</sup>	6	2
8 <sup>th</sup>	4	1
9 <sup>th</sup>	2	0
10 <sup>th</sup>	1	0

The **Completers’ Championship** will accommodate those who don’t want to race through these exciting new curated courses, but fully enjoy and experience them. *Completers will be awarded points for completing a course regardless of time*. Each completed Grand Prix course is worth 25 points and a completed Sprint course yields 8 points. This competition is separate from the Riders’ Championship and will have its own leaderboard. At the end of the year, we will recognize the Completer Champion(s).

The cars in Formula 1 racing adhere to specific standards defined by the *Federation Internationale de l’Automobile* (FIA). Similarly, Formula U racing is defined by the prestigious *L’Association de VTT de Nouvelle-Angleterre, section de Cape Cod (CCNEMBA)* as “participants riding **a bicycle powered by YOU (U)**”. While class 1 e-bikes are welcome to enjoy the array of well designed “tracks” featuring some of the best trails on the Cape, we ask that you categorize your steed properly as to not affect the analog leaderboard of the Riders’ Championship. And now that I think of it, no switching riders mid-race either!

Like the famous F1 race tracks of Monte Carlo, Monza, and Silverstone, each FU course will have its own unique features, and you will have to determine the best bike, tires, method of navigation, and fueling strategy. Grand Prix courses are over 8 miles in length and Sprint courses are between 6 and 8 miles. Consider your pre-rides as your practice sessions. Ride each course as many times as you like.

And, like F1, sometimes accidents happen. If you miss a turn or your GPS loses the signal, sorry... You know the saying, if it’s not on Strava, it didn’t happen. Editing GPX files and resubmitting them to Strava is prohibited in this competition. Hopefully, GPS problems are the only accidents that you experience.

**IMPORTANT! We ride on public trails shared by other user groups and your ride is no excuse for being unsafe or rude. You must yield to ALL other trail user groups. While Strava segments have been implicated in unsafe riding behavior due to high speeds, our Strava segments reflect efforts of over an hour in duration and often over 10 miles in length, so we expect average speeds to be reasonable and safe. Also, all road crossings are under Virtual Safety Car (VSC) conditions, and you must yield to traffic or risk disqualification.**

**Navigation Notes:** For each track you will be provided with a link to a Trailforks route, a Strava route, and the Strava segment that you are hoping to get credit for. Both Trailforks and Strava allow you to export a GPX file so that you can navigate on your GPS device or on another mobile mapping platform. Most riders will navigate on their GPS device or phone mounted on their handlebars. While both provide a solid line to follow, ***navigation on a phone using Trailforks or Strava with the screen zoomed in close is the best method*** to prevent missing turns and to see the existing trail network. If you miss a turn or stray off the defined segment, try to return to the segment where you erred and continue on the route. If you didn't get too far off course Strava may still recognize your ride. Good luck!

**What is Climb Quotient?** This is a fun metric giving a relative value of how much climbing a route has per unit of distance. The higher the number, the more climbing the route will have per mile. A value of 0 would indicate a perfectly flat route. I generally consider a value of greater than 100 to be very hilly. For comparison sake, the Leadville 100 MTB course has a Climb Quotient of about 135! Take this value with a grain of salt as it doesn't consider the steepness of the climbs, the technical nature of the course, nor the riding surface.

**How were the tracks “curated”?** The routes that we created to represent our “tracks” were designed to capture the essence of each ride area featured. The purpose was not to make each course very hard, nor very easy, but to approximate the difficulty and character of the area by including their signature trails, features, and scenery. A big requirement of each route is ease of navigation. To facilitate following the route on your GPS or phone, we attempted to limit intersections where the route crossed over itself resulting in confusing multiple turn options. While this makes navigation easier, it makes it more difficult to hit all your favorite trails going in your favorite direction. We have weighed all the factors and are very happy with the results. The courses are a perfect introduction to a variety of riding areas on Cape Cod and will be enjoyed by first-timers and locals alike.

# The Tracks

**Track Name:** **Maple Swamp Grand Prix**

**Distance:** 12.6 miles

**Elevation Gain:** 1221ft

**Climb Quotient:** 97

**Description:** This track will give you a taste of everything that Maple Swamp has to offer. The route starts with a mile long climb up Sam Nye Mountain on meandering single track. Then, you'll be rewarded on the half-pipe-like Snake Milk trail as you descend into the heart of the riding area. Fast and flowy with a significant amount rolling ups and downs will follow including the classic 2-mile Jawbones trail. At about the 9-mile mark, you'll get exposed to a section of classic Maple Swamp advanced terrain on Craddock. The route concludes with a descent back down Sam Nye on Spinal Tap and Sasquatch.

