



ATHLETE PROFILE

JACK SPRANGER

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ABOUT

My name is Jack Spranger, I'm from Seattle, WA where I first got into cycling through BMX racing. From there I began to try other disciplines and raced cyclocross, then cross country mountain biking, road racing, and even enduro and downhill mountain biking. When I was 17 I went on my first trip with the US National Team to race cyclocross in Europe and it grew my respect for the sport even more seeing the intensity and competition over there. I went Colorado Mesa University in Grand Junction CO where I graduated with a Bachelor of Business Administration in Finance. Also, at Colorado Mesa University I raced on the varsity cycling team with whom I won two individual collegiate national championships as well as multiple team national championships. As of the past couple years my primary focus has been mountain bike racing chasing the U23 World Cup Series.





2026 GOALS

“To establish myself within the elite field of off-road racing and try some new races that push my limits”

~Jack Spranger





CAREER HIGHLIGHTS

11th 2025 XCC World Championships U23 Men
34th 2025 XCO World Championships U23 Men
8th 2026 South Korea XCO World Cup U23 Men
19th 2026 Lenzerheide World Cup XCO U23 Men
2nd 2026 US XCO National Championships U23 Men
3rd 2026 US XCC National Championships U23 Men
1st 2026 Langford Canada Cup Elite Men C1
1st 2025 Tropical MTB Challenge Continental Series U23 Men
1st 2025 Tropical MTB Challenge HC U23 Men
1st 2024 Cyclocross National Championships U23 Men
1st 2023 Pan American Cyclocross Championships U23 Men





SOCIAL MEDIA ENGAGEMENT



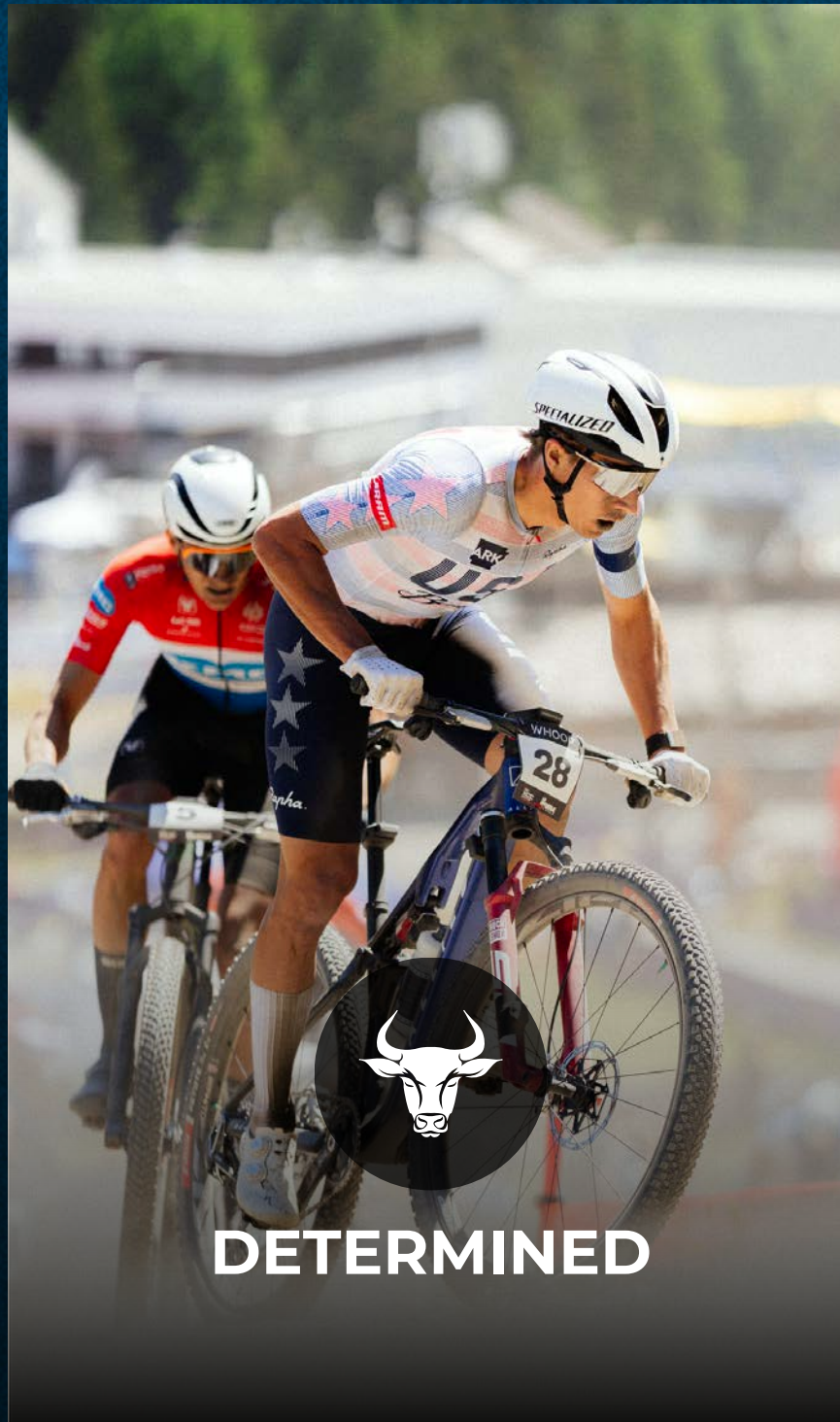
@jack.spranger

3.2K Followers





DEFINING TRAITS





2026 SCHEDULE

- 02/28** BWR Arizona
- 03/18** Fayetteville US Pro Cup
- 04/10** Vail Lake US Pro Cup
- 04/16** Sea Otter Gravel + Fuego XL MTB
- 04/26** Whiskey Offroad
- 05/03** BWR San Diego
- 05/23** Iron Horse Bicycle Classic
- 06/04** Copro Mountain Games
- 06/12** Rule of 3 Gravel
- 06/28** SBT Gravel
- 07/12** US MTB Nationals XCM+XCC+XCO
- 08/15** Leadville 100
- 09/19** Soldier Hollow World Cup
- 10/04** Lake Placid World Cup
- 10/11** Little Sugar + Big Sugar





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