

Your Guide to the Over-the-Hill Gravel Grinder 2026



On behalf of the Lost River Cycle Club and the Alzheimer's Association of Greater Idaho, thank you for signing up for this event.

The Cause – Do What You Love for the Alzheimer's Association

We love to bike. That's the main reason we're all meeting in Horseshoe Bend to ride the Over the Hill Gravel Grinder, now in its third year. The other reason is the Alzheimer's Association of Greater Idaho. For the sake of simplicity, we'll just call the organization ALZ.

This year ALZ changed the branding of events like this from "The Longest Day" to "Do What You Love." As with past years, people just like you are coming together to do the things they love most in the interest of raising funds and awareness for a cure, support, and research efforts for the Alzheimer's Association. We thank you for your participation. Every dollar raised beyond our expenses goes to ALZ. And if you made a donation on top of your entry fee, we thank you once again.

Alzheimer's is a growing problem in Idaho and around the world. It's estimated there are at least 30,000 Idahoans afflicted with Alzheimer's. There are likely 75,000 unpaid caregivers, usually family members, taking care of those individuals. While there have been advances in medicines to treat the disease, we are a long way from finding a cure. One thing we know is that consistent physical activity, like you're about to do, helps to prevent and delay onset of the disease. So, keep doing what you love.

Now, about the event...

Course Maps

While we will mark the course, past experience has taught us that sometimes course markings mysteriously disappear. If you have a GPS device, we strongly encourage you to download the map for the course you will be riding. The GPX files are available for download here:

https://drive.google.com/drive/folders/1S0HQyM5i4PsGSrFivcMERUK7HLb95fCT?usp=drive_link

Start/Finish

The event will start and finish at the Horseshoe Bend High School, 398 School Road, in Horseshoe Bend. You can use any of the parking areas in front of the school building. Do not block the entry road. The event check-in, where you'll get your ride number, will be along the fence near the sign on the highway. We will have PortaPros portable toilets, including one ADA compatible toilet, available for your convenience.

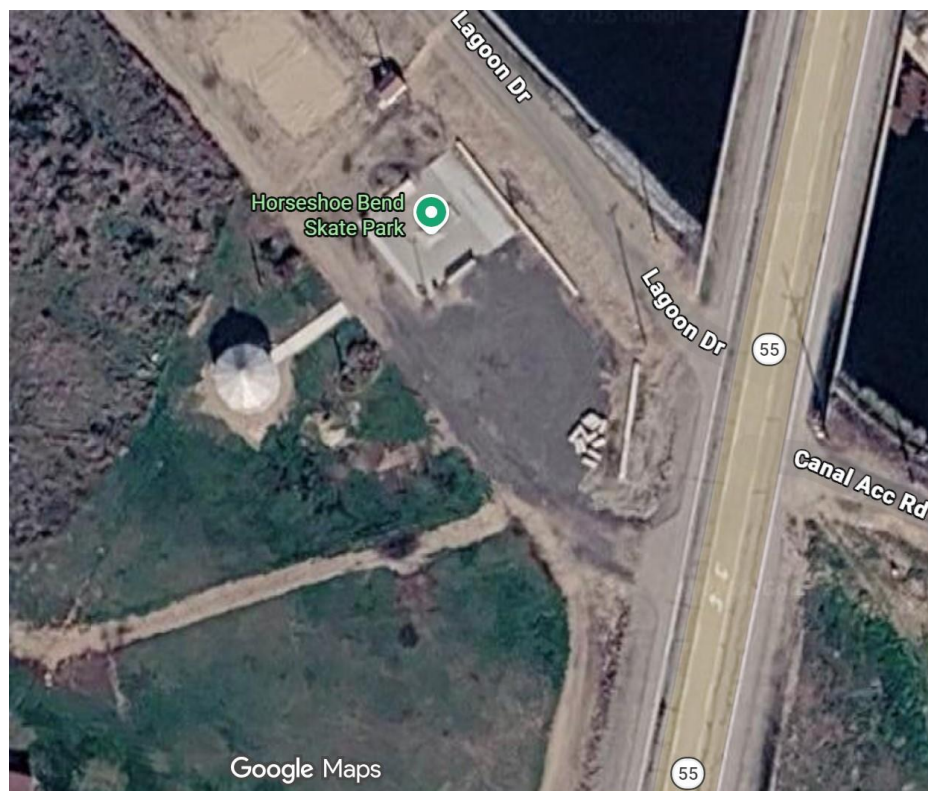


Schedule of events

- 7:00 a.m. – Registration check-in, assignment of rider numbers.
- 7:50 a.m. – Pre-ride meeting for Warhorse and My Little Pony.
- 8:00 a.m. – Warhorse ride begins. Line-up on the road leading to Hwy 55.
- 8:15 a.m. – My Little Pony ride begins
- 8:50 a.m. – Pre-ride meeting for Hobby Horse.
- 9:00 a.m. – Hobby Horse ride begins. Line-up on the road leading to Hwy 55.
- 11:00 a.m. – Post-ride activities begin at Locking Horns Riverside Restaurant.
- 11:00 a.m. – Live music starts at Locking Horns with Ken Harris, Carmel Crock & friends.

