

LIFETIME[®]
UNBOUNDSM

GRAVEL TRAINING CAMP

2024



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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 Life Time 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.



During Training 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 1st. To guide you in this journey we are bringing in an amazing crew of experienced gravel riders, racers, sponsors, 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 Life Time 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

Important Places

- UNBOUND Headquarters(HQ).....714 Commercial St
- UNBOUND Operations Center (Ops).....11 W 8th Ave
- Merchant Cycles Bike Shop (MC).....716 Commercial St
- Merchant Cycles Showroom (MC+).....718 Commercial St
- Granada Theatre (GRT).....807 Commercial St
- Prophet Aquatic Center (PAROC).....551 E 18th Ave
- Emporia Chamber of Commerce.....719 Commercial St

Thursday

| <i>TIME</i> | <i>ACTIVITY</i> | <i>LOCATION</i> |
|--------------------|-----------------|--------------------------|
| 10:00 AM - 5:00 PM | Athlete Sign-In | UNBOUND HQ |
| 3:00 PM - 5:00 PM | Meet Coaches | HQ |
| 5:00 PM - 7:00 PM | Shakeout Ride | UNBOUND Operations (Ops) |
| 7:00 pM - 9:00PM | Dinner | PAROC |

Let's kick things off! Welcome to Emporia and to the 2024 Life Time 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 Headquarters from 10 AM-5 PM, but don't worry if you can't make it during that time because you can still check in during and/or after dinner. There will be a meet and greet with coaches and brand reps a couple of hours before the evening ride. Garmin will also be on site to help campers download the weekend's courses, and you will also have an opportunity to take a Venum for a spin during check-in or evening ride. E-bikes available as well! Join us for a short shakeout ride (12 or 24 miles) to help prime the legs for the bigger days to come, ending at the Prophet Aquatic Center on the edge of town for a cookout-style dinner (there will be s'mores makings). Remember to bring your lights as the ride back to downtown will likely be in the dark.

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

12.3 miles



24.2 miles



Download the MyAlerts app for City of Emporia and UNBOUND public safety notifications.

- Advanced warning of severe weather.
- Emergency alerts from public safety.

Add Emporia, Kansas to your location in app to receive alerts throughout the event.



Friday

| <i>TIME</i> | <i>ACTIVITY</i> | <i>LOCATION</i> |
|--------------------|------------------------|-----------------|
| 8:00 AM - 8:45AM | Ride Prep | Ops |
| 8:45 AM - 9:00 AM | Coach's Talk | Ops |
| 9:00 AM - 12:30 PM | Medium Ride (30 or 50) | FLINT HILLS |
| 12:00 PM -1:30 PM | Lunch | GRT |
| 1:30 PM - 2:30 PM | Presentation Block 1 | Various |
| 2:30 PM - 3:30 PM | Presentation Block 2 | Various |
| 3:30 PM - 4:30 PM | Presentation Block 3 | Various |
| 5:00 PM - 7:00 PM | Dinner | GRT |
| 7:00 PM - 8:00 PM | XL Prep Clinic | HQ |

We get our first proper taste of riding Flint Hills gravel today. There are two distance options with both courses passing through Olpe at mile 16. Choose the distance that best suits you. In order to be back in time for lunch, shoot for 3-4 hours on the bike

Grab and go lunch will be available at Granada Theatre as folks finish the morning ride, then we break out for afternoon presentations. There are five total presentations but not enough time (or bandwidth) for everyone to attend five lectures. There are three sessions, with each presentation being held twice. Check out the presentation schedule on the next page to choose which of the three presentations you would like to attend. Doing a "breakout" style schedule allows for smaller groups and a more intimate setting. There is a Q&A or hands-on portion of each presentation, so come with a curious mind! Dinner takes place again in the Granada Theatre, followed by a chance for the XL riders to meet with coaches and go through the specific items and strategies needed for this huge undertaking.

