

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.

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. Participants are solely responsible for their personal wellbeing, 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. In case of a serious emergency, call 911.

EVENT DESCRIPTIONS

GARMIN UNBOUND GRAVEL XL

Garmin 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 3, 2022 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 5th, 2022, allowing riders 36 hours to officially finish the course.

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 guite 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.

GARMIN UNBOUND GRAVEL XL 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.

Mile 61 | Cassoday, KS Rick N Jenny's Country Store

(formerly Cassoday Country Store) 620-735-4666 15133 KS-177

Open: 7am - 5pm - Will stay open until 9:30 for the event! facebook.com/ricknjennys



Be sure to thank them (especially Jenny), be respectful and patient. They are a small family store that is giving us special treatment!

Mile 120 | El Dorado, KS **Jump Start Gas Station** 316-452-5203 701 N Main St

Open: 24 Hours

jumpstartstores.com/locations/#mapl

Mile 182 | Eureka, KS Casey's Convenience Store

620-583-5672 720 N Main St

Open: 5am - 10pm | Open 24hrs for the event.

Thank them for staying open! caseys.com/store-finder/locations

Mile 236.5 | Yates Center, KS Pete's #29

620-625-2244 301 S Fry St

Open: 24 Hours

Thank them for staying open!

petescorp.com/home-page/store-locator

Mile 269 | Hamilton, KS Holmes Sundries Cafe

620-678-3341 101 Main St

Open: 6am - 2pm - Will stay open until 7pm for the event.

This is another small family store that is helping us out. Make sure to thank Sheila! facebook.com/HolmesSundries



Mile **314.5** | Madison, KS Casey's Convenience Store

620-437-2552 210 4th St

Open: 6am - 10pm

caseys.com/store-finder/locations

Mile 355 | Emporia, KS Finish Line Downtown Cut-Off Time: 3am Sunday, June 5

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 2022 UNBOUND Gravel from December 1st, 2021 until December 15th 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 December 20th, 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.

GARMIN UNBOUND GRAVEL XL COMPETITION

CLASSES & ENTRY FEES

Men (all ages)	\$150
Women (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 3, 2022. 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.



GARMIN UNBOUND GRAVEL XL 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 XL Finisher's Award and "350" window sticker. 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 5 OVERALL Finishers from each category (Male, Female, Non-Binary) will receive a custom trophy.

ON COURSE TRACKING

Due to the remote and self-supported nature of this event, each rider is required to carry a GPS device to give periodic updates on their location. This device is intentioned to keep race organizers, emergency service personnel, support crews, and spectators aware of riders location on course. Potential devices are any produced by SPOT Tracker or the Garmin inReach. These devices must be registered with Trackleaders.com to be included on a live-tracking interactive map that will be available to the public to follow the race.

If participants do not wish to purchase a GPS tracker, Trackleaders has SPOT Trace devices available for rent within the tracking registration form. Your choices are \$20 to apply for tracking using your own device, or \$55 to sign up for tracking PLUS device rental. Rental devices will be delivered to Emporia ahead of the event, completely set up and ready to go and available for pickup at registration. Please return any rental devices upon finishing the event, either at the finish festival or the next morning at the awards ceremony.

REGISTRATION AND RENTAL CAN BE FOUND AT THE BELOW LINK:



form.jotform.com/trackleaders/unboundxl22

OPTIONS FOR TRACKING DEVICES:



www.garmin.com/en-US/p/561269



www.findmespot.com/en-us/products-services

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 bicyclina 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. The event organizers **DO NOT** have the resources to pick up XL riders who abandon the event.

- 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.
- 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.

- 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.
- 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.
- 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 reenter 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) fullyfunctional 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 and must be received no later than 11:59 pm on Sunday, June 5, 2022.

PREPARATIONS

EQUIPMENT CHECKLIST

Each pai	rticipant must carry with this list:	them	n (on their b	ody, or on th	neir bil	ke) every	
	Cycling computer or Gradevice Red tail light Front light Minimum of two liters of water or sports drink Two spare inner tubes	tail light It light imum of two liters of er or sports drink		Air pump or inflation system A cell phone to contact the "outside world" should you need help A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency (see ON COURSE TRACKING). Cash, debit or credit card (to purchase food, water, supplies)			
ADDITIONAL SUPPLIES YOU SHOULD Seriously Consider							
	Small Rucksack / Hydration Pack		Food – Ene Bars, Gels, Chocolate,			Allen Wrench Set	
	Waterproof / Windproof Jacket		Tire Levers			Spoke Wrench First Aid Kit	
	Extra Thermal Top or Warm Layer	\bigcirc	Puncture Repair Kit			Chamois Butt'r	

Chain Tool

An Emergency / Survival Blanket

EMERGENCY INFO

Emergencies **DIAL 911**

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 **SOUTH**:

Susan B. Allen Memorial Hospital

720 W Central Ave El Dorado, KS 67042 316-321-3300

Greenwood County Hospital

100 W 16th St Eureka, KS 67045 620-583-7451

Allen County Regional Hospital

3066 N Kentucky St Iola, KS 66749 620-365-1000

Coffey County Hospital

801 N 4th St Burlington, KS 66839 620-364-2121

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 loy
- · 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.