Camping

We have had several inquiries about camping overnight before the event. The superintendent of Horseshoe Bend High School says riders can dry camp in the area just to the north of the baseball field, in the parking lot for the skate park. **Please don't camp in the school parking lot.**



Checking in Before & After the Ride

Please check in at the registration table to get your ride number before the ride starts. The numbers help us to keep track of everyone on the course. When you have completed your ride, please check in again so we know you're back safe and sound, and so we don't spend precious time looking for someone who has already come back. Thank you!

Safety on Route

Safety is the responsibility of each rider. We have done everything we can to make this a safe riding experience, but riders will have to cross busy highways. Please follow all traffic laws. Ride with traffic. Signal your turns. Look both ways when crossing busy roads and be courteous to everyone. We will have signs on the busy highways alerting drivers to the presence of cyclists, but safety remains your individual responsibility.

Route Changes

Gem County asked us to change the route through the City of Emmett this year. We will not be allowed to ride on any of the canal paths, so there is a little more pavement than last year. Please follow the course markings and/or the GPX route on your bike computer.

For the Hobby Horse route, we have good news! The old trestle bridge on West Boise Street has been replaced with a modern bridge! This means you can turn off of Frozen Dog Road (the old Emmett Highway) onto Boise Street and will not have to cross Highway 55 on your return to the start/finish.

Highway Crossings

The Warhorse and My Little Pony routes will cross busy highways. While we will have the assistance of the Boise County Sheriff at the start, all other highway crossings will be the personal responsibility of participants.

The Warhorse route crosses Highway 52 twice, then follows the My Little Pony route the rest of the way.

The My Little Pony route crosses both Highway 16 and Highway 55 twice. After you make your descent down the old Horseshoe Bend Highway, you will cross Hwy 55 and follow the road for more than a mile back to Horseshoe Bend High School.

Aid Stations

Aid Station # 1 – **Horseshoe Bend High School**. There will be two PortaPros restrooms, one regular and one ADA compatible, in the parking lot. There will be a table with snacks, water, Tailwind, Coke, and Gatorade.

Aid Station # 2 – **Montour Campground** – Approximately at mile 8 on all three routes. snacks, water, Tailwind, Coke, Gatorade. There is no PortaPros restroom at this aid station. Use the restrooms at the Montour Campground, which are ADA compatible. This is the turnaround point for the Hobby Horse route.

Aid Station # 3 – **Brownlee Loop** (Warhorse only) – Approximately mile 29, (44°03'27.4"N 116°09'54.4"W) near the first summit. Snacks, water, Tailwind, Coke, Gatorade, and a PortaPros restroom.

Aid Station # 4 – **Hwy 16 & Jackass Gulch Rd** (Warhorse & My Little Pony) – Approximately mile 62 (43°49'57.6"N 116°28'23.8"W) for the Warhorse and mile 23 for My Little Pony. Snacks, water, Tailwind, Coke, Gatorade, and a PortaPros restroom.

Aid Station # 5 – **Pearl Road** (8000 Pearl Road) (Warhorse & My Little Pony) Approximately mile 71 for the Warhorse and mile 32 (43°51'28.0"N 116°20'00.7"W) for My Little Pony. Snacks, water, Tailwind, Coke, Gatorade and a PortaPros restroom.

Route Support

Many thanks to [Lyle Pearson Ineos Grenadier](#) for providing us with two vehicles to provide support for the Warhorse and My Little Pony routes. A third vehicle will support the Hobby Horse route. The vehicles will each be equipped with bike racks to pick up and transport riders to the top of the next hill, or take them back to the start-finish, if necessary. The follow vehicles will have minimal, if any, bike maintenance support.

After-Party

The after-party will take place at the Locking Horns Riverside Restaurant where we will offer free beer from our sponsor, [Boise Brewing](#), and live musical entertainment with Ken Harris, Carmel Crock, and friends.

The Riverside will have Boise Brewing's Boise Light on tap. Go to the bar or show the wait staff your ride number and the staff will happily hand you an ice cold beer at no charge. If you prefer some other kind of beer, the Riverside has a variety of other tap beers. Order from the Riverside menu. There may be a pasta special of some kind available for order.

Thanks to our sponsors:

Horseshoe Bend High School
Locking Horns Riverside Restaurant
PortaPros (restrooms)
Lyle Pearson Ineos Grenadier
Boise Brewing
Tailwind
Clif Bar
PepsiCo
Charlie's Produce
Reed Cycle
Ketlinski Law
Bike Law

Questions:

Dave Fotsch
Event Director
Dave.fotsch@gmail.com
208-331-9266