52.3 miles

32.2 miles

Friday Presentations

| Presentation | Location | Blocks | Description |
|------------------------|--------------------------|--------|--|
| Tires | Merchant Cycles Showroom | 1,2 | Learn about tire choice: volume, tread, flat protection, pressures. Practice hands-on using tubeless plug kits! |
| Nutrition | Granada Theatre | 1,3 | In-depth discussion on what nutrition is needed to fuel long rides. Learn different types of fuel sources and how to create a nutrition plan. |
| Equipment | Merchant Cycles | 2,3 | Learn what tools and equipment to carry in case of emergency and strategies of how to carry all you need. Hands-on practice using a chain breaker! |
| Technology in training | Chamber of Commerce | 1,2 | How to use available technology to help you get through the race. Tips and tricks for navigation, energy preservation, nutrition plan implementation, and more. |
| Gravel Bike Design | UNBOUND HQ | 1,3 | A peek behind the curtain of what goes into designing a modern gravel bike. From geometry and tire clearance to manufacturing techniques and component spec, come nerd out and pick the brains of industry insiders. |

Saturday

| <i>TIME</i> | <i>ACTIVITY</i> | <i>LOCATION</i> |
|--------------------|-----------------------|-----------------|
| 7:00 AM - 7:45 AM | Ride Prep | UNBOUND Ops |
| 7:45 AM - 8:00 AM | Coach's Talk | UNBOUND Ops |
| 8:00 AM - 6:00 PM | Long Ride (60 or 100) | FLINT HILLS |
| 6:00 PM - 8:00 PM | Dinner | Granada Theatre |
| 8:00 PM - 11:00 PM | Night Ride (35) | 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 long course is 100 miles with resupplies at mile 50 and 80. The short course is 60 miles with a resupply at mile 38.

We'll gather at the Granada Theatre once more this evening to compare our experiences from the day and enjoy a much needed meal provided by GoodLife Brands to recover our strength. After dinner, there is an opportunity for a night ride of 35 miles. This is a good chance for XL riders and any others who will be finishing the race after dark to practice their night riding skills and test their lights. All the rest of us will gather and give them a proper cheering send-off!

62.1 miles

104.2 Miles

Night Ride

Sunday

| <i>TIME</i> | <i>ACTIVITY</i> | <i>LOCATION</i> |
|--------------------|-----------------|-----------------|
| 7:00 AM - 7:45 AM | Ride Prep | UNBOUND Ops |
| 7:45 AM - 8:00 AM | Coach's Talk | UNBOUND Ops |
| 8:00 AM - 10:00 AM | Farewell Ride | FLINT HILLS |

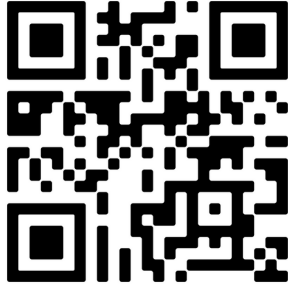
Eventually, all good things must come to an end! We will all gather together for one last ride. We'll use this as an opportunity to ride easy, work the stiffness out of the legs from yesterday, and reflect on all that we have learned throughout the preceding days. You will also have another opportunity to test ride a Vantum (e-Bikes also available!) This is a strict no-drop ride, so we're not even providing a map for this one. Let's ride easy and chat! We hope that this knowledge will give you the edge you need to find the finish line on June 1st. Use the connections you make over this weekend as a resource for success as well! We'll see you in Emporia again soon.

-8-



Routes

Thursday



12 mile

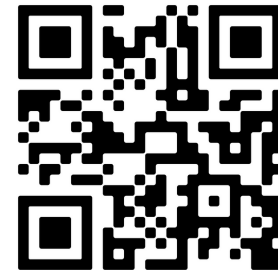


24 mile

Friday



50 mile



32 mile

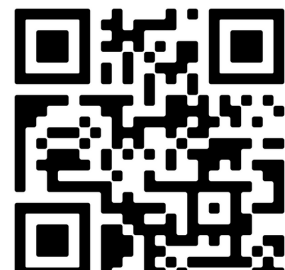
Saturday



104 mile



62 mile



Night Route

Note: You can import Ride with GPS route files into Garmin Connect (import the .fit file) and note that there are elevation differences that will not affect your course navigation or total elevation gained at the end of your ride. Garmin Edge users or others that are interested, can visit Garmin at check-in where Garmin Connect course QR codes will be available for all routes to upload directly to your device.

Thank You

We'd like to give a HUGE shoutout to the following sponsors who helped to make this year's Life Time UNBOUND Gravel Training Camp a success! We couldn't have done it without you!

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