



GARMIN[®]
UNBOUNDSM
GRAVEL

PRESENTED BY

CRAFT^{•••}

200 & 100

LIFETIME[®]

2021

Event Descriptions

This is the guide to the Garmin UNBOUND GRAVEL presented by Craft Sportswear 200-mile and 100-mile distances 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, so you have all of the correct information.

SPECIAL NOTE: The Flint Hills region of east-central Kansas is an extremely remote area. You will likely not pass through any towns, and therefore no convenience stores between checkpoints. 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. If you do not have your own support crew, consider our support crew for-hire option, as described on our online registration page.

UNBOUND GRAVEL 200 is a 200 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 Saturday, June 5th, 2021 and will start in front of the historic Granada Theatre, 807 Commercial St., in downtown Emporia, Kansas. Each rider will be responsible for printing their own maps and cue sheets. These maps and cue sheets will guide the rider to each checkpoint along the route. Upon arriving at a checkpoint, each rider is responsible for checking in. No one else can check in for a rider. Official Event Checkpoints are the **ONLY** spots along the entire route where participants are allowed to meet their support crew to re-supply and fix equipment. As a general rule, checkpoints will occur every 45 to 90 miles along the route.

UNBOUND GRAVEL 100 is a competitive, shorter-distance option, designed to serve as an introduction to endurance cycling and a “stepping stone” towards the UNBOUND GRAVEL 200. Tackle the UNBOUND GRAVEL 100 this year, then go for the full 200 miles the following year.

GENERAL COURSE INFO

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. The course will not be marked.

UNBOUND GRAVEL 200 COURSE INFO

This 200 (+) mile route will leave downtown Emporia under police escort, traveling north into Wabaunsee and Morris Counties. The route will feature TWO official checkpoint locations where Riders will be allowed to meet their support crews. In addition, the event will provide ONE neutral water oasis. NOTE... support crews are NOT allowed at the water oasis. Water ONLY will be provided at the Oasis, so plan accordingly with the food and supplies you carry.

Checkpoint One: Mile 69 - Alma, KS

Neutral Water Oasis: Mile 126 - Alta Vista, KS

Checkpoint Two: Mile 156 - Council Grove, KS

UNBOUND GRAVEL 100 COURSE INFO

This 100 (+) mile route will leave downtown Emporia under police escort, traveling north into Wabaunsee and Morris Counties. The route will feature ONE official checkpoint location where Riders will be allowed to meet their support crews.

Checkpoint One: Mile 55 - Council Grove, KS



EVENT REGISTRATION

Due to high demand, we are unable to accommodate everyone who wishes to participate in 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 2020 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 and click on the "Registration" tab.

EVENT REGISTRATION

Garmin UNBOUND Gravel 200 COMPETITION CLASSES & ENTRY FEES

Men 16-29 \$240

Men 30-34 \$240

Men 35-39 \$240

Men 40-44 \$240

Men 45-49 \$240

Men 50-54 \$240

Men 55-59 \$240

Men 60+ \$240

Women 16-29 \$240

Women 30-34 \$240

Women 35-39 \$240

Women 40-44 \$240

Women 45-49 \$240

Women 50-54 \$240

Women 55-59 \$240

Women 60+ \$240

Single Speed - Men \$240

Single Speed - Women \$240

Fatbike (Minimum 3.8" tire width) \$240

Non-Binary \$240 Tandem (Open gender / age) \$480 per Team

EVENT REGISTRATION

Garmin UNBOUND Gravel 100 COMPETITION CLASSES & ENTRY FEES

Men 14-29 \$130

Men 30-39 \$130

Men 40-49 \$130

Men 50-59 \$130

Men 60+ \$130

Women 14-29 \$130

Women 30-39 \$130

Women 40-49 \$130

Women 50-59 \$130

Women 60+ \$130

Single Speed - Men \$130

Single Speed - Women \$130

Non-Binary \$130

Tandem (Open gender / age) \$260 per Team

Notes on Classifications

For all classifications and distances, “Racing Age” is based on the Rider’s age as of June 5, 2021. Minimum age requirement for UNBOUND 200 is 16 years of age. Minimum age requirement for UNBOUND 100 is 14 years of age.

