



LIFETIME[®]
UNBOUNDSM
GRAVEL

PRESENTED BY SHIMANO

2025
ELITE FIELD TECH GUIDE



OVERVIEW

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.

WEBSITE:

<https://www.unboundgravel.com/>

CONTACT INFO:

General: lifetimegrandprix@lifetime.life

Media: LTMedia@lt.life

Grand Prix Series Manager: Sean Thurman/ SThurman@lt.life/ 636-524-5573

STAFF:

- VP Operations: Michael Melley
- Race Director: Sean Thurman
- Marketing Manager: Mason Mohn
- Grand Prix Manager: Sean Thurman
- Athlete Services Manager: Treva Worrel



SCHEDULE OF EVENTS

THURSDAY, MAY 29, 2025

- 1:00 pm – 6:00 pm All Things Gravel Expo presented by City of Emporia
- 10:00 am – 12:00 pm Packet Pick-Up for Elite 200 Mile athletes only @ [Lyon County History Center](#)
- If you cannot make this time, please reach out to lifetimegrandprix@lifetime.life to set up arrangements
- 4:30 pm – 5:00 pm LTGP Athlete Autograph Session @ [Expo Stage](#)

FRIDAY, MAY 30, 2025

- 10:00 am – 5:00 pm All Things Gravel Expo presented by City of Emporia
- 1:00 pm – 1:30 pm LTGP Athlete Panel (Select Athletes) @ [Expo Stage](#)

SATURDAY, MAY 31, 2025

- 5:40am Call ups for Elite Men @ [Start Line](#)
- 5:50 am Elite Men Start @ [Start Line](#)
- 5:55am Call ups for Elite Women @ [Start Line](#)
- 6:05 am Elite Women Start @ [Start Line](#)
- 6:30 am 200 Mile Amateur Start @ [Start Line](#)
- 7:00 pm LTGP Men's Podiums @ [Granada Theatre](#)
- 7:00 pm LTGP Women's Podiums @ [Granada Theatre](#) (TIME DEPENDING ON FINISH TIMES OF TOP 5 LTGP WOMEN)

SUNDAY, JUNE 1, 2025

- 8:00 am UNBOUND Gravel 200 & XL Awards* @ [Granada Theatre](#) (INCLUDES ELITE MEN AND WOMEN AWARDS)
*TOP 5 ELITE MEN & ELITE WOMEN- ATTENDANCE MANDATORY TO RECEIVE PRIZE MONEY

IF A LTGP ATHLETE HAS A CONFLICT WITH ANY OF THE ABOVE SCHEDULE, THEY SHOULD LET BEKAH SANDS KNOW IN ADVANCE (858) 761-2080

COURSE

- GPX link: <https://ridewithgps.com/routes/46551378>

- Course stats:

