



LIFETIME[®]

UNBOUNDSM

GRAVEL

ELITE FIELD TECH GUIDE



OVERVIEW

The 2024 Life Time UNBOUND Gravel is the second stop of the Life Time Grand Prix presented by Mazda. This Technical Guide covers the procedures for the Elite Men's and Elite Women's Race scheduled for June 1, 2024.

RACE DESCRIPTION:

The UNBOUND Gravel 200, in operation since 2006, is a beautiful and grueling race through the Flint Hills of Central Kansas. The course winds through mile upon mile of rural roads including well maintained hard-pack, minimum maintenance, double-track, rough chunky stuff, and a very small amount of pavement. Due to the rugged and remote nature of this event, it's imperative that you read through the tech guide and come to the event prepared.

Course Stats:

- Distance: 202.9 Miles
- Elevation Gain: 11,000'+
- Terrain: 98% Gravel
- Number of Checkpoints: 2
- Number of Water Oases: 2



SCHEDULE OF EVENTS

THURSDAY, MAY 30, 2024

- **2:00 pm – 7:00 pm** All Things Gravel Expo presented by City of Emporia
- **3:00 pm – 6:00 pm** Packet Pick-Up
Location: *Lyon County History Center*
- **4:30 pm – 5:00 pm** LTGP Athlete Autograph Session
Location: *Expo Stage on 7th b/t Commercial and Mechanic*

FRIDAY, MAY 31, 2024

- **10:00 am – 5:00 pm** All Things Gravel Expo presented by City of Emporia
- **10:00 am – 7:00 pm** Packet Pick-Up
Location: *Lyon County History Center*
- **11:00 am – 11:30 am** LTGP Athlete Autograph Session
Location: *Expo Stage on 7th b/t Commercial and Mechanic*
- **12:00 pm – 12:30 pm** LTGP Athlete Panel (Select Athletes)
Location: *Expo Stage on 7th b/t Commercial and Mechanic*

SATURDAY, JUNE 1, 2024

- **5:00 am** LTGP Start Line Hospitality Tent Opens
Location: *On 8th by Commercial and Mechanic*
- **5:50 am** Elite Men Start
Location: *Commercial St*
- **6:05 am** Elite Women Start
Location: *Commercial St*
- **6:30 am** 200 Mile Amateur Start
Location: *Commercial St*
- **7:00 pm** LTGP Men's Podiums
Location: *Granada Theatre*
- **7:00 pm** LTGP Women's Podiums (TIME DEPENDING ON FINISH TIMES OF TOP 5 LTGP WOMEN)
Location: *Granada Theatre*

SUNDAY, JUNE 2, 2024

- **8:00 am** UNBOUND Gravel 200 & XL Awards
Location: *Granada Theatre*

IF A LTGP ATHLETE HAS A CONFLICT WITH ANY OF THE ABOVE SCHEDULE, THEY SHOULD LET BEKAH SANDS KNOW IN ADVANCE (rsands@lt.life)

START LINE & CALL UPS

START AREA

The start line for Unbound Gravel is located on Commercial St in downtown Emporia. There will be a fenced in corral for elite riders with entrances at the rear of the men's and women's sections. Only riders with elite bike plates will be permitted to enter the elite corral.

Elite men and women will have a separate start, like all LTGP events this year. Please see to the right for start line times:

5:30 AM – Staging Begins
5:40 AM – Men's Call Ups Begin
5:50 AM – Elite Men's Start*
5:55 AM – Women's Call Ups begin
6:05 AM – Elite Women's Start
6:30 AM – Mass Start – 200 milers

**Please note the adjusted elite men's start time.*

MEDIA MIX ZONE TENT

Life Time Grand Prix Athletes, and any athlete notified they will have a Call-up, will have access to the start line athlete/media tent. This tent will be located on 8th Ave, just east of Commercial and will open at 4:50 am, 1 hour before the men's start; look for two large black tents with LTGP logos. All Life Time Grand Prix riders will receive a credential for themselves and two for their support crew to access this tent at packet pick-up.