**Start Address:** [Maple Swamp Conservation Area – Service Road, Sandwich, MA](#)

[Trailforks Route](#)

[Strava Route](#)

[Stava Segment](#)

**Track Name:** **Four Ponds Grand Prix**

**Distance:** 8.0 miles

**Elevation Gain:** 810ft

**Climb Quotient:** 101

**Description:** This track is one of the more scenic in the series and despite the significant climbing quotient, it feels like you're heading downhill much of the time. Don't spend too much time enjoying the scenery or you'll likely miss a turn. There are a couple of places where the trail density is high and you may need to test your options before proceeding too far.

**Start Address:** [Weary Travelers, 77 Valley Bars Road, Monument Beach, MA](#)

[Trailforks Route](#)

[Strava Route](#)

[Stava Segment](#)

**Track Name:** **WBCA Grand Prix**

**Distance:** 14.0 miles

**Elevation Gain:** 1156ft

**Climb Quotient:** 83

**Description:** All the classic ToT terrain... flowy single track, some punchy climbs, and a sprinkling of technical rocks and roots.

**Start Address:** [Big Ring Lot – 1590 Race Lane, Marstons Mills, MA](#)

[Trailforks Route](#)

[Strava Route](#)

[Stava Segment](#)

**Track Name:** **Otis Grand Prix**

**Distance:** 13.4 miles

**Elevation Gain:** 1392ft

**Climb Quotient:** 104

**Description:** Otis is the OG of Cape Cod mountain biking and this track attempts to incorporate most of what this riding area is known for. You'll ride through the Half Pipe, along the tracks to the tech stretch of Graveyard; some fast flowy sections follow interspersed with some punchy climbs up to Lighthouse. The descent from Lighthouse along the Road Less Taken gives you some deepwoods singletrack as you head toward the turnaround at the rotary. The classic return along the highway is interrupted by a turn back into the woods for some twists and turns and a substantial climb up to Mt Zig. The final descent back to the start is fast. Ready to climb?

**Start Address:** [Otis MTB Trails, Route 151, Falmouth, MA](#)

[Trailforks Route](#)

[Strava Route](#)

[Stava Segment](#)



**Track Name: Long Pond Grand Prix****Distance:** 9.6 miles**Elevation Gain:** 994ft**Climb Quotient:** 104

**Description:** Don't be lured into complacency by the cart paths and double track featured early in this ride. Enjoy it while you can. Be aware of a short road section (0.1 mi) on Brick Kiln Road at about 2.5 miles. This is a busy road! After crossing the road you'll primarily encounter single track with a significant amount of climbing. Be sure to monitor your GPS for upcoming route turns as you can easily blow by them, especially on trails like G-Force. The final stretch on Angel's Mirror is guaranteed to have you pushing your bike!

**Start Address:** [Goodwill Park, 416 Gifford St, Falmouth, MA](#)[Trailforks Route](#)[Strava Route](#)[Stava Segment](#)**Track Name: Badlands Grand Prix****Distance:** 8.1 miles**Elevation Gain:** 905ft**Climb Quotient:** 112

**Description:** You've heard stories about the Badlands. Technical... tough climbs... yup! Be warned if you are not comfortable on difficult terrain. Hike-a-bike will happen. If you are comfortable, feel free to launch the optional drops, rolls, skinnys, and bridges along the route. Navigation is as challenging as the terrain due to the high density of trails in this area. Take your time "probing" your options and find the correct trail to get credit for completing this course. Please note that there are a couple of road crossings, so use caution. Good luck!

**Start Address:** [193 West Great Western Road, Yarmouth](#)[Trailforks Route](#)[Strava Route](#)[Stava Segment](#)**Track Name: Mashpee River Grand Prix****Distance:** 8.7 miles**Elevation Gain:** 501ft**Climb Quotient:** 58

**Description:** Spectacular water views from high above the Mashpee River as you wind through the pine forest. The terrain is generally non-technical with some punchy rolling terrain. The track covers one segment in both directions so take care in making the correct turns at these intersections.

**Start Address:** [Mashpee River Reservation at Quinaquisset](#)[Trailforks Route](#)[Strava Route](#)[Stava Segment](#)**Track Name: Sandy Neck Grand Prix****Distance:** 11.7 miles**Elevation Gain:** 137ft**Climb Quotient:** 12

**Description:** Breathtaking and unique biking terrain as you'll ride both the beach and a sandy dune trail in a scrub pine forest. You'll want fat tires for this adventure! Navigation is uncomplicated. While the terrain is relatively flat, the sand can make even the smallest elevation change more of an effort.