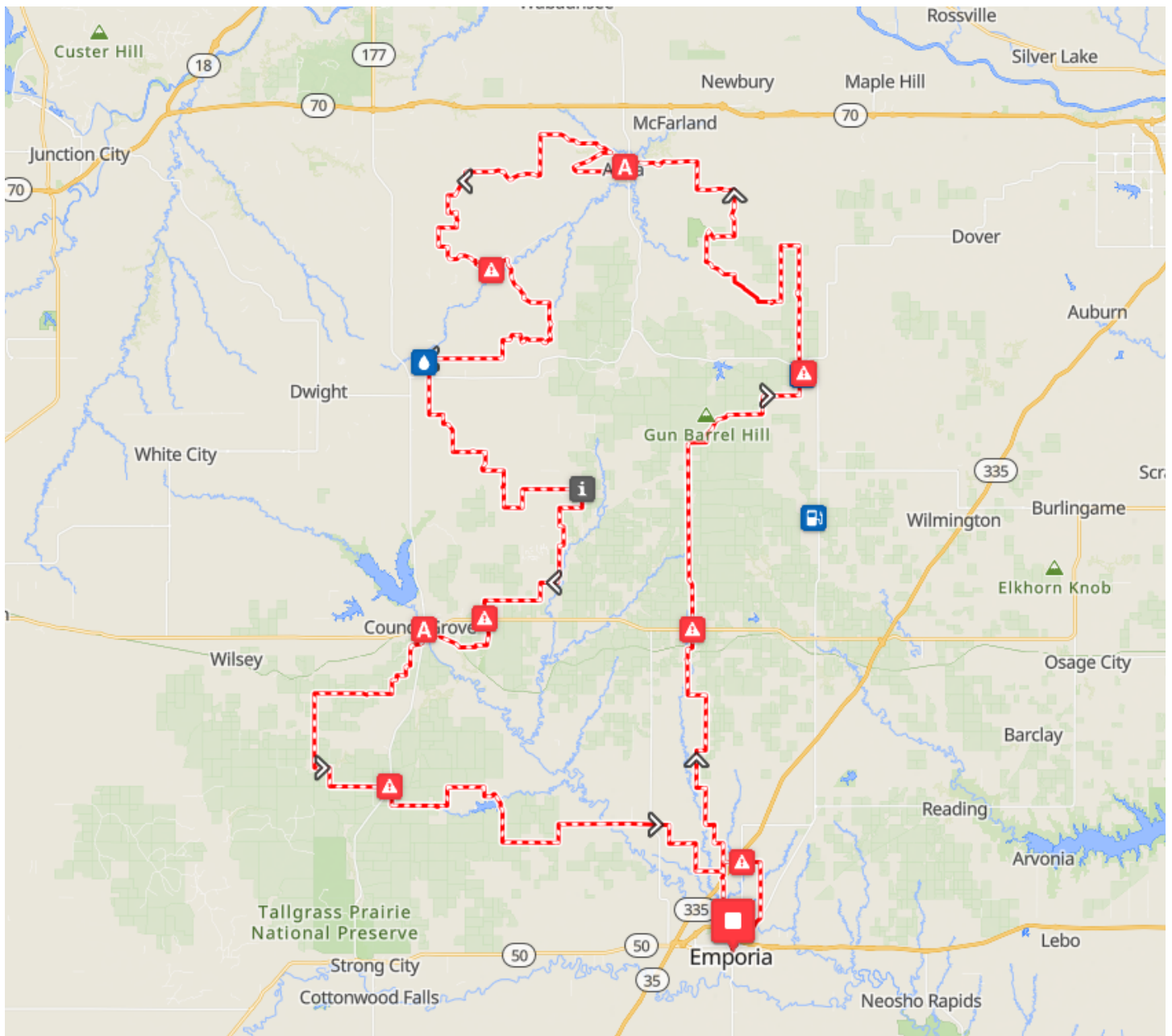
Distance: 202.9 Miles

Elevation Gain: 11,000'+

Terrain: 98% Gravel

Number of Checkpoints: 2

Number of Water Oases: 2



UNBOUND GRAVEL RULES & DETAILS

YOU ARE SUBJECT TO ALL OFFICIAL EVENT RULES AT ALL TIMES

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.**
 - The course is UNMARKED. While we will mark significant turns/dangerous sections on the course, you should not rely on course markings. We have navigation resources for you on our website which includes GPS files.
 - 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](#).

5. Each athlete in the 100 & 200 mile MUST have present 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.

UNBOUND GRAVEL

RULES & DETAILS

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.

10. Drafting off riders in a different race category is strictly prohibited. For clarity, Elite Women may not draft off any Elite Men or any Amateur Rider, and Elite Men may not draft off any Elite Women or any Amateur Rider athlete. Amateur Riders may draft off any other Amateur Rider, regardless of that Amateur Rider’s category (Age Group, Single Speed, Male, Female, etc.) 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. **Note: Not applicable to ELITE Fields using seat post mounted timing**

UNBOUND GRAVEL RULES & DETAILS

12. All athletes must attend Rider Sign-In before race day to receive their event packet..

- 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 Packet Pickup will be available.

13. Challenges to event results must come from a registered participant, must be made either in-person, or via email/phone **Contact for appeals: Sean Thurman: Sthurman@lt.life - 636-524-5573**

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.

SUPPORT CREWS & CHECKPOINTS

Please read the [UNBOUND Gravel Athlete Guide](#) and [Support Crew Guide](#) for more in-depth information about checkpoints and support crews.

