



**LIFETIME<sup>®</sup>**  
**UNBOUND<sup>SM</sup>**  
**GRAVEL**

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**CREW FOR HIRE**  
**GUIDE**



# OVERVIEW

Preparing for Life Time UNBOUND Gravel can be a daunting task for participants, and support is such an integral part of it. As you are aware, all participants must have a support crew present to assist in their journey. However, should you not be able to come with your own support crew, we have some options for you.

We partner with **Payne's Promise** and **Camp Alexander** to bring you world class support through our Support Crew-for-Hire program. Along with the **Kansas City Jeep Club** and **Emporia Amateur Radio Society**, these organizations work to make sure your only worry come race day is pedaling your bike.

# WHAT IS PROVIDED

The list of what you should bring is quite subjective and could get quite lengthy. We recommend researching online what items might be useful to have. While what to pack is ultimately up to each individual participant, knowing what is provided at each stop will be helpful information as you begin to think through your packing list. Here is a list of what you can count on at each of the checkpoints:

- GU Energy Labs Nutrition (gels, Roctane energy drink, chews etc.)
- Aid station food (Bananas, Oranges, Pickles, Chips, Trail Mix, Uncrustables, PBJ, Subway
- Sandwich, Payday, Snickers, Chips Ahoy, Oreo, Pickle Juice etc.)
- Floor pump
- Lube for chains
- Pick up service - should you need to abandon the event the KC Jeep Club will take you to the nearest CP town at which point you will get shuttled back to Emporia.
- You will receive a purple wristband with the CFH dispatch number on it at check-in. You must be wearing this for the Jeep crew to pick you up
- Pick up service phone # **620-208-2453**
- Drop Bag Service



# 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



# PRICING & CHECK-IN

## PRICING

- UNBOUND Gravel 200 - \$85
- UNBOUND Gravel 100 - \$50

## CHECK-IN

For your convenience check-in for the crew-for-hire service will be located in the same location as packet pick up, which is the Lyon County History Center. The table will be located out the rear entrance to the alleyway. We recommend getting registered for the event first and then visiting the crew-for-hire check-in table with your drop bags.



# DROP BAGS

As a courtesy to our volunteers and to your fellow participants, we ask that your drop bags follow standard carry on size and weight restrictions. You will need an individual bag for each of your check points. In other words, one bag will not be shuttled to multiple locations. Tags for labeling will be provided.

## LIFE TIME UNBOUND GRAVEL 200

- **Checkpoint 1** - Alma, KS (Mile 70)
- **Checkpoint 2** - Council Grove, KS (Mile 148)

## LIFE TIME UNBOUND GRAVEL 100

- **Checkpoint 1** - Council Grove, KS (Mile 54)

## RETRIEVING DROP BAGS

All drop bags will be returned to **511 Commercial St.**, located just South of the finish line. Look for feather flags and signs outside of the building. Volunteers will be there to assist you with retrieving your bags. You must have your race ID bracelet on in order to match you with your bag.

**Please note the available pick up times listed below.**

- Saturday, June 1st: **6:00 pm - 1:00 am**
- Sunday, June 2nd: **7:00 am - 12:00 pm**

*\*Keep in mind that you may return to Emporia before all of your drop bags. Crews will not leave a checkpoint until all riders have passed through and they have packed up. Make sure to come by Sunday morning to retrieve your bags!*

**PRO TIP:** take a photo of your drop bag with tag showing so volunteers can easily locate it when you pick it up later.

## SHIPPING DROP BAGS

UNBOUND Gravel is not responsible for lost drop bags. Any drop bags left behind may be returned for a shipping and handling fee of \$50. Remaining bags will have all perishable items removed and discarded. Notification to have your bag returned must be received no later than Friday, June 7, at 5:00 pm CST. We will not ship drop bags internationally.

Please email your request to [unboundgravel@lfevents.zendesk.com](mailto:unboundgravel@lfevents.zendesk.com).

