



GARMIN®

UNBOUND<sup>SM</sup>

— GRAVEL —

XL

LIFETIME®

2021



# Event Overview

This document covers the Garmin UNBOUND Gravel XL 350-mile distance, and is intended to provide event participants with all the information they will need to prepare for a successful and rewarding UNBOUND Gravel experience. If you plan to participate in one of our other distances, please refer to the appropriate Gravel Guide document, so you have all of the correct information.

The UNBOUND Gravel XL is a 350+ mile long ultra-endurance bicycling challenge, held on the gravel roads through the Flint Hills region of east-central Kansas. The event will occur on Friday, June 4, 2021 and will start from the “All Things Gravel” Expo, in downtown Emporia, Kansas at 3:00 pm. While the course is not marked, GPS files as well as maps and cue sheets will be provided for navigation. Each rider will be responsible for printing their own maps and cue sheets. Participants are not allowed to meet their support crew to re-supply and fix equipment at any point along the route. The event will finish in Downtown Emporia. The finish line will be open until 3:00 am Sunday, June 6th, allowing riders 36 hours to officially finish the course.

The Flint Hills region of east-central Kansas is an extremely remote area. Always be aware of the distance to the next checkpoint, and be prepared to travel that distance with the supplies you carry. Participants are solely responsible for their personal well-being, will have to make their own informed decisions, and suffer the consequences of those decisions. Please be aware... if you break down or become injured, it is YOUR responsibility to contact your support crew to come get you. **DO NOT CALL US. WE WILL NOT COME RESCUE YOU. EVENT PROMOTERS AND SPONSORS ARE NOT RESPONSIBLE FOR YOUR SAFETY AND WELL-BEING.** If you sign up for this event, make sure you have a support crew with a well thought out emergency backup plan. If you do not feel you are prepared to meet such a challenge, please consider a shorter route option.

# Course Info

This 350 (+) mile route will leave downtown Emporia under police escort, traveling north into Wabaunsee and Morris Counties. There are no official checkpoints along the course, however, the route will go through towns in which participants can utilize local merchants to refill supplies. Support crews are not allowed on the course for any reason other than to pick up an abandoning rider.

Here is a listing of the convenience stores and resupply options along the route. These will be your only opportunities for re-supply. So plan accordingly. Detailed route information will be made available prior to the event, including downloadable gps files, as well as printable maps and cue sheets. It is each rider's responsibility to print their own maps and cue sheets prior to the event.

Mile 41, Eskridge, KS: Rush In Conv. Store 104 E 3rdSt Open: 6am –8pm

Mile 66, Maple Hill, KS: 24/7 Travel Store  
32981 Windy Hill Rd Open 24 Hours Located one mile off-route to the north,  
on Windy Hill

Rd.

Mile 117, Alma, KS: Stop 2 Shop C-Store 100 Missouri Ave. Open until 3am Sat.

Mile 174, Volland, KS: Volland Store  
24098 Volland Rd Water only! (Behind store.)

Mile 186, Alta Vista, KS: City Park / Water Tower Water only! Mile 216, Council  
Grove, KS: Short Stop Conv. Store

9 E. Main St Open 24 Hours

Mile 281, Cedar Point, KS: Private Residence Corner of Main St & 6thSt First  
house on the right, as you enter town. Water only! (In yard.)

Mile 311, Cottonwood Falls, KS: Casey's Conv. Store 424 N Walnut Open: 5am -  
Midnight

Mile 355, Finish Line Downtown, Emporia, KS: Cut-Off Time is 3am Sunday

# Event Registration

Due to high demand, we are unable to accommodate everyone who wishes to participate in Garmin UNBOUND Gravel. Therefore, a random selection process will be utilized to determine who will be allowed to participate. Individuals may submit their name for participation in the 2021 UNBOUND Gravel from January 15, 2021 until January 30, 2021. Registration for event entry selection will be free of charge. However, credit card information will be collected at the time you submit your name for consideration. Your credit card will be charged only if you are accepted to participate in the event. Winning entries will be selected on or about February 8, 2021 subject to event eligibility requirements. The individuals whose names are drawn will be awarded entry. These selected event participants will be notified by email per the contact information they provide. It is imperative that you take your time and input your personal information correctly. Each participant's credit card will be charged the event registration fee, a small processing fee, state sales tax, as well as any additional fees for add-on items chosen by the participant. For more information on event registration, visit [unboundgravel.com](http://unboundgravel.com) and click on the "Registration" tab.

