LIFE TIME®

UNBOUND℠ GRAVEL

UNBOUND Gravel XL GUIDE

LIFE TIME®

2024

OVERVIEW

This document covers the Life Time 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 resupply, 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. Should you need to abandon the event, each XL participant will be given a wristband with a number to call in the event you need a to be picked up. That number is (620-208-2453). If you do not feel you are prepared to meet the challenges of the XL, please consider a shorter route option. In case of a serious emergency, call 911.

EVENT DESCRIPTION

LIFE TIME UNBOUND GRAVEL XL

Life Time 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, May 31, 2024 and will start on Commercial St. 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 2nd, 2024, allowing riders 36 hours to officially finish the course.

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 XL COURSE INFO

This 350 (+) mile route will leave downtown Emporia under police escort, traveling north into Wabaunsee, Morris and Chase 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 40 | Eskridge, KS
DRB Express
785-449-2535
104 E 3rd Ave
Open: 6am - 9pm

Mile 78 | Maple Hill, KS
24/7 Travel Store
785-256-4211
32981 Windy Hill Rd
Open: 24 Hours

Mile 85 | Paxico, KS
Valero
210-345-2000
18094 SW Vera Frontage Rd
Open: 6am - 9pm

Mile 125 | Alma, KS
Stop 2 Shop
785-765-3500
100 Missouri Ave
Open: 24 hrs

Mile 166 | Volland, KS
The Volland Store
785-499-3616
24098 Volland Rd
Open: 24 hrs WATER ONLY (outside building)

Mile 181 | Alta Vista, KS
Alta Vista Comm Park
785-499-6620
702 Logan St
Open: 24 hrs WATER ONLY (giant water container in park)

Mile 181 | Alta Vista, KS
Alta Vista Mercantile
785 - 499-5500
615 Main St
Open: 6am - 7pm

Mile 216 | Council Grove, KS
Short Stop
620-273-4033
9 E Main St
Open: 24 hrs

Mile 302 | Cottonwood Falls, KS
Casey's General Store
620-240-9909
424 Walnut St
Open: 4am - 11pm

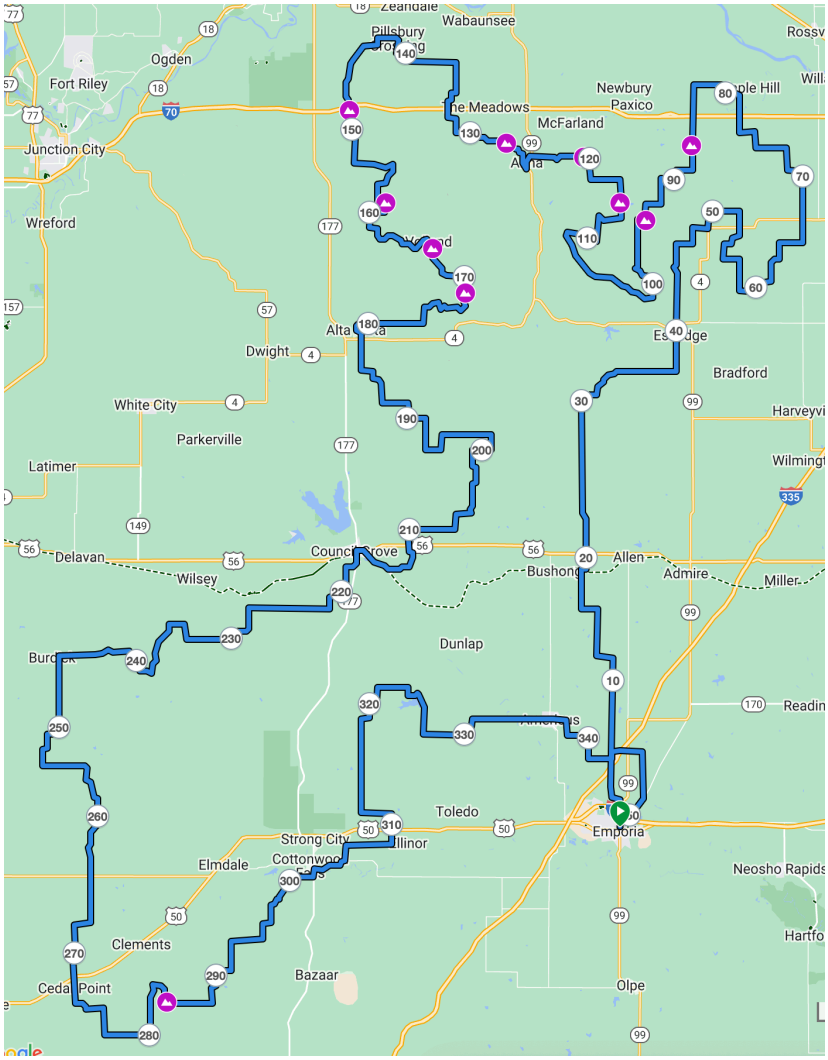
Mile 352 | Emporia, KS
Finish Line
Cutoff: 3 AM Sunday morning

GENERAL COURSE INFO

350 Miles | 15,342’

Garmin Connect

RideWithGPS



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 Life Time 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 2024 UNBOUND Gravel from December 1st, 2023 until December 15th 2023. 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, 2023 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.

LIFE TIME UNBOUND GRAVEL XL COMPETITION

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

Notes on Classification:
For all classifications and distances, "Racing Age" is based on the Rider's age as of May 31st, 2024. Minimum age requirement for UNBOUND Gravel XL is 18 years of age. E-Bikes are only allowed in 50 and 25 mile distances. We reserve the right to add, combine, and/or delete classes

LIFE TIME 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 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 intentioned 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 regisration 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/trackleaders/unboundxl24

https://trackleaders.com/unboundxl24

PURCHASE TRACKING DEVICES:

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

www.findmespot.com en-us/

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 (fi ed 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 pa ticipant 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, ou 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. Y ou 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)

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.

LIFE TIME®

mazda

BEST DAY BREWING

CANE CREEK

Emporia Kansas

CRAFT

fi'zi:k

FOX

GARMIN

GU®

HydraPak

IRC TIRE

100% WHOLE GRAINS KODIAK

küat

LOOK

Muc-Off

ORANGE Seal

PROUD SOURCE SPRING WATER

RUDY PROJECT

SHIMANO

VENTUM

BOBO'S

buycycle.

Chamois Butt'r

EMPORIA STATE UNIVERSITY

Free State Beer

GOODLIFE BRANDS

KENETIK

MULREADY'S PUB

SUBWAY

Emporia MAIN STREET

MERCHANT CYCLES EMPORIA

HISTORY LYON COUNTY CENTER

EMPORIA

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.