**Start Address:** [425 Sandy Neck Rd, West Barnstable, MA 02668](#)[Trailforks Route](#)[Strava Route](#)[Stava Segment](#)**Track Name: CCCC / OJL Grand Prix****Distance:** 13.1 miles**Elevation Gain:** 1076ft**Climb Quotient:** 82

**Description:** Punchy climbs, tight switchbacks, flowing descents, rock rolls and the occasional drop this 13-mile Grand Prix course will have you begging for more. Showcasing mixed terrain from Cape Cod Community College, Old Jail Lane, Hathaway's Pond Conservation Area and historic Main St. Caution is

advised on this course as there is approximately 3 miles of paved road and sidewalks connecting between networks and 3 cross walks on the College property to navigate. Trayser Trail Bridge may be slippery when wet and beware of the railroad tracks.

**Start Address:** [Cape Cod Community College near the solar array parking lot, Barnstable, MA](#)

[Trailforks Route](#)      [Strava Route](#)      [Stava Segment](#)

**Track Name: Nickerson Grand Prix**

**Distance:** 14.7 miles      **Elevation Gain:** 1239ft      **Climb Quotient:** 84

**Description:** This lengthy journey through the 2000-acre Nickerson State Park features plenty of pine needle laden singletrack, double track, and paved walking paths. Cemetery trail winds through towering pines followed by a significant decent down Fire Tower trail. Use caution on the Freeman Road crossing that'll expose you to a great segment of the Training loop. Plenty of climbing without much tech over the course of the ride.

**Start Address:** [Nickerson State Park, Main Street, Brewster](#)

[Trailforks Route](#)      [Strava Route](#)      [Stava Segment](#)

**Track Name: Round Hill Sprint**

**Distance:** 7.2 miles      **Elevation Gain:** 419ft      **Climb Quotient:** 58

**Description:** This is a fast and flowy Sprint track (under 8 miles in length) with lots of tight turns and virtually no tech. A serious climb just past the 3-mile mark will get your attention. Be sure to stay close to your GPS' navigation line when crossing the field behind Oak Ridge School.

**Start Address:** [Round Hill Road, East Sandwich, MA](#)

[Trailforks Route](#)      [Strava Route](#)      [Stava Segment](#)

**Track Name: WBCA Sprint**

**Distance:** 6.7 miles      **Elevation Gain:** 415ft      **Climb Quotient:** 62

**Description:** A quick summary of classic ToT terrain including Big Ring, a climb to Walker Point Deck, Broken Arrow, VP, and then a winding spin past the airport on Danforth. The track does not include any significant technical sections.

**Start Address:** [Big Ring Lot – 1590 Race Lane, Marstons Mills, MA](#)

[Trailforks Route](#)      [Strava Route](#)      [Stava Segment](#)

**Track Name: Philip Keyes Memorial Sprint**

**Distance:** 6.7 miles      **Elevation Gain:** 591ft      **Climb Quotient:** 88

**Description:** This sprint track begins at the *Keyes The Limit* trailhead named for NEMBA's former director and our good friend, Philip Keyes. This route covers most of the terrain in his Cape Cod backyard near Clay Hill and if you feel an extra set of legs pushing on your pedals on these twisty and punchy trails, you'll know who to thank. There's a good amount of climbing mixed in with some dirt road segments on this short course. If you're lucky, you'll spy the dunes of Sandy Neck Beach from some of the high points.

**Start Address:** [West Barnstable YMCA - 2245 Iyannough Rd, West Barnstable](#)

[Trailforks Route](#)      [Strava Route](#)      [Stava Segment](#)

**Track Name:** **Greenough Grand Prix**

**Distance:** 12.2 miles

**Elevation Gain:** 831ft

**Climb Quotient:** 68

**Description:** This track is a tale of two rides. You'll head north on a combination of singletrack, cart paths and a few road sections on your way to the scenic Grays Beach boardwalk. If you're a completor, you might want to grab your phone (leave your Garmin on the bike) and walk out to the end of the boardwalk for some pictures. The route after the beach is generally along the same route until you get back to Greenough. This terrain in the second half of the track will be more technical with some short climbing efforts. There is at least one challenging road crossing! Use caution.

**Start Address:** [Camp Greenough, Yarmouth Port, MA](#)

[Trailforks Route](#)

[Strava Route](#)

[Stava Segment](#)

**More tracks to come...**