The tent will have the below start line amenities:

- Bag Check: Check you're a bag with items you would like to leave at the start line and/or have for the finish. Attach your credential to your bag before checking it.
- Coffee
- Water/refreshments
- Feedback Sports Rollers (Qty 15)
- Pop-Up Changing Tent
- Staging for Call-Ups

All Life Time Grand Prix Athletes and anyone who finished in the top 10 overall will be routed to this same tent directly from finish line for interviews. This change is to provide a safer finish line, and a better finish line experience for athletes and the media.

Finish Line Amenities will include, at a minimum:

- Everything from start line
- Additional refreshments
- Chairs
- Towels
- And more

START LINE & CALL UPS

MEDIA AND SUPPORT CREWS ON THE START LINE

Media and support crew members will be allowed in FRONT of the race start line until after the call ups, not in the corral with the riders. Following call ups, all media and support crew members will be asked to vacate the start area **immediately**. Please communicate to your support crew and management that they will not be permitted to be in the start chute following the conclusion of call-ups as this may impede the start of the race.

If you are bringing a member of the media or film crew, they must have a media credential to access the start and finish line. They must also attend the media meeting at 12:00 PM on Friday, 5/31, at 627 Commercial Street. More info here: <https://www.unboundgravel.com/media/>

CALL UPS

The top-5 riders in the Life Time Grand Prix overall standings will be called up along with the top-5 finishers from the 2023 edition of the event. A limited number of discretionary call-ups from renowned riders (such as World Championship Medalists and Olympic medalists) will be made at the discretion of Life Time.

All remaining LTGP riders will stage in the elite corral in no particular order.

MEN:

Top 5 in Current LTGP Standings:

- Keegan Swenson
- Alexey Vermeulen (NOT RACING)
- Matt Beers
- Cole Paton (NOT RACING)
- Brendan Johnston

Top 5 in the 2023 Edition of the Event:

- Keegan Swenson (ALREADY CALLED)
- Petr Vakoc
- Lachlan Morton
- Laurens Ten Dam
- Ian Boswell

WOMEN:

Top 5 in Current LTGP Standings:

- Sofia Gomez Villafane
- Samara Sheppard (NOT RACING)
- Hannah Otto
- Haley Smith
- Alexis Skarda

Top 5 in the 2023 Edition of the Event:

- Carolin Schiff
- Sofia Gomez Villafane (ALREADY CALLED)
- Sarah Sturm
- Danni Shrosbree
- Sarah Lange

UNBOUND GRAVEL RULES & DETAILS

YOU ARE SUBJECT TO ALL OFFICIAL EVENT RULES AT ALL TIMES

RACE START

The route will leave downtown Emporia under police escort, traveling north into Wabaunsee and Morris Counties. ***You may not pass the lead vehicles under any circumstance, doing so will subject you to disqualification.***

CHECKPOINTS/SUPPORT

Please read the [Unbound Gravel Guide](#) for more in depth information about event rules and format!

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 oases. 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 40 – ESKRIDGE, KS (WATER ONLY)
- **CHECKPOINT ONE:** MILE 70 – ALMA, KS
- **WATER OASIS #2:** MILE 112 – ALTA VISTA, KS (WATER ONLY)
- **CHECKPOINT TWO:** MILE 148 – COUNCIL GROVE, KS

OTHER IMPORTANT RULES

Please read the Athlete Guide and official race rules on the website for complete information. ***It is your responsibility to read and understand the race rules.*** You can be disqualified if you or your crew break official race rules.

- Like previous years, your race plate must be affixed to the front of your bike, as flat as possible, readable from the front. Race plates cannot be wrapped around the frame of your bike, nor attached to the side of your frame. Plate sizes have been reduced to make this request easier
- No modification or cutting of race numbers.