“Tandem” is defined as a solitary bicycle frame with two wheels, designed to be operated by two riders. No pull-behinds. No tag- alongs. No trailers. No pedal assist. E-Bikes are not allowed in any competitive distance, which includes the 200 and 100 (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.



UNBOUND GRAVEL 200 PRIZING & SWAG

All registered participants will receive a swag bag, chock full of goodies from our sponsors. All FINISHERS will receive a custom UNBOUND Gravel 200 Finisher's Award and "200" window sticker. ALL UNBOUND Gravel 200 RIDERS who finish before sundown (8:45pm) will be inducted into the "Race the Sun" Club and will receive a special award. ALL UNBOUND 200 RIDERS who finish between 8:45 pm and 12:00 Midnight will be inducted into the "Midnight" Club and will receive a special award. ALL UNBOUND Gravel 200 RIDERS who finish between 12:01 am and 3:00 am will be inducted into the "Breakfast" Club and will receive a special award. TOP 5 FINISHERS 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.



UNBOUND GRAVEL 100 PRIZING & SWAG

All registered participants will receive a swag bag, chock full of goodies from our sponsors. All FINISHERS will receive a custom “100” window sticker. TOP 3 FINISHERS 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.



100 and 200 athletes will get a \$5 drink token and a \$10 food token in their finisher cup to use at the finish party for food/drink!

EVENT RULES

- 1.) The EVENT SPONSORS, ORGANIZERS, PROMOTERS, STAFF and anyone having anything to do with this event ARE NOT RESPONSIBLE FOR YOUR SAFETY OR WELL BEING. We cannot stress this strongly enough... YOU ARE RESPONSIBLE FOR YOU!
- 2.) UNBOUND Gravel is a self-supported, bicycle marathon event 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 two pedals connected to the rear wheel by a chain or belt. “E-Bikes” and pedal-assist bikes will NOT be allowed in the 200 and 100-mile distances.
- 3.) All roads are open to public traffic. For your safety, it is imperative that you be constantly aware of your surroundings. Therefore, headphones / earbuds are strictly forbidden.
- 4.) ALL participants MUST attend Packet Pick Up on Friday, June 4th, 2021 to receive their event packet. (Reference our Schedule of Events for exact times.) A government- issued photo I.D. will be required to sign in. Event packets will be given out to registered participants only. No one else can receive your pack for you. SignIn will NOT be available on Saturday, so plan accordingly.
- 5.) Participants will be responsible for printing their own set of course maps and/or cue sheets prior to the event. These documents will be the rider’s primary means of navigation. Participants may load the route into their GPS prior to the event, to assist in navigation. In addition, the course may have a limited number of course markings to reassure participants they are on route. **DO NOT RELY ON COURSE MARKINGS FOR NAVIGATION. USE GPS ALONG WITH THE MAP AND/OR CUE SHEETS!!!**
- 6.) Each rider is required to reach each checkpoint in their respective distance. A timing mat will be placed on-course at the entrance of each checkpoint to record that a rider has reached that destination.
- 7.) Cut-off times will be established for reaching and for departing each checkpoint. Any participant not reaching a checkpoint before the established arrival cut-off time will be pulled from the event. Any participant still at a checkpoint after the departure cut-off time will not be allowed to continue past that point. Arrival cut-off times are based on an average speed of 10 mph and are established for the purpose of rider safety. Therefore, these times will be strictly enforced.

