

A photograph of three gravel cyclists riding on a dirt road, overlaid with a teal tint. The lead cyclist is in the foreground, leaning forward. Two other cyclists are further down the road. The background shows a grassy field and a clear sky.

# GARMIN<sup>®</sup> UNBOUND<sup>SM</sup> — GRAVEL —

PRESENTED BY

**CRAFT** 

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## 100 & 200 GRAVEL GUIDE

**LIFETIME**

**2023**



# Event Descriptions

This document covers 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 Athlete 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. 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 3, 2023 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 a “stepping stone” towards the UNBOUND GRAVEL 200 . Perfect for those looking for a long day in the saddle, all the challenges of Flint Hills gravel goodness, and just a bit less pain. Make no mistake, this isn't all glory – there are plenty of guts needed for this 100 mile jaunt.



# 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 south into Greenwood and Chase 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 TWO 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.

- **WATER OASIS #1:** MILE 42 – TEXACO HILL (MADISON RD)
- **CHECKPOINT ONE:** MILE 79 – EUREKA, KS | CUTOFF 2:00 PM
- **WATER OASIS #2:** MILE 124 - HAMILTON, KS
- **CHECKPOINT TWO:** MILE 167 - MADISON, KS | CUTOFF 11:00 PM

## UNBOUND GRAVEL 100 COURSE INFO

This 100 (+) mile route will leave downtown Emporia under police escort, traveling south into Greenwood and Chase Counties. The route will feature ONE official checkpoint location where riders will be allowed to meet their support crews. Water ONLY will be provided at the Oasis, so plan accordingly with the food and supplies you carry.

- **WATER OASIS #1:** MILE 42 – TEXACO HILL (MADISON RD)
- **CHECKPOINT ONE:** MILE 64 - MADISON, KS | NO CUTOFF



# Event Registration

Due to high demand, we are unable to accommodate everyone who wishes to participate in UNBOUND GRAVEL. Therefore, a random selection process was utilized to determine who will be allowed to participate. Individuals were able to submit their name for participation in the 2023 UNBOUND GRAVEL from January 5, 2023 until January 18, 2023. Registration for event entry selection is 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 were selected on or about January 26, 2023, subject to event eligibility requirements. The individuals whose names were drawn were awarded entry in the 2023 UNBOUND GRAVEL. These selected event participants were notified by email per the contact information they provided. Each participant's credit card was 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](https://unboundgravel.com) and click on the "Registration" tab.

## UNBOUND GRAVEL 200 CLASSES

Men 16-29

**Men 30-34**

Men 35-39

**Men 40-44**

Men 45-49

**Men 50-54**

Men 55-59

**Men 60+**

Women 16-29

**Women 30-39**

Women 40-49

**Women 50-59**

Women 60+

**Single Speed - Men**

Single Speed - Women

**Fatbike (Minimum 3.8" tire width)**

Tandem (Open gender / age)

**Non-Binary**

Pro Men

**Pro Women**

Para Men

**Para Women**





# Event Registration

## UNBOUND GRAVEL 100 CLASSES

Juniors Men 14-18

**Men 19-29**

Men 30-39

**Men 40-49**

Men 50-59

**Men 60+**

Juniors Women 14-18

**Women 19-29**

Women 30-39

**Women 40-49**

Women 50-59

**Women 60+**

Single Speed - Men

**Single Speed - Women**

Non-Binary

**Pro Men**

Pro Women

Para Men

**Para Women**

Tandem

### *Notes on Classifications*

“Riding Age” is based on the Rider’s age as of June 3 2023. Minimum age requirement for the UNBOUND GRAVEL 100 is 14 years of age; for UNBOUND GRAVEL 200 it is 16 years. “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 exceptions. E-Bikes and pedal-assist bikes are allowed in UNBOUND GRAVEL 50 and UNBOUND GRAVEL 25. ONLY We reserve the right to add, combine, and/or delete classes.





