

GARMIN®
UNBOUNDSM
— GRAVEL —

PRESENTED BY

CRAFT 

XL GRAVEL
GUIDE

2023

LIFE TIME®

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 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. **In case of a serious emergency, call 911.**

EVENT DESCRIPTION

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 2, 2023 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. As an additional safety precaution, **all XL participants must register for live tracking through Trackleaders**, cost of Trackleaders registration is included in the cost of the XL event. One's own device can be used for this purpose or devices are also available for rent through Trackleaders. 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 4th, 2023, 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 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.

GARMIN UNBOUND GRAVEL XL COURSE INFO

This 350 (+) mile route will leave downtown Emporia under police escort, traveling south into Chase and Greenwood 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 75 | Cottonwood Falls, KS

Casey's Convenience Store

620-273-8468

424 Walnut St

Open: 4am - 11pm

caseys.com/store-finder/locations

Mile 151 | El Dorado, KS

Jump Start Gas Station

316-452-5203

701 N Main St

Open: 24 Hours

jumpstartstores.com/locations/#map

Mile 225 | 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 271 | Hamilton, KS

Holmes Sundries Cafe

620-583-2297

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 | Madison, KS

Casey's Convenience Store

620-437-2552

210 4th St

Open: 6am - 10pm

caseys.com/store-finder/locations

Mile 352 | Emporia, KS

Finish Line Downtown

Cut-Off Time: 3am Sunday, June 4

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 2023 UNBOUND Gravel from December 1st, 2022 until December 15th 2022. 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, 2022 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

- Men (all ages)
- Women (all ages)
- Non-Binary (all ages)

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 distance 100 miles or longer, which includes the XL (However, e-bikes are more than welcome in our 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 intended 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. Tracking registration fee is included in the price of registration for the UNBOUND Gravel XL.

If participants do not wish to purchase a GPS tracker, Trackleaders has SPOT Trace devices available for rent within the tracking registration form for \$35. Rental devices will be delivered to Emporia ahead of the event, completely set up and ready to go and available for pickup at Packet Pick-Up. 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:



<https://form.jotform.com/231025314265950>

DOT-TRACKER FOR SPECTATORS:



<http://trackleaders.com/unboundxl23>

OPTIONS FOR TRACKING DEVICES:



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



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

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.**
 - 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.
 - Riders must stop at all stop signs at highway crossings before continuing along route
 - **Interaction with local vehicle traffic.**
 - Roads are open to the public and athletes are expected to follow Kansas bicycle laws. <https://www.ksdot.org/bureaus/burRail/bike/BicycleStatutes.asp>
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@lthevents.zendesk.com. Note: CFH services not available for XL, 50, and 25 mile distances.
 - 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.



EVENT RULES

- 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

- 11.** Athlete “Race Plates” MUST be affixed to the front of the handlebars. Athlete “Race Plates” MUST NOT be bent, folded, wrapped around the head tube, or in any other position than flat against the handle bars. Improper attachment of the race plate will cause timing chips not to register and may be cause for disqualification.

- 12.** 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

- 13.** 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 24 hours after closing of the race finish line.

- 14.** All deferrals must be submitted to unboundgravel@ltevents.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

Each participant must carry with them (on their body, or on their bike) every item on this list:

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

ADDITIONAL SUPPLIES YOU SHOULD *Seriously Consider*

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

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

Allen County Regional Hospital
3066 N Kentucky St
Iola, KS 66749
620-365-1000

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

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

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

photos by IM DDesign



Sponsors

Thank You

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



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.