

**GARMIN®**

**UNBOUND<sup>SM</sup>**

**GRAVEL TRAINING CAMP  
2022**



Greetings, gravel riders from far and wide! We look forward to hosting you in Emporia, Kansas for a fun, educational, and challenging weekend of exploring the unpaved roads of the Flint Hills. We applaud you all for taking on this demanding endurance event. No matter which distance you are aiming for, success at Garmin UNBOUND Gravel requires dedicated training and preparation. Participation in this training camp is a great stepping stone in building that necessary foundation of physical fitness, skill, and mental preparation.

# Welcome

During Spring Camp weekend, you will get a taste for the unique terrain of the Flint Hills over four days of riding, have a sneak peak at some portions of this year's course, and receive lessons on some of the skills that you will need to make it to the finish line on June 4th. To guide you in this journey we are bringing in an amazing crew of experienced gravel riders, racers, and coaches. Beyond that, you will also be making new friends with your fellow campers to train with, compare notes, and challenge each other along the way. Thank you for joining us and for allowing us to share in your UNBOUND Gravel journey!

Sincerely,  
The UNBOUND Gravel Team

## Important Phone Numbers

Ben Sachs, Event Manager.....	785-236-0744
Treva Worrel, Athlete Services Manager.....	620-794-5863
Kristen Legan, Head Coach.....	303-506-1196
Aaron Apel, Head Mechanic.....	785-477-2138
Kae Takeshita, Coach.....	630-373-1280

## Important Places

UNBOUND Headquarters.....	11 W. 8th Avenue
Gravel City Adventure & Supply (GCAS)....	716 Commercial Street
Emporia Arts Council (EAC).....	815 Commercial Street

# Thursday

10:00 AM - 5:00 PM	Athlete Sign-In	Gravel City Adventure (GCAS)
12:00 PM - 2:00 PM	Welcome Meeting	GCAS
2:00 PM - 3:30 PM	Shake-Out Ride	GCAS
5:30 PM - 7:00 PM	Dinner	Emporia Arts Council (EAC)
7:00 PM - 8:00 PM	Garmin Presentation	EAC

Let's kick things off! Welcome to Emporia and to the 2022 Garmin UNBOUND Gravel training camp. We have so much in store for you this weekend.

We will be checking in athletes all day Thursday. This will take place at Gravel City from 10-5, but don't worry if you can't make it during that time because you can still check in during and/or after dinner. For those early arrivers, there will be a meet and greet with the UNBOUND Gravel staff, coaches, and brand reps before lunch. You will have to fend for yourselves to find that lunch, but there are many good options within downtown or just a few minutes outside (check out Union Street Social, Radius Brewing Co., or Casa Ramos in downtown Emporia!). We will host a short shakeout ride for those that wish to join and prime your legs for the longer days to come. Then we will all gather at Emporia Arts Council for a delicious catered meal and a presentation from Garmin on using GPS files for navigation. We want to use this opportunity to make sure everyone has the course files downloaded for the weekend.

We look forward to getting properly introduced to you all this evening!

16.3 miles











# Friday

7:00 AM - 7:45AM	Ride Prep	UNBOUND HQ
7:45 AM - 8:00 AM	Coach's Talk	UNBOUND HQ
8:00 AM - 12:00 PM	Medium Ride (35 or 50)	FLINT HILLS
11:30 AM -1:30 PM	Lunch	EAC
1:30 PM - 2:30 PM	Bike Maintenance Presentation	EAC
2:30 PM - 3:30 PM	Nutrition / Training	EAC
5:30 PM - 7:00 PM	Dinner	EAC
7:00 PM - 8:00 PM	Bike Prep & Equipment Presentation	EAC

We get our first real taste of riding Flint Hills gravel today. We want this to be around 3 to 4 hours, so there are two distance options: 35 or 50 miles. The two routes are essentially the same apart from a little extension for the farther distance. We will start out all together and split into two groups along the way based on riding speed and desired distance.

Make sure you get down to UNBOUND HQ early to get ready to ride. We will leave promptly at 8:00 AM after some advice and setting of expectations from our wonderful coaches. Upon returning, we will have lunch prepped and ready for you at the EAC. After lunch comes learning time: presentations on roadside bike maintenance and proper nutrition and training. You'll have a couple of hours to yourselves before reconvening at the EAC for another locally catered meal and the last presentation of the day: what to carry on your bike for long rides and how to carry it. We'll have a chance to put this to the test tomorrow!

49.6 miles



34.5 miles



# Saturday

7:00 AM - 7:45 AM	Ride Prep	UNBOUND HQ
7:45 AM - 8:00 AM	Coach's Talk	UNBOUND HQ
8:00 AM - 4:00 PM	Long Ride (60 or 100)	FLINT HILLS
5:00 PM - 6:00 PM	XL Riders prep for night ride	UNBOUND HQ
6:00 PM - 8:00 PM	Dinner	EAC
8:00 PM - 4:00 AM	XL Riders Night ride (120)	FLINT HILLS

Today we go long! This is the time to put into practice all the knowledge you have picked up from listening to the coaches over the last two days. We will pack our bikes as if we were doing a long event. There will be a support vehicle for each distance, but ideally we can each carry all we need in order to all resupply only once from the vehicle along the route.

Similar to Friday, there are two distance options based on preference and experience. We want this ride to be around 6 to 8 hours long. Remember that when you track your training, time is more important than distance! The XL distance riders will all be doing the shorter course today since they will want a bit of time to rest for later.

We'll gather at the EAC once more this evening to compare our experiences from the day and enjoy a much needed meal to recover our strength. After dinner, the XL riders will load up and head off into the sunset to test their mettle in a 120 mile nighttime ride. All the rest of us will gather and give them a proper cheering send-off!

57.8 miles

100.2 miles

XL Route

# Sunday

7:00 AM - 7:45 AM	Ride Prep	HQ
7:45 AM - 8:00 AM	Coach's Talk	HQ
8:00 AM - 11:00 AM	Final Ride 35 Miles	FLINT HILLS

Unfortunately all good things must end eventually! We will gather up all together (maybe even with the XLers if they're up for it) for one last ride. We'll use this as an opportunity to ride easy, work the stiffness out of the legs from yesterday, and reflect on all that we have learned throughout the preceding days. We hope that this knowledge will give you the edge you need to find the finish line on June 4th. From now until then, we are available as a resource for your questions. We're just an email or phone call away so don't hesitate to reach out!

35.5 miles





# UNBOUND GRAVEL 25/50/100

## NUTRITION PLAN

25/50 FINISH (HRS)	TOTAL CALORIES (250/HR)
2	500
3	750
4	1,000
5	1,250
6	1,500

### CALORIES PER PRODUCT



**100  
CALORIES  
EACH**

100 FINISH (HRS)	TOTAL CALORIES (250/HR)
6	1,500
7	1,750
8	2,000
9	2,250
10	2,500
11	2,750
12	3,000



**250  
CALORIES**



**140-150  
CALORIES**  
\*Gluten Free=140cal



**160 CALORIES  
(2 SERVINGS)**

# UNBOUND GRAVEL 200

## NUTRITION PLAN

200 MILES

CALORIES  
PER PRODUCT

FINISH TIME (HRS)	TOTAL CALORIES (250/HR)
13	3,250
14	3,550
15	3,750
16	4,000
17	4,250
18	4,500
19	4,750
20	5,000



100  
CALORIES  
EACH



250  
CALORIES



140-150  
CALORIES  
\*Gluten Free=140cal



160 CALORIES  
(2 SERVINGS)

Keep  
in  
touch!

Cell Phone

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# Notes

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