- Each rider in the elite category must have VISIBLY attached to their back, the colored number bib for their respective category (**GREEN - MEN**) (**PINK - WOMEN**)
These are provided to assist in identifying others in your category See right for example:



- No aerobars, bar extensions, or clip on attachments of any kind will be permitted for elite racers.
- No littering on course.

UNBOUND RULES & DETAILS

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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 in 100 & 200 mile 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@lfevents.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. XL, 25, and 50 mile distances can call **(620-208-2453)** for pickup.

UNBOUND RULES & DETAILS

YOU ARE SUBJECT TO ALL OFFICIAL EVENT RULES AT ALL TIMES

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

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.

UNBOUND RULES & DETAILS

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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.





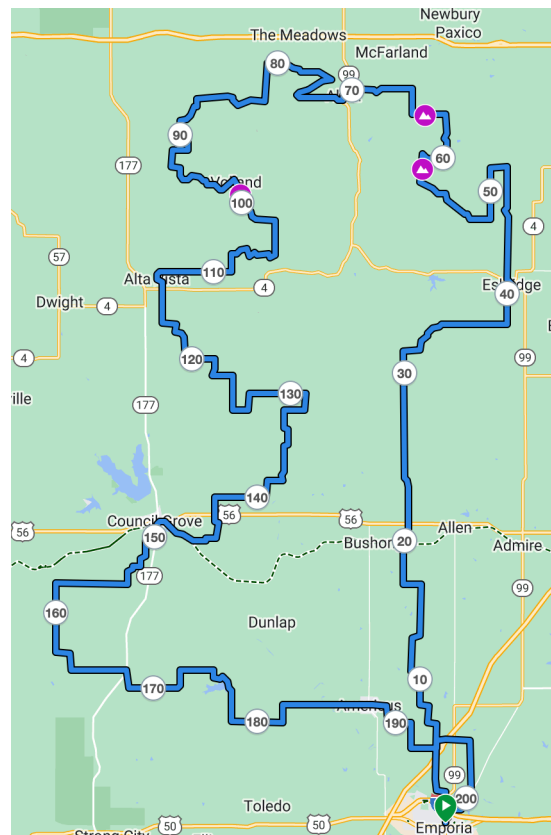
COURSE MAPS



[Garmin Connect](#)



[RideWithGPS](#)



FINISH LINE PROTOCOL

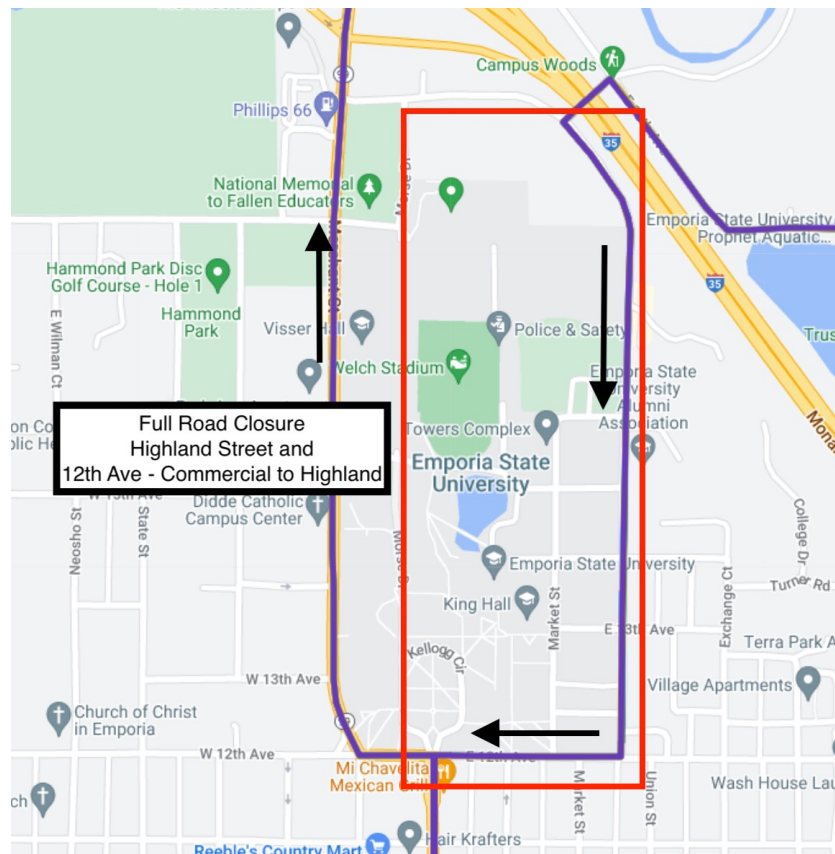
As this event has grown, so too has the need for increased safety and awareness at the finish line.