**ANY BAGS, AND ITS CONTENTS, STILL REMAINING UNCLAIMED AFTER THIS DATE WILL BE DONATED TO THE LOCAL HIGH SCHOOL CYCLING CLUB OR DISCARDED!**



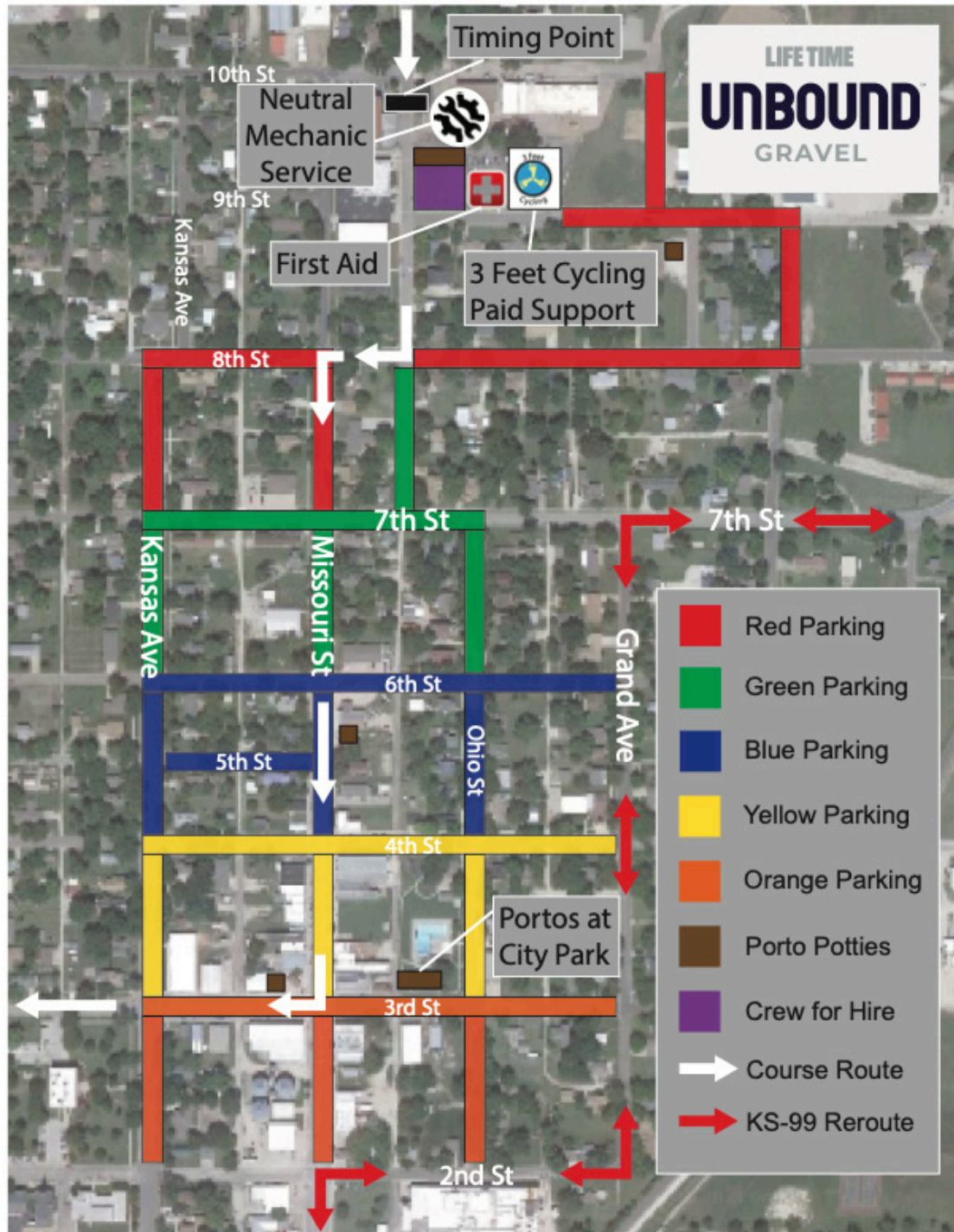
# CHECKPOINT MAPS

## ALMA CHECKPOINT

Downtown Alma | 300 Missouri St, Alma, KS 66401

UNBOUND GRAVEL 200 | Checkpoint One - Mile 70

CUT-OFF TIME: 2:00:00 PM



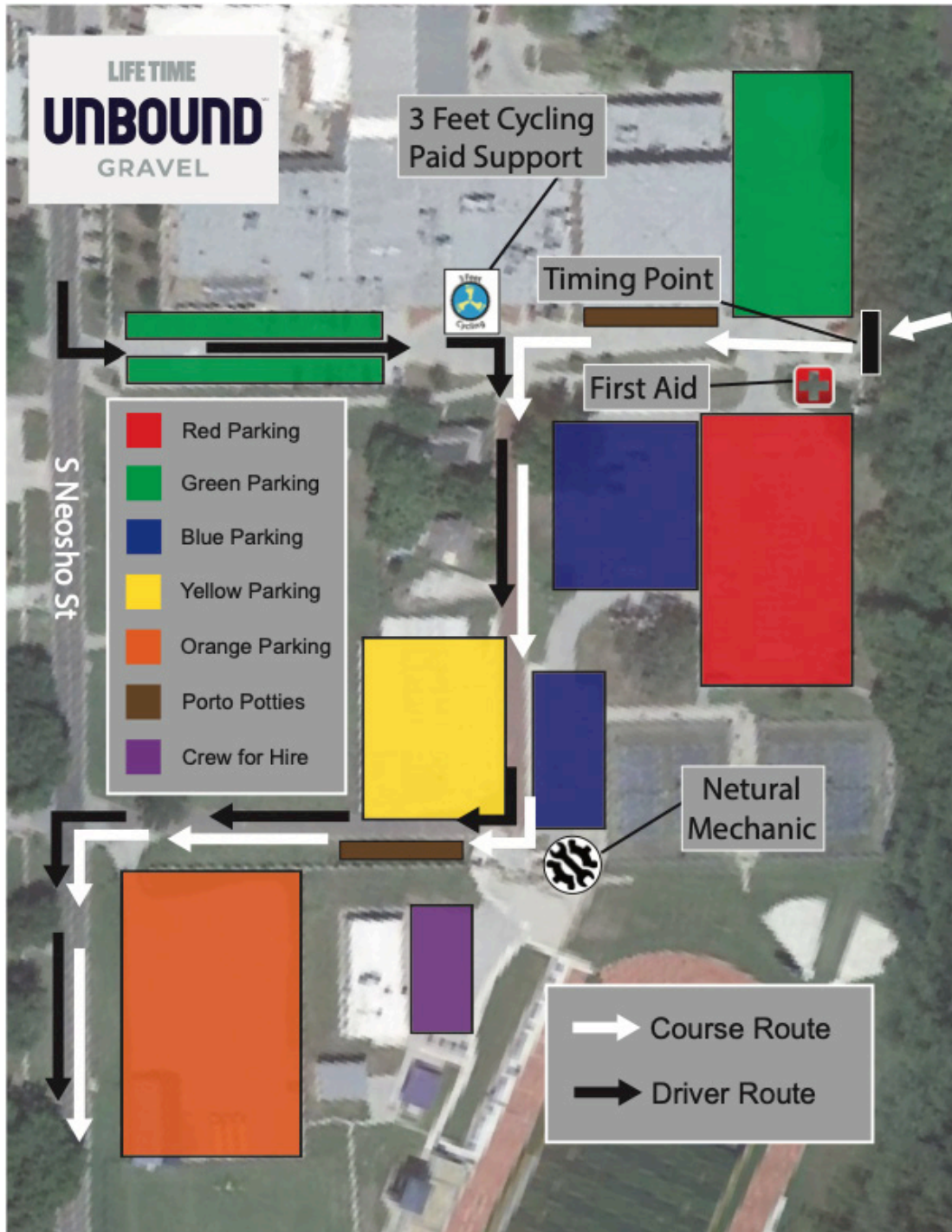
# CHECKPOINT MAPS

## COUNCIL GROVE CHECKPOINT

Council Grove High School | 129 Hockaday St, Council Grove, KS 66846

UNBOUND GRAVEL 100 | Checkpoint One - Mile 54 - **NO CUT-OFF TIME**

UNBOUND GRAVEL 200 | Checkpoint One - Mile 148 - **11:00:00 PM CUT-OFF TIME**





# CREW FOR HIRE VOLUNTEERS

## CAMP ALEXANDER

Camp Alexander is a youth camp facility located just a few miles East of Emporia. The organization seeks to empower youth by providing a safe place for growth and enrichment in the great outdoors. Your participation in this program provides much needed funding for the continued support of this mission. For additional information about the camp and to make an additional donation, please visit: [campalexander.org](http://campalexander.org).

## PAYNE'S PROMISE

Payne's Promise is committed to spreading JOY, HOPE & LOVE, by helping those in need in honor of Mackenzie Payne. The Mackenzie Payne Memorial Scholarship Fund was born from a great loss. From the depth of one family's pain, promises have been made. The promise of keeping their loved one's memory alive by seeing other people's dreams fulfilled. **For additional information about the organization and to make an additional donation, please visit: [paynespromise.org](http://paynespromise.org)**







# 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®



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