



LIFETIME[®]
UNBOUNDSM
GRAVEL

**100 & 200 MILE
GUIDE**



LIFETIME[®]

2024

OVERVIEW

This document covers the Life Time UNBOUND GRAVEL 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 rarely pass through any towns, and there are 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.

EVENT DESCRIPTION

LIFE TIME 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 1, 2024 and will start in front of the historic Granada Theatre, 807 Commercial St., in downtown Emporia, Kansas. 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.

LIFE TIME 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.

SCHEDULE OF EVENTS

We've got a whole lot of adventure in store for you. Our Schedule of Events outlines the lineup of races, festivities, and key information designed to fuel your UNBOUND Gravel experience. From packet pickup details to race start times, it's your go-to resource to an unforgettable weekend in Emporia.

WED, MAY 29

5:00 PM Gravel Cycling Hall of Fame Happy Hour | Granada Theatre

6:00 PM Gravel Cycling Hall of Fame Induction Ceremony | Granada Theatre

8:00 PM Gravel Cycling Hall of Fame After Party | Merchant Cycles

TBD Shakeout Rides - See website for most up-to-date schedule

THURS, MAY 30

2:00 PM – 7:00 PM All Things Gravel Expo presented by City of Emporia | Expo

3:00 PM – 6:00 PM Packet Pickup | Lyon County History Center

4:30 PM XL Rider's Meeting | Granada Theatre

TBD Shakeout Rides - See website for most up-to-date schedule

FRI, MAY 31

10:00 AM – 5:00 PM All Things Gravel Expo presented by City of Emporia | Expo

10:00 AM – 7:00 PM Packet Pickup | Lyon County History Center

3:00 PM Life Time UNBOUND Gravel XL Start | Commercial St

4:30 PM Rider's Meeting | Granada Theatre

TBD Shakeout Rides - See website for most up-to-date schedule

SAT, JUNE 1

5:50 AM Elite Men 200 Mile Start | Commercial St

6:05 AM Elite Women 200 Mile Start | Commercial St

6:30 AM 200 Mile Start | Commercial St

7:30 AM 100 Mile Start | Commercial St

7:00 AM – 8:30 AM 50/25 Mile ONLY Packet Pickup |

8:30 AM 50 Mile JUNIOR Start | Commercial St

9:00 AM 50 Mile Start | Commercial St

9:30 AM 25 Mile Start | Commercial St

2:00 PM 50 Mile Awards | Granada Theatre

5:00 PM 100 Mile Awards | Granada Theatre

SUN, JUNE 2

3:00 AM Finish Line Cutoff | Commercial St

8:00 AM XL and 200 Mile Awards | Granada Theatre

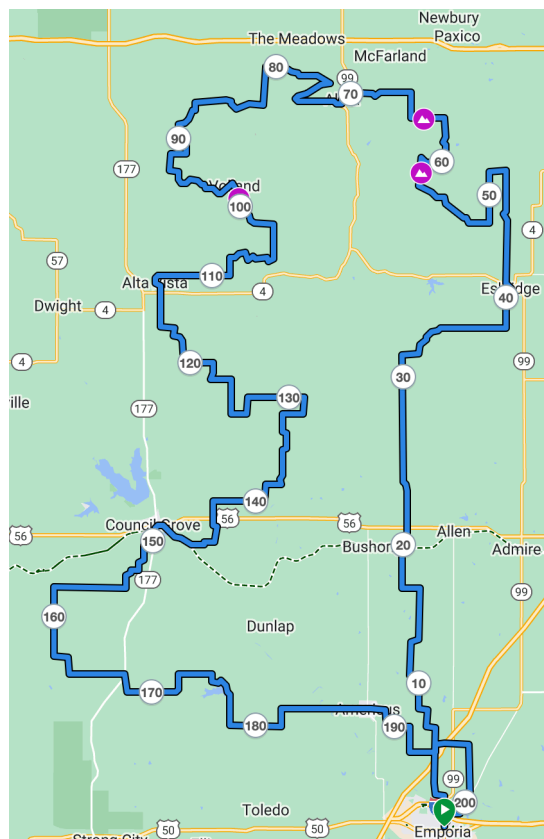
GENERAL COURSE INFO

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.