The route will feature TWO official checkpoint locations where riders will be allowed to meet their support crews. These will have color coordinated areas designated in YELLOW for your crews to park.

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 - Alma Checkpoint Entry

WATER OASIS #2: MILE 112 - ALTA VISTA, KS (WATER ONLY)

CHECKPOINT TWO: MILE 148 - COUNCIL GROVE, KS - Council Grove Checkpoint Entry

ELITE FIELD SPECIFIC RULES

LIFE TIME GRAND PRIX DRAFTING POLICY

Gravel racing is built on a culture of respect, inclusivity and fairness. Riders of all ages, abilities, genders and categories are welcomed and encouraged to compete with integrity while paving the way for the future of this sport. This policy is designed to enhance and protect the competitive experience for all Elite athletes without undermining the inclusive atmosphere of gravel racing.

INTENT

The intent of this policy is to ensure fair competition for all Elite riders by mitigating any advantage gained from drafting off riders in a different category during all Life Time Grand Prix Events.

INTRODUCTION OF THE RULES

These rules (the “Rules”) apply to all events that make up the events in Life Time Grand Prix. These events can change each year. The 2025 events are:

- Life Time Sea Otter Gravel: April 10, 2025
- Life Time Unbound Gravel 200: May 31, 2025
- Life Time Leadville MTB 100: August 9, 2025
- Life Time Chequamegon MTB 100: September 13, 2025
- Life Time Little Sugar MTB: October 12, 2025
- Life Time Big Sugar Gravel: October 18, 2025

A. APPLICABILITY, INTERPRETATION OF THE RULE, DEFINED TERMS

- **Applicability.** Where indicated herein, certain Rules are applicable at events listed above, and certain Rules are applicable only to Elite Riders.
- **Non-Compliance.** Failure to comply with any of the Rules will result in a penalty. Penalty is outlined in section E.
- **Interpretation of Rules.** The interpretation of any Rule will be made by the Race Officials and will be final and binding on all Riders.

Defined terms:

- **Draft Zone:** The Draft zone is defined by 2 bike lengths (15 feet) behind and 3ft to the left and right of any cyclists.
- **Drafting:** A Rider spending more than 20 seconds in Draft Zone.
- **Marshals:** Any person(s) appointed by Life Time to monitor and/or and issue penalties.
- **Relegated:** Riders determined to have been in violation of this policy will be relegated to last place in the Elite results for that individual event, as well as the Life Time Grand Prix scoring for that individual event.
- **Race Category:** The classification under which a rider is registered and/or starts the event.

Examples:

Elite Men Rider: Any athlete starting in the Men’s Elite Start will be categorized as an Elite Men’s Rider.

Elite Women Rider: Any athlete starting in the Women’s Elite/Open Start will be categorized as an Elite Women Rider.

Amateur Rider: Any rider starting in any corrals other than the Elite Men’s and Elite Women’s corrals are categorized as Amateur Rider and are not eligible for overall podiums or prize money. There may be several Race Categories within the Amateur field (Age groups, Single Speed, Male, Female, etc.).

DRAFTING CONT.

B. GENERAL NO DRAFTING RULE

- Drafting off riders in a different race category is strictly prohibited. For clarity, Elite Women may not draft off any Elite Men or any Amateur Rider, and Elite Men may not draft off any Elite Women or any Amateur Rider athlete. Amateur Riders may draft off any other Amateur Rider, regardless of that Amateur Rider's category (Age Group, Single Speed, Male, Female, etc.)

Examples:

Elite Women are only allowed to draft off other Elite Women, but not allowed to draft off an athlete in any other race category (i.e. Elite Men or Amateur Riders).

Elite Men are only allowed to draft off other Elite Men, but not allowed to draft off an athlete in any other race category (i.e. Elite Women or Amateur Riders).

C. POLICY PROVISIONS

• Separate Starts

Elite Men and Elite Women riders will have separate starts. Start intervals will be sufficient to minimize interaction between categories.

Example:

UNBOUND Gravel, Elite Men will start at 5:50am and Elite Women will start at 6:05am, providing a 15 min starting separation.

• Rider Identification

Elite riders in each category will be given clearly identifiable race bibs, plates and/or other identifying equipment to distinguish them by category as it applies to the specific event and distance.