EVENT RULES

- 8.) Outside support is not allowed. This includes, but is not limited to assistance with navigation, supplies, and lighting. The only exceptions to this are outlined in Rules 9, 10, 11 and 12 below. Participants may help other participants with mechanical support, navigational assistance, or by any other means.
- 9.) Each participant, regardless of event distance, **MUST** have present at the event at least one support crew person to come get them should they need to abandon the event. Multiple riders may share the same support crew. UNBOUND 200 and UNBOUND 100 riders who do not have a personal support crew may wish to consider our support crew for-hire program. (See our online registration page for more information). However you decide to meet this requirement, just remember....**WE WILL NOT COME RESCUE YOU. YOU ARE RESPONSIBLE FOR YOU.**
- 10.) Official checkpoints along the route will serve as neutral areas where UNBOUND 200 & UNBOUND 100 participants may meet their support crew to restock supplies and repair equipment. These checkpoints will be the only locations along the entire course where participants may receive assistance from their support crew. **RECEIVING ASSISTANCE FROM A SUPPORT CREW, OR ANY OTHER NONPARTICIPANT, AT ANY OTHER POINT ALONG THE ROUTE WILL RESULT IN IMMEDIATE DISQUALIFICATION.**
- 11.) 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. In other words, it is OK to stop at a farmhouse and fill up a water bottle from a garden hose. It is OK to receive a can of soda from a resident sitting in a lawn chair in their front yard with a cooler full of cold drinks. It is NOT OK to receive a hand-up from a vehicle that “just happens” to be at the side of the road. Folks, this rule is really quite simple. Please don’t make it something it is not.
- 12.) Support Crews, friends, and family members are NOT allowed on or near the course, except to pick up a rider who is abandoning the event. **IF A SUPPORT CREW VEHICLE IS SPOTTED ON COURSE, THEIR RIDER WILL BE DISQUALIFIED.** Providing support to a rider while on course goes against the self-sufficiency spirit of this event. It is unfair to other participants, and therefore will not be allowed.
- 13.) Participants may not advance along the route by any means other than a bicycle, or by foot. There will be no hitching rides.
- 14.) 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 unforeseeable circumstances. Should this occur, participants will be sufficiently advised.

EVENT RULES

15.) 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.

16.) 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.

17.) Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Participants in the SingleSpeed class shall have only one gearing combination installed on their bike, and must complete the entire event using the same gearing combination.

18.) Bicycles must be equipped with two (front and rear) fully-functional handoperated brakes. Coaster style brakes do not satisfy this requirement. "Fixed-Gear" bikes are not exempt from this requirement.

19.) Participants must wear a properly approved helmet while operating their bicycle.

20.) Participants must obey all city, county, and state laws, and "Rules of the Road." <https://www.ksdot.org/bureaus/burRail/bike/BicycleStatutes.asp>

21.) UNBOUND 200 and UNBOUND 100 participants must have a clear front headlamp and a red tail light for the duration of the event. Riders may choose to mount additional lighting while at one of the official event checkpoints. (Headlamps may be mounted either on the bike, or on the rider's helmet.)

22.) Drafting on another event participant is allowed. Drafting on a non-participant cyclist, or on a motorized vehicle will result in disqualification.

23.) You are completely on your own. Use your head. Watch for and yield to traffic. All roads are open to public traffic.

24.) Challenges to event results must come from a registered participant, must be made either in-person, or via email to unboundgravel@ltevents.zendesk.com, and must be received no later than 11:59 pm on Sunday, June 6, 2021.

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.

ADDITIONAL Supplies You Should **SERIOUSLY** Consider

1. A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency.
2. Small rucksack / hydration pack
3. Waterproof / windproof jacket
4. Extra thermal top or warm layer
5. An emergency / survival blanket
6. Food – energy bars, gels, chocolate, etc.
7. Tire levers
8. Puncture repair kit
9. Chain tool
10. Allen wrench set
11. Spoke wrench
12. First aid kit
13. Chamois Butt'r
14. Chain lube
15. Cash, debit card or credit card. (To purchase food, water, supplies.)



A WORD TO SUPPORT CREW PERSONNEL

We suggest you research the area surrounding Emporia, Kansas beforehand, so you come prepared to navigate the region. Bring your GPS. Although printed maps will not be provided for you, we will advise you of the various checkpoint locations along the event route in our separate SAG Guide. Please stay on paved highways, and off all area gravel roads on or near the course. The only time you are allowed to be on the course is to pick up your rider if he or she decides to abandon the event. UNBOUND Gravel is all about self-sufficiency in a rugged and remote environment. Having to dodge cars compromises this experience for our event participants. Thank you for your understanding. For more information on the role of a Support Crew and how they can best prepare for the event, visit unboundgravel.com, then click on the "Info" tab.



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

Partners

We would like to extend a huge thanks to the partners listed below:



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

AntiDoping 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.