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NEW FALL ADVENTURES:

Trains, Bikes, Hikes & Rivers

THE REAL ZOMBIE UNDERWORLD

Voodoo, Sorcery & Lost Souls

IF I RAN THE NFL

by Matt Taibbi

NOTEBOOK /

THE 4 BEST BIKE TRAILS

Fall is the perfect season to hit the dirt on knobby tires. Here are the top new spots to open up this year.

DOWNHILL

FREIGHT TRAIN
Whistler, British Columbia

Bikers were already able to scream down plenty of nearly vertical trail at highway speeds on FT, but this year it got even better: A 200-foot tunnel, with four 30-foot quarterpipes, was built to reroute skiers for the 2010 Olympics. The best part? Four miles and 2,100 vertical feet later, you can hop on the resort's lift and repeat without a climb (\$45; whistlerbike.com).

Great Fall
Adventures
IN NORTH AMERICA

FREERIDE

FREE LUNCH AND PUCKER UP

Grand Junction, Colorado
This two-year-old project has doubled in length with this year's addition of Pucker Up, which tacks on more than a mile of fast, one-after-another eight-foot drops and 10-foot gap jumps. But don't expect gravity to do all the work: Wall rides will challenge your handling skills, as will two play areas along the trail. The design even offers opt-outs, so you can bail on that nine-foot huck if you're not feeling it (freeride.com).



Essential Bike Gear

To guard against the carnage that can come with downhill and free-riding, you'll need some protection. With polypropylene plates over your chest and moldable Visco-Elastic Polymer Dough down your vertebrae, **Poc's Spine VPD Tee** provides the right mix of mobility and safety (\$315); Poc's new helmet, the **Cortex Flow** — a fiberglass shell with a chin bar positioned for optimal airflow — shields against headfirst encounters (\$265; pocsports.com).



CROSS-COUNTRY

ALLEGRIPPIS TRAIL SYSTEM

Huntingdon, Pennsylvania
The trail is 32 miles of concentric loops designed to offer rides of varying length and difficulty. Much of the trail system is a perfect mash-up of all the quintessential elements of East Coast riding: swooping single-track through pine forest; pump-track-style rollers on soft, sticky soil; and long, grinding climbs. Make sure to hit the descent down Hydro, which slices through the hardwoods all the way to an ideal view of Raystown Lake (allegrippistrails.com).



BIKE PARK

HANSON-LARSEN MEMORIAL PARK

Rapid City, South Dakota
This 280-acre multidisciplinary park set in the middle of town has 10 miles of raceworthy singletrack and a jump park for the vertically inclined. For downhillers, nearly a mile of double-black diamond trail — descending through a rock-strewn draw complete with ledge drops, bank turns, and step-ups — is slotted to open by year's end (inba.com). —JOSH FULMER

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