



GARMIN[®]
UNBOUNDSM
— GRAVEL —



Juniors

LIFE TIME[®]

2021

OVERVIEW

This document covers the Garmin UNBOUND Gravel Juniors event, 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.

SPECIAL NOTE:

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.



EVENT DESCRIPTIONS

Garmin UNBOUND Gravel Juniors...

The UNBOUND Gravel Juniors event aims to provide an introduction to gravel endurance riding to High School and Middle School youth. While the event is competitive and allows for friendly competition among one's peers, it primarily serves to introduce the many social, mental, and physical benefits of gravel cycling as a lifelong activity.



COURSE INFORMATION

All UNBOUND Gravel event distances will utilize a single-loop format. Although some blacktop roads will be necessary from time to time, the vast majority of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance throughout the year and can be quite primitive in nature. In the event of inclement weather, gravel and dirt roads can become mud roads. Riders are therefore encouraged to prepare their bikes, their bodies, and their minds to be ready for any and all possible conditions. Special consideration should be given to equipment choices. Road bikes are not a suitable choice, while either gravel specific or mountain bikes are appropriate. Additionally, it is important that all riders are comfortable with and prepared to repair a flat tire.

UNBOUND Gravel Juniors COURSE INFO

This 25 mile route will leave downtown Emporia under police escort, traveling north. The course will contain one aid station approximately halfway through. At this aid station, riders will be provided water and basic food items, such as bananas, oranges, PB&J. The course will be marked. In addition to course markings, GPS files along with downloadable maps and cue sheets will be made available.

EVENT REGISTRATION

An open registration will be utilized for the UNBOUND Juniors event. Registration opens January 15, 2021 and will close on April 1, 2021, or when the cap of 100 riders has been met, whichever occurs first.

UNBOUND JUNIORS COMPETITION CLASSES & ENTRY FEES

Female 7th - 8th Grade \$40

Female 9th - 10th Grade \$40

Female 11th - 12th Grade \$40

Male 7th - 8th Grade \$40

Male 9th - 10th Grade \$40

Male 11th - 12th Grade \$40

Categories are based on your Grade as of the 2020-2021 school year. All participants must currently be enrolled in either a middle or high school during this academic school year.

Notes on Classifications

No pedal assist. E-Bikes are not allowed in any competitive distance, which includes the Juniors event (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.

PRIZING & SWAG

All registered participants will receive a swag bag, chock full of goodies from our sponsors. All FINISHERS will receive a custom UNBOUND Juniors Finisher's Award. Awards will be given for the top 3 finishers in each category. 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.



EVENT RULES

1. Participants must conduct themselves at all times in a manner that will not bring discredit to themselves, or to the event.
2. Helmets must be worn at all times while on a bike. No exceptions. Parents & coaches, please help set a good example!
3. Practice controlled riding. Participants must practice safe riding techniques and be in control of their bicycles at all times.
4. Obey traffic laws. The course will remain open to public traffic. You are required to obey all stop signs and rules of the road. Ride to the right side of the road at all times.
5. Leave no trace. If you pack it in, pack it out. Do not leave any trash on the course.
6. Headphones are strictly prohibited.
7. Each bike must be equipped with a front and rear hand brake and must be properly functioning (a pre-race tune-up from a professional mechanic is highly recommended).
8. Participants may help other participants with mechanical support, navigational assistance, or by any other means. Neutral outside assistance may be allowed from roving on-course sweep or aid station personnel, but not parents, coaches or other members of personal support.

EVENT RULES

9. Participants must not progress on the race course unaccompanied by a bike. In the case of an inoperable bike, participants may progress under their own power along the course with their bike. However, participants must stay on course and not impede other participants or traffic.

10. Absolutely no hitching of rides in, or drafting off of a motorized vehicle.

11. The primary route must be followed at all times. No shortcuts or alternate routes are permitted. The course may be altered by the promoters in the event of inclement weather, or other unforeseeable circumstances. Should this occur, participants will be sufficiently advised.

12. 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.

13. If you drop-out of the race for any reason and are unable to come across the finish line, please report your status and race plate number to a race course official along the course or at the finish line.

PREPARATIONS/ EQUIPMENT CHECKLIST

Each participant is encouraged to carry the following:

Cycling computer or GPS device

Two spare inner tubes of the correct size for your bike

Air pump or inflation system

A cell phone to contact the “outside world” should you need help

Small rucksack / hydration pack

Food – energy bars, gels, chocolate, etc.

Drink – filled Camelbak hydration pack and/or filled water bottles with water or sports drink

Tire levers

Puncture repair kit

Chain tool with appropriate master link or replacement pin

Multi-tool

Chain lube

Additionally, each participant is encouraged to dress appropriately for the weather and to carry rain gear if necessary. Best to dress in layers and to look closely at the predicted weather to determine exactly how to dress.

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

Emergency Severe Weather Shelters:

Emporia Presbyterian Church - 802 Commercial St.

Emporia Police Department - 518 Mechanic St.

First United Methodist Church - 823 Merchant St.

Lyon County Historical Society - 711 Commercial St.

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.