Riders are required to wear the provided equipment in a manner determined by Life Time.

Course marshals and race officials will use these identifiers to monitor compliance on the course.

• Rider Accountability

It is the responsibility of each Elite rider to avoid drafting off riders in a different race category.

Life Time will provide a copy of this policy to be signed by each rider within the Elite and Life Time Grand Prix fields acknowledging their understanding of the policy and by Initialing they are agreeing to adhere to the policy as stated.

D. ENFORCEMENT, NOTIFICATION, REVIEW

• Course Monitoring

Neutral moto race marshals, course marshals and Life Time provided staff and official representatives will patrol the course to monitor drafting violations. This may be, but is not limited to: moto, drone, live camera feed, helicopter and any other verifiable modes of observation. **Rider input as verifiable evidence to determine the validity of a violation will NOT be accepted.**

Riders in violation of the drafting rule will be flagged to the Event Director as soon as logistically reasonable.

Logical concessions will be made by officials for course sections where passing is not possible. For example, single track sections, climbs and areas of congestion.

DRAFTING CONT.

D CONT. ENFORCEMENT, NOTIFICATION, REVIEW

- **Notification process**

Riders will be notified of any pending relegation by the Event Director via text and/or email to the athlete's contact information provided at registration. It is the responsibility of the athlete to ensure that Life Time has the correct contact information.

- **Post Race Review/Appeal**

Officials and staff will review footage, reports and marshal observations immediately following the finish of the race to determine penalty assessment prior to results being deemed official, while giving ample time for any rider to field an appeal of the violation.

Athletes will have 30 minutes from the declaration of a violation to submit an official appeal to the Event Director via the Series Manager. Once results have been deemed official by the Event Director, no further appeals will be accepted from any rider.

Contact for appeals: Sean Thurman: Sthurman@lt.life - 636-524-5573

E. PENALTY

- Riders determined to have been in violation of this policy will be Relegated to last place in the Elite results for that individual event, as well as the Life Time Grand Prix scoring for that individual event.

Life Time reserves the right to amend this policy at any time, at its sole discretion.





RACE PLATES

FRONT OR REAR

- For UNBOUND 2025 we will be implementing the use of seat post plates instead of the front of bike race plates we have used in the past. Seat post plates must be mounted vertically along the length of the seat post in order to track at flash points along the course and at the finish line. **PLEASE NOTE – This is different than what was done at Sea Otter Classic.** With change comes learning and we noted a more stable mounting process by having the seat post plates mounted vertically rather than horizontally off the back of the seat post, so we have adjusted our flash points to meet those needs.
- Seat Post plates cannot be wrapped around the seat post or 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 (**BLUE - MEN**) (**PINK - WOMEN**)
- These are provided to assist in identifying others in your category (to assist with the 2025 drafting policy)
- It is important to note that in the event of a photo finish, we will be using the finish line camera and not the seat post tags for race results.
- Elite Athletes will also receive a food and drink ticket for post-race during Packet Pickup.



SEAT POST PLATES



CORRECT

INCORRECT



BACK BIBS

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 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 will include all athletes that have been vetted by Life Time. This field will include:

- Pro Men
- Life Time Grand Prix Men
- Wild Card Men

Elite Women will include all athletes that have been vetted by Life Time. This field will include:

- Pro Women
- Life Time Grand Prix Women
- Wild Card Women

- Elite men and Elite women will have a separate start, like all LTGP events. Please see below 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

MEDIA MIX ZONE

- 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 wristband 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: for items you would like to leave at the start line and/or have for the finish line.

Water

Space to set-up trainers or rollers. Limited number of Feedback Sports trainers will be available for use.

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 the finish line for interviews. This provides 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, 5/30, at the Emporia Arts Council.