# UNBOUND GRAVEL 200

## Prizing & Sponsor Swag

**All registered participants will receive a swag bag, chock full of goodies from our sponsors.**

ALL UNBOUND GRAVEL 200 FINISHERS will receive a custom UNBOUND GRAVEL 200 Finisher's Award and "200" window sticker.

ALL UNBOUND GRAVEL 200 RIDERS will receive a custom "200" event t-shirt

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 GRAVEL 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.

TOP OVERALL MALE will receive a custom belt buckle and title of "King of Unbound."

TOP OVERALL FEMALE will receive a custom belt buckle and title of "Queen of Unbound."





# UNBOUND GRAVEL 100

## Prizing & Sponsor Swag

**All registered participants will receive a swag bag, chock full of goodies from our sponsors.**

ALL UNBOUND GRAVEL 100 RIDERS will receive an event t-shirt

ALL UNBOUND GRAVEL 100 FINISHERS will receive a custom UNBOUND GRAVEL 100 Finisher's Award and "100" window sticker.

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.



# Event Rules

- ① UNBOUND Gravel Athletes must utilize an approved bicycle. This bicycle must:
  - Consist of a frame mounted on two wheels, one behind the other
  - Have a seat and have handlebars for steering
  - Be propelled solely by the operator via two pedals connected to the rear wheel by a chain or belt
  - Have two hand-operated brakes (fixed gear and coaster brake bikes are not exempt from this rule)
  - The same bicycle frame must be utilized for the duration of the race. Other components may be swapped out in checkpoints. Athletes may assist each other on course with parts.
  - Singlespeed riders must utilize the same gearing for the duration of the race.
- ② Athletes must wear a helmet while operating their bicycle.
- ③ Athletes must pass over the timing mats at each of the official checkpoints. Cut-off times will be established for reaching each checkpoint for rider safety, based on an average of 10 mph. If you reach a checkpoint after the cut-off time, your time will not be scored and you will no longer be an official participant of the race.
- ④ UNBOUND Gravel athletes are responsible for themselves throughout the duration of the event. This includes:
  - **Navigation of the course.**
    - o While we will mark significant turns on the course, you should not rely on course markings. We have navigation resources for you on our website which includes GPS files and cue sheets.
  - **Interaction with local vehicle traffic.**
    - o Roads are open to the public and athletes are expected to follow Kansas bicycle laws. <https://www.ksdot.org/bureaus/burRail/bike/BicycleStatutes.asp>
    - o Riders must stop at all stop signs at highway crossings before continuing along route
- ⑤ Each athlete **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. Riders who do not have a personal support crew can purchase support through the Crew-For-Hire program during registration, or afterwards by contacting [unboundgravel@ltevents.zendesk.com](mailto:unboundgravel@ltevents.zendesk.com)
  - You may use businesses in the checkpoint towns as your support for resupply, however, you must have someone willing to come pick you up should you choose to abandon the event. We will not come get you.



# Event Rules

- ⑥ 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.**
- ⑦ Outside support is only allowed at official checkpoints, with these exceptions:
  - Athletes may help other athletes with mechanical support, navigation assistance, or by any other means
  - Athletes may resupply at local businesses and stores along the route
  - Athletes may receive “neutral” support from local residents at a stationary location from which any other event participant could also receive aid.
- ⑧ The primary route must be followed at all times. No short cuts or alternate routes are permitted.
  - 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.
- ⑨ Athletes 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 if needed.
- ⑩ Drafting on another event participant is allowed. Drafting on a non-participant cyclist, or on a motorized vehicle will result in disqualification.