The Life Time team has collaborated closely with local and city officials to create a safer race experience at the finish line of this year's event and we're excited to roll out the following changes:

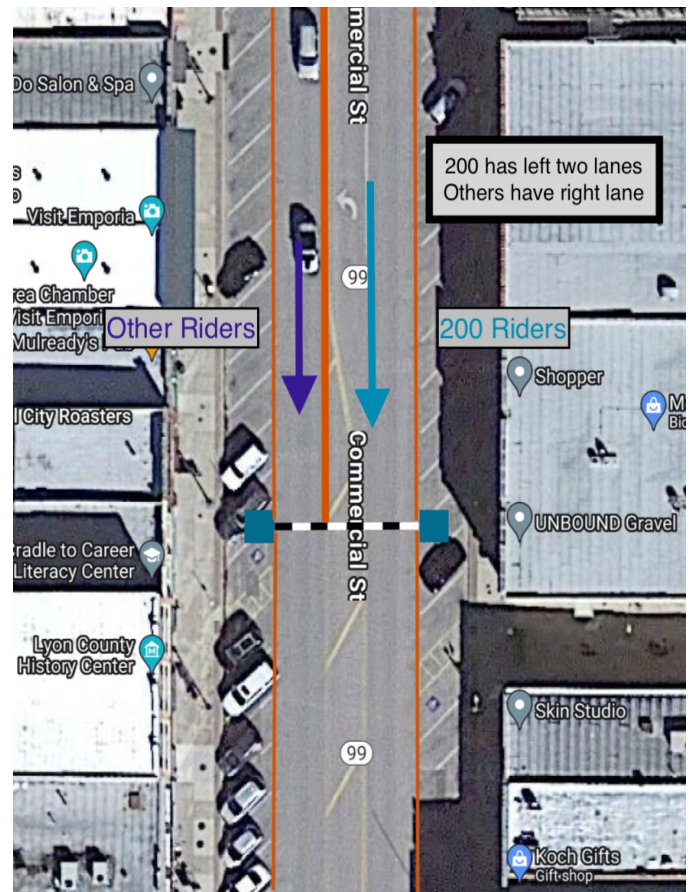
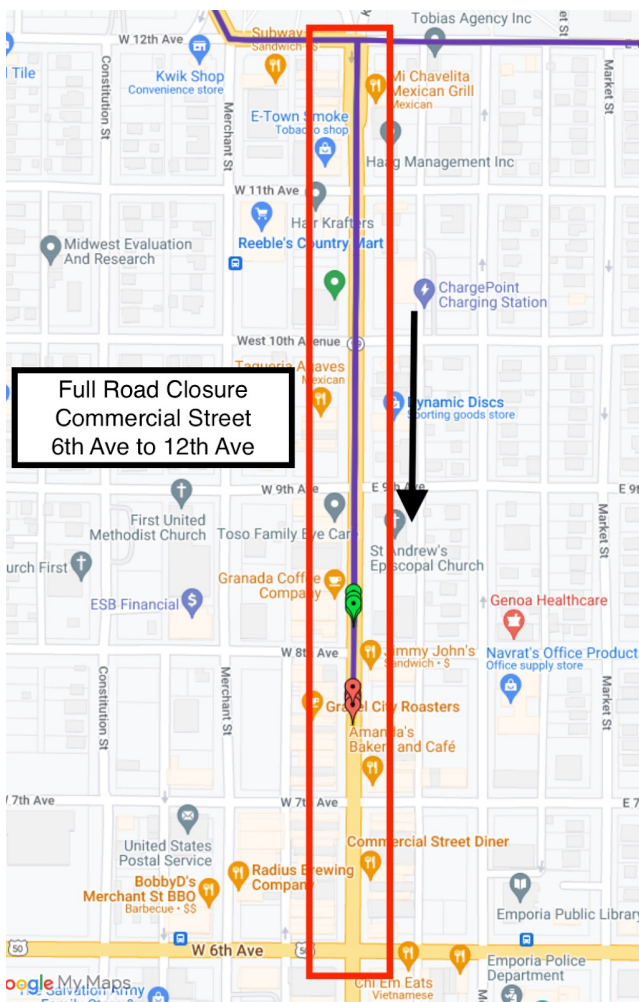
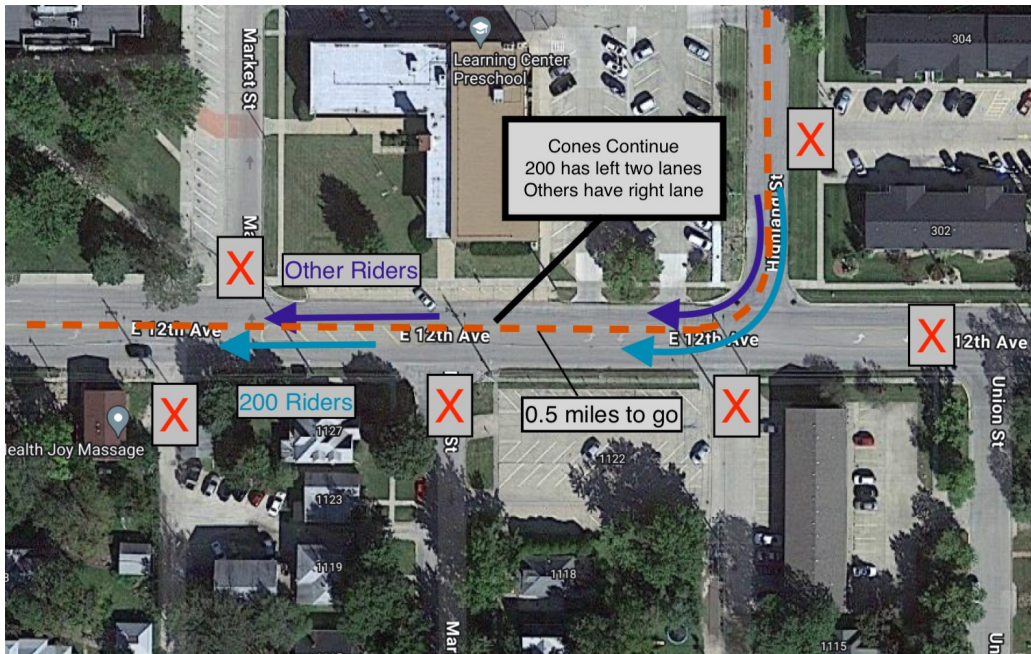
- All finishers of the UNBOUND Gravel 200 will have a dedicated lane on Commercial street leading to the finish line.
- 100-mile and 50-mile finishers will be split to the right lane of the road, **200-mile finishers will be directed to the left lane.**
- There will be a **FULL ROAD CLOSURE** from the base of Highland Hill all the way to the finish.
- The course no longer travels through Emporia State University campus. Instead riders will ride up Highland hill, turn right onto 12th St., and left onto Commercial St. to the finish.

Please be prepared to split into the 200-mile lane at the base of Highland Hill and follow all signage to the finish.

See below for maps outlining this plan. All maps are here to show a visual reference guide and subject to minor changes.



FINISH LINE PROTOCOL (CONT.)



RESULTS & AWARDS

Life Time Grand Prix presented by Mazda points will be awarded based upon their race finish. Gun start and finish will be used for both the men's and women's elite races.

Preliminary results will be posted online at <https://www.unboundgravel.com/results/> as well as on the Life Time Grand Prix [leaderboard page](#). Should there be a timing issue with your result, please check in at the timing tent (finish line) immediately.

Live race-day updates will be provided on Athlinks.

PODIUM AND TOP FINISHERS

The top 5 finishers in the Life Time Grand Prix standings will have Men's awards at 6:30 pm and Women's awards at 7:00 pm on Saturday. The top-5 overall Elite Men and Women must attend the 200 awards at 8:00 am on Sunday. The ceremony will begin with Elite Awards, so please be prompt.



POST-RACE MEDIA ACCESS

PHOTOGRAPHY

The Life Time Grand Prix dedicated photographer in 2024 is Taylor Chase. Within a day or two after each event Taylor's photo gallery will be shared with Life Time Grand Prix athletes for their own use and promotion. Athletes should tag @chaseincolor and @lifetimegrandprix.

Other third-party usage will need approval.

CONTENT HUB

New in 2024, Life Time Grand Prix Athletes will have access a content hub , where our production team, Cold Collaborative, and official photographer, Taylor Chase, will have b-roll and photos for your use. A link to the content hub will be sent out after each race.

MEDIA COVERAGE

To capture the best coverage of the race for social and post-production, there will be media on course. Expect to see 4WD side-by-sides, motos, and e-bikes. A helicopter will be flown capturing aerials.

RACE HIGHLIGHT RECAP VIDEO

48 Hours after the completion of the event, we will be launching a long form recap video of how the race unfolded on the [Life Time Grand Prix YouTube Channel](#). Our production team, Cold Collaborative will reach out to athletes throughout the season to do some additional filming for content that will be featured in event videos. Building on the success of "Call of a Life Time" this content intends to bring the viewer into the racing action while also telling the stories from in and out of race day. We appreciate your support in helping us grow professional cycling with this content.

LTGP CONTACT:

**Rebekah Sands - lifetimegrandprix@lifetime.life
858-761-2080**

LIFE TIME GRAND PRIX RULES

BEST 5 OUT OF 7

- Participants must start 5 of the 7 events in order to be eligible for an overall prize.
- Example – if you start only 4 events of the series, you are not eligible for Life Time Grand Prix prize money. If you start 5, but do not finish 5, you would be at a disadvantage for points, but would remain in the series.
- Athletes will be removed from the series as soon as they become ineligible for prize money, and will no longer be scored in the Life Time Grand Prix. Athletes who drop out, or become ineligible, are encouraged to participate in remaining events, but they will race in the Elite/Pro/Open category and will not be scored in the Life Time Grand Prix.

MANDATORY EVENT - BIG SUGAR

- The final event in the series, Life Time Big Sugar Gravel, is mandatory for all and serve as a tiebreaker in the event of a tie in points.

AWARDS CEREMONY REQUIRED

- All eligible athletes must attend the awards ceremonies.

FAN ENGAGEMENTS (MIN. OF 2)

- All Life Time Grand Prix athletes must attend a minimum of 2 fan engagement activations throughout the season. More than 2 are encouraged.
- Fan engagement activations are pre- or post-race events such as a spin out ride, panel, or autograph session that enable an interaction between fan and athlete.

ENTRY FEES & PRIZE MONEY

- Athletes are eligible for overall prizes and awards at each individual event.
- All athletes receiving payouts will be required to fill out proper tax paperwork.
- Entry Fees for all seven events will be covered by Life Time.
- Prize money checks will be mailed.
- Prize money may be held up to 45 days post-event pending Anti-Doping Control results.
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DOPING CONTROL

- No participant can be under a current doping ban.
- All Elite Category athletes are subject to drug testing.
- If drug testing is taking place at an event, selected athlete will be notified by a USADA chaperone at the finish line.