## Garmin UNBOUND Gravel XL COMPETITION CLASSES & ENTRY FEES

Male (all ages) \$150 Female (all ages) \$150 Non-Binary (all ages) \$150

### Notes on Classifications

For all classifications and distances, "Racing Age" is based on the Rider's age as of June 4, 2021. Minimum age requirement for UNBOUND Gravel XL is 18 years of age. E-Bikes are not allowed in any competitive distance, which includes the XL (However, e-bikes are more than welcome in our non-competitive 50 and 25 mile distances). No exceptions. We reserve the right to add, combine, and/or delete classes.

# EVENT RULES

1. You are responsible for you. Event sponsors, organizers, promoters, staff, and volunteers are not responsible for your well being.
2. Garmin UNBOUND Gravel XL is a self-supported, ultra-endurance bicycling challenge along the gravel and dirt roads of rural Kansas. For the purpose of this event, “Bicycle” is defined as “a vehicle consisting of a frame mounted on two wheels one behind the other, and having a seat, handlebars for steering, two hand-operated brakes, and propelled solely by the operator via pedals connected to the rear wheel by a chain or belt.”
3. Participants must conduct themselves at all times in a manner that will not bring discredit to themselves or to the event.
4. Each participant **MUST** have present at the event a support crew person who they can call to come get them should they need to abandon the event. Multiple riders may share the same support crew.
5. Support Crews are not allowed to provide assistance of any kind to any rider while actively participating in the event. A Support Crew’s only allowed role is to pick up a rider who has already abandoned the event. Therefore, Support Crews are **NOT** allowed on or near the course, unless it is to retrieve a rider who has abandoned their ride. Support Crews found on or near the course will have their rider disqualified from the event.
6. Participants may support each other with conversation, encouragement, sharing of food, tools, equipment, and knowledge.
7. Drafting on another event participant is allowed. Drafting on any non-participant cyclist or vehicle is strictly forbidden.
8. Participants may stock up on food, water, and other supplies at stores and businesses along the route. Participants may also receive “neutral” assistance from residents along the route. “Neutral” is defined as support that is freely offered equally to **ALL** event participants, and is done so from a stationary, non-moveable location.

# EVENT RULES

9. Participants will be responsible for printing their own set of course maps and cue sheets prior to the event. Downloadable GPS files will also be made available.
10. The primary route must be followed at all times. No short cuts or alternate routes are permitted. The course may be altered by the promoters in the event of inclement weather or other unforeseen circumstance. Should this occur, participants will be sufficiently advised.
11. Riders must remain within the primary boundaries of the roadway at all times. If the roadway is bordered by fences, stay between them. If the roadway is in open range (no fences), stay out of the ditch and on the road. Leaving the roadway is cutting the course. Hopping the fence is trespassing on private property, and as such is punishable by law. We will fully cooperate with local law enforcement to see that violators are dealt with appropriately.
12. If you intentionally exit the course for food, supplies, or any other reason, you must re- enter the course at the same spot at which you left. If you get lost, you shall make every reasonable attempt to backtrack to the point where you left the course; or to re-enter the course as soon as possible and without gaining an advantage. NOTE: "Advantage" is not defined by race position.
13. Bicycles must be equipped with two (front and rear) fully-functional hand-operated brakes. Coaster style brakes do not satisfy this requirement. "Fixed-Gear" bikes are not exempt from this requirement.
14. Participants must wear a properly approved helmet while on their bicycle.
15. Participants must obey all city, county, and state laws and "Rules of the Road".
16. All roads are open to public traffic. For your safety, it is imperative that you be fully aware of your surroundings at all times. Therefore, headphones / earbuds are strictly forbidden.
17. You are completely on your own. Use your head. Watch for and yield to traffic.
18. Challenges to event results must come from a registered participant, must be made either in-person, or via email to [unboundgravel@ltevents.zendesk.com](mailto:unboundgravel@ltevents.zendesk.com) and must be received no later than 11:59 pm on Sunday, June 6, 2021.