LIFE TIME UNBOUND GRAVEL 200 COURSE INFO

This 200 (+) mile route will leave downtown Emporia under police escort, traveling north into Wabaunsee and Morris 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 40 – ESKERIDGE, KS (WATER ONLY)**
- **CHECKPOINT ONE: MILE 70 – ALMA, KS | CUTOFF 2:00 PM**
- **WATER OASIS #2: MILE 112 - ALTA VISTA, KS (WATER ONLY)**
- **CHECKPOINT TWO: MILE 148 - COUNCIL GROVE, KS | CUTOFF 11:00 PM**



Some course building platforms show different elevation gain values. However, this will **NOT** affect your turn by turn navigation for the race distance you plan to ride.

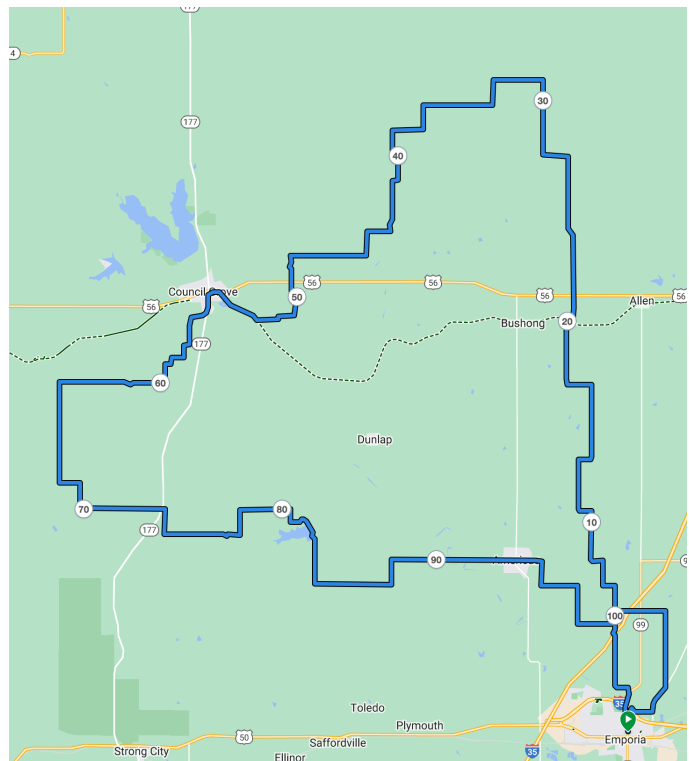
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LIFE TIME UNBOUND GRAVEL 100 COURSE INFO

This 100 (+) mile route will leave downtown Emporia under police escort, traveling north into Wabaunsee and Morris 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.

- **CHECKPOINT ONE: MILE 54 - COUNCIL GROVE, KS | NO CUTOFF**
- **WATER OASIS #1: MILE 92 – AMERICUS, KS (WATER ONLY)**



Some course building platforms show different elevation gain values. However, this will **NOT** affect your turn by turn navigation for the race distance you plan to ride.

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 2024 UNBOUND GRAVEL from January 5, 2024 until January 20, 2024. 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, 2024, subject to event eligibility requirements. The individuals whose names were drawn were awarded entry in the 2024 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 and click on the "Registration" tab.

LIFE TIME UNBOUND GRAVEL 200 CLASSES

Elite Men	Elite Women	Open Non-Binary
16-29 Men	16-29 Women	Open Fatbike
30-34 Men	30-34 Women	Open Tandem
35-39 Men	35-39 Women	
40-44 Men	40-44 Women	
45-49 Men	45-49 Women	
50-54 Men	50-54 Women	
55-59 Men	55-59 Women	
60-69 Men	60-69 Women	
70+ Men	70+ Women	
Singlespeed Men	Singlespeed Women	
Para Men	Para Women	

Notes on Classification:

"Riding Age" is based on the Rider's age as of June 1 2024. Minimum age requirement for the UNBOUNDGRAVEL 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.



EVENT REGISTRATION

LIFE TIME UNBOUND GRAVEL 100 CLASSES

Open Men	Elite Open	Open Non-Binary
16-29 Men	Women 16-29	Open Tandem
30-39 Men	Women 30-39	Junior Boys 14-18
40-49 Men	Women 40-49	Junior Girls 14-18
50-59 Men	Women 50-59	
60-69 Men	Women 60-69	
70+ Men	Women	
Singlespeed Men	70+ Women	
Para Men	Singlespeed Women	
	Para Women	

Notes on Classification:

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LIFE TIME UNBOUND GRAVEL 200

PRIZING & 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 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 p m 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."