# Event Rules

- 11 All athletes must attend Rider Sign-In on Thursday or Friday before race day to receive their event packet. (Full Schedule of Events will be available on the website closer to the event date).
  - A government-issued photo I.D. will be required to sign in.
  - Event packets will be given out to registered athletes only. No one else can receive your pack for you.
  - NO Saturday morning registration will be available
- 12 The elite category includes these additional rules:
  - Racing for this category must be selected at time of race registration
  - While an athlete may self-select this category, Life Time reserves the right to change a rider's designation to their appropriate age group division prior to the race date, and will consult the rider before doing so.
  - All athletes selecting to race in the pro/elite category will not be eligible for age group podiums
  - All pro/elite riders are subject to random drug testing
  - The elite mens and womens field will begin prior to the amateur start
  - No aerobars, bar extensions, or clip on attachments of any kinds will be permitted
  - All other rules remain in place
- 13 Challenges to event results must come from a registered participant, must be made either in-person, or via email to [unboundgravel@ltimevents.zendesk.com](mailto:unboundgravel@ltimevents.zendesk.com), and must be received no later than 24 hours after closing of the race finish line.
- 14 All deferrals must be submitted to [unboundgravel@ltimevents.zendesk.com](mailto:unboundgravel@ltimevents.zendesk.com) no later than midnight on Wednesday, the day before packet pickup. You WILL NOT be able to pick up your packet if your entry is deferred to the next year.



# Preparations

## EQUIPMENT CHECKLIST

Items in this list are sorted into three categories: must, should, and want. “**Must**” items are absolutely required by every athlete. “**Should**” items are highly recommended for successful completion of the event under all conditions. “**Want**” items are nice to have in a pinch, or may be recommended given certain weather conditions. You will NOT find earbuds or headphones on the following list. We HIGHLY DISCOURAGE the use of these devices as they impair your ability to hear and react to approaching motor vehicles or warnings from other riders.

### MUST

- ☐ Helmet  
(approved by CPSC or Snell standards)
- ☐ Cell phone  
(to call for pick up should you need to abandon)
- ☐ Nutrition  
(bars, gels, sports drink, enough to fuel you to the next checkpoint)
- ☐ Navigation system  
(GPS device, cue sheets, map, etc)
- ☐ Hydration system  
(bottles or pack with enough to go 50 miles, we recommend at least 2 liters)

### SHOULD

- ☐ Two+ spare inner tubes  
(yes, even if you have tubeless tires)
- ☐ Tire inflation system  
(we recommend CO2 inflators for speed PLUS a hand pump for reliability)
- ☐ Spare chain quick links
- ☐ Tire repair plugs if rider's tires are tubeless
- ☐ Tire levers
- ☐ Red tail light
- ☐ Tube patch kit
- ☐ Bicycle multi-tool that contains:  
All allen wrenches needed for the various bolts on your bike, Chain tool & Spoke wrench
- ☐ Cash, debit or credit card  
(to purchase supplies from local businesses)
- ☐ Tire repair boots or gorilla tape

### WANT

- ☐ Chain lube
- ☐ Paint stick or similar for clearing mud from the frame
- ☐ Spare wheel spokes
- ☐ Chamois Butt'r
- ☐ Waterproof/windproof jacket
- ☐ Front light  
(if you will finish near or after sunset)
- ☐ Emergency / survival blanket
- ☐ Extra thermal top or warm layer
- ☐ First aid kit





# 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.

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 or near 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/support-crews](http://unboundgravel.com/support-crews)





# 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 WEST:**

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

### **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

*Emergencies*  
**DIAL 911**



# Unbound Opportunities



-To work in the gravel capital, a gigabit community

-To experience vibrant arts & entertainment

-For entrepreneurship & career development

-To recruit your company's workforce locally

-For available coworking space

-To relocate your company to Emporia's available buildings & land

# EMPORIA

*Opportunity* STARTS HERE

Emporia is the most patriotic, disc golf-loving, gravel-grinding, uniquely wonderful small town in America. Find out how your opportunity starts here!

[emporiaopportunity.com](http://emporiaopportunity.com)

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# Sponsors

*Thank You*

Thank you to our amazing sponsors for helping make  
Garmin UNBOUND Gravel presented by Craft Sportswear possible.

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**PROUD  
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**WILDE**  
PROTEIN CHIPS

**BROOKS**  
18 ENGLAND 66

EMPORIA STATE  
UNIVERSITY



**EMPORIA**



# 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.