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 2024 edition of the event when applicable. 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
- Matt Beers
- Alexey Vermeulen
- Brendan Johnston
- Alex Wild

Top 5 in the 2024 Edition of the Event:

- Lachlan Morton (racing XL)
- Chad Haga
- Tobias Kongstad
- Piotr Havik
- Mattia De Marchi

WOMEN:

Top 5 in current LTGP Standings:

- Sofia Gomez Villafane
- Cecily Decker
- Halyey Preen
- Alexis Skarda
- Melisa Rollins

Top 5 in the 2024 Edition of the Event:

- Rosa Kloser
- Geerike Schreurs
- Paige Onweller
- Haley Smith
- Heather Jackson (racing XL)

LIFE TIME GRAND PRIX SCORING

BEST 5 OUT OF 6

- Participants must start 5 of the 6 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.
- 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. If an athlete starts 5 but does not finish 5, they will be at a disadvantage for points, but may remain in the series.
- Athletes who drop out, or become ineligible, are encouraged to participate in remaining events, but they will race in the Elite/Pro/Open category, not in the Life Time Grand Prix.

U23 ONLY

- U23 athletes are required to participate in either Sea Otter Classic and/or UNBOUND Gravel 100 Mile to be considered for the U23 program.
- The final athlete roster will be announced after the completion of UNBOUND Gravel.
- The selected athletes must compete in at least 4 of the 6 Life Time Grand Prix events including either Sea Otter Classic or UNBOUND Gravel.

MANDATORY EVENT - BIG SUGAR GRAVEL

- The final event in the series, Life Time Big Sugar Gravel, will be mandatory for Life Time Grand Prix athletes and serve as a tiebreaker in the event of a tie on points.
- Big Sugar is not mandatory for U23 Athletes that have been selected for the series but will still remain as the tie breaker.

TIE BREAKER

- In the event of a tie, Big Sugar will serve as a tiebreaker.
- Example - Jim and Tim are tied after Big Sugar with 110 points, Jim was 8th and Tim was 12th at Big Sugar, therefore Jim will retain a higher ranking in the overall series.

AWARDS CEREMONY - REQUIRED

- All prize purse eligible athletes must attend the awards ceremony. This includes both event podiums and the overall 2025 Life Time Grand Prix awards ceremony.
- Athletes are required to have a podium photo with the Life Time assigned sponsor jersey provided by the event. An additional photo will also be taken with athletes' standard team issue apparel to satisfy their own sponsor commitments.

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 or autograph session that enable an interaction between fan and athlete. This abides in our collective goal to build and foster fandom around cycling in North America.

DOPING CONTROL

- No participant in the Life Time Grand Prix can be under a current doping ban.
- All Pro and Grand Prix athletes are subject to random doping controls.
- If drug testing is taking place at an event, the selected athletes will be notified by a USADA chaperone at the finish line.



AWARDS/PRIZE PURSE

- **AWARDS - Life Time Grand Prix Riders - 5 Deep**
 - Life Time Grand Prix riders only
 - Gun start and chip finish time will be used for both the men's and women's elite races.
 - Life Time Grand Prix points will be awarded based upon their race finish within the LTGP field.
 - Note - points will be recalculated after the conclusion UNBOUND Gravel to include the 3 newly selected Wild Card riders and their Sea Otter and UNBOUND results
- **AWARDS - Elite Men / Women - Award 5 Deep**
 - All Elite Men and Women athletes including Life Time Grand Prix riders
 - All Elite Men and Women fields will be scored based on gun time and chip finish
- **PRIZE PURSE - ELITE MEN /ELITE WOMEN - 5 Deep**
 - New - there is a prize purse for Elite Men and Elite Women
 - All athletes receiving payouts MUST ATTEND Sunday morning awards (8:00 AM) to receive prize purse.
 - All athletes receiving payouts will be required to fill out proper tax paperwork.
 - Prize money checks will be mailed.
 - Prize money may be held up to 45 days post-event pending Anti-Doping Control results.

Purse	1st	2nd	3rd	4th	5th
Elite Men	\$5,000	\$4,000	\$3,000	\$2,000	\$1,000
Elite Women	\$5,000	\$4,000	\$3,000	\$2,000	\$1,000

CONTENT/MEDIA

PHOTOGRAPHY

The Life Time Grand Prix dedicated photographer in 2025 is Dan Hughes. Dan will capture photos Life Time Grand Prix athletes will share a gallery of photos as soon as possible following the race. This is typically the same day or within 24 hours. Athletes should tag @dhughes101 and @lifetimgrandprix. Any additional third party use will need prior approval.

CONTENT HUB

Athletes will