# Prizing and Swag

All registered participants will receive a swag bag, chock full of goodies from our sponsors. All FINISHERS will receive a custom UNBOUND Gravel XL Finisher's Award and "350" window sticker. The top finisher in each class will receive a custom podium award. All Event Participants (regardless of distance) are encouraged to attend Sunday morning's Rock Star Awards Ceremony. Lots of merchandise prizing will be randomly awarded. Must be present to win.

TOP OVERALL Finisher from each category will receive a custom trophy.



# Preparations/Equipment Checklist

Each participant must carry with them (on their body, or on their bike) every item on this list:

1. Cycling computer or GPS device.
2. Red tail light.
3. Front light.
4. Minimum of two liters of water or sports drink.
5. Two spare inner tubes.
6. Air pump or inflation system.
7. A cell phone to contact the “outside world” should you need help.
8. A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency.
9. Cash, debit or credit card (to purchase food, water, supplies)

## **ADDITIONAL Supplies You Should SERIOUSLY Consider**

Small rucksack / hydration pack Waterproof / windproof jacket

Extra thermal top or warm layer

An emergency / survival blanket

Food – energy bars, gels, chocolate, etc. Tire levers

Puncture repair kit Chain tool

Allen wrench set Spoke wrench First aid kit Chamois Butt'r



# EMERGENCY INFO

## AREA HOSPITALS

It is, of course, our hope that no one will need this information. In the unfortunate chance that you do, print this off and keep it with you and your support crew.

### GREATER EMPORIA, KS AREA:

Newman Regional Hospital, 1201 W. 12th Ave., Emporia, KS 66801, 620-343-6800

### TO THE NORTH:

Morris County Hospital, 600 N. Washington, Council Grove, KS 66846, 620-767-

6811 Stormont Vail Hospital, 1500 SW 10th Ave, Topeka, KS 66604, 785-354-6000

Saint Francis Health, 1700 SW 7th St, Topeka, KS 66606, 785-295-8000

### TO THE WEST:

St. Luke Hospital, 535 S. Freeborn, Marion, KS 66861, 620-382-2177

**EMERGENCIES DIAL 911**

# Appendix A

## Our stance on Doping, WADA, and “Fair Play”

Life Time / UNBOUND Gravel is dedicated to providing high-quality, grassroots events to the endurance cycling and running communities. Although we are not affiliated with any sanctioning bodies, we do agree with and fully support the Fundamental Rationale for the World Anti-Doping Code, which states...

“Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport.” It is the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person’s natural talents. It is how we play true. The spirit of sport is the celebration of the human spirit, body, and mind, and is reflected in values we find in and through sport, including:”

Ethics, Fair Play, and Honesty Health  
Excellence in Performance Character and Education Fun and Joy

Teamwork  
Dedication and Commitment  
Respect for Rules and Laws  
Respect for Self and other Participants Courage  
Community and Solidarity

Doping is fundamentally contrary to the spirit of sport. To fight doping by promoting the spirit of sport, the Code requires each Anti-Doping Organization to develop and implement education and prevention programs for Athletes, including youth and Athlete Support Personnel.

Therefore:

Athletes who are currently serving a ban from sport or competition by WADA or any intergovernmental organizations, governments, public authorities, and other public and private bodies fighting doping in sport will not be allowed entry or participation in UNBOUND Gravel events.