LIFE TIME UNBOUND GRAVEL 100

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

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

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.

EVENT RULES

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

SUPPLIES YOU *MUST* CARRY

- 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 (e 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)



A WORD TO SUPPORT-CREWS

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





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 NORTH WEST:

Morris County Hospital
600 N Washington St,
Council Grove, KS 66846
(620) 767-6811

EMERGENCIES DIAL 911

SAFETY

The race has subscribed to a severe weather text alert system through MyAlerts. To download the MyAlerts app and receive local alerts for the area you are in, follow these instructions:

Download the MyAlerts App:

- Go to your device's app store (App Store for iOS devices or Google Play Store for Android devices).
- Search for "MyAlerts" in the search bar.
- Tap on the app when it appears in the search results.
- Tap the "Download" or "Install" button to download and install the app onto your device.

Allow Location Access:

- When prompted, allow the MyAlerts app to access your device's location. This is crucial for receiving local alerts based on your current location.

Enable Notifications:

- Upon opening the app for the first time, you may be asked to enable notifications. Make sure to allow notifications from the MyAlerts app to receive alerts.

Select City of Emporia Alerts:

- Within the app, navigate to the settings or locations section.
- Find and select "Current Location" alerts or any related options such as "Community Alerts".

Receive Unbound Mapped Area Alerts:

- By selecting Current Location alerts, you will automatically receive alerts related to the Unbound mapped area when you are within the Unbound route.
- These alerts may include weather updates, Unbound race alerts, route changes, and other important information relevant to riders and spectators.

Set Quiet Hours (Optional):

- If desired, you can set quiet hours through the MyAlerts app.
- This feature allows you to customize times during which you do not wish to receive notifications.

Stay Informed During the Event:

- City staff will post alerts two days prior to the event and throughout the event as needed.
- These alerts will be sent to your device if you are within the geofenced Unbound route area.

Post-Event Options:

- After the event, you have the option to keep the MyAlerts app on your device or delete it.
- As MyAlerts is a location-based app, if you choose to keep the app, you may continue to receive alerts based on your location and subscription settings.

In case of emergency, call 911. This is true of riders and support crew. For riders, local emergency service organizations appreciate the use of the **What3Words App. This app designates a unique three word code to every 10 foot square in a worldwide grid. If you or a rider need assistance, you can give the dispatcher your three word code and they will be able to pinpoint your exact location without needing street names.**

WEATHER

In the event of severe weather:

- Attempt to get into a building or car;
- If no structure is available, get to an open space and squat low to the ground as quickly as possible (if in the woods, find an area protected by a low clump of trees - never stand underneath a single large tree in the open);
- Be aware of the potential for flooding in low-lying areas;
- Crouch with hands and knees;
- Avoid tall structures such as towers, tall trees, fences, telephone lines or power poles; Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles or camping equipment;
- Stay away from rivers, lakes or other bodies of water;
- If you are isolated in a level field or prairie and you feel your hair stand on-end (indicating lightning is about to strike), crouch down, putting your hands on your knees. A position with feet together and crouching while removing all metal objects is recommended. Do not lie flat on the ground.

Emergency shelters are available in both checkpoint towns:

- **Alma Community Center** (North basement door)
 - 244 E 11th
 - Alma, KS, 66401
- **Council Grove High School**
 - 129 Hockaday Street
 - Council Grove, KS, 66846



GRAVEL

KANSAS

EMPORIA, KANSAS IS HOME TO AN AVID CYCLING COMMUNITY AND IS KNOWN AS THE GRAVEL CAPITAL OF THE WORLD. THE SURROUNDING FLINT HILLS OFFER SOME OF THE BEST AND MOST CHALLENGING GRAVEL CYCLING OPPORTUNITIES IN THE NATION. WE'RE NICKNAMED GRAVEL CITY FOR A REASON!

WHETHER YOU'RE A SEASONED CYCLIST SEEKING THE ULTIMATE GRAVEL CHALLENGE OR A CURIOUS TRAVELER LOOKING FOR YOUR NEXT GREAT ADVENTURE, EMPORIA INVITES YOU TO EXPERIENCE THE THRILL OF THE RIDE.



SPONSORS

THANK YOU

Thank you to our amazing sponsors for helping
make Life Time UNBOUND Gravel possible.

LIFETIME®



HydraPak



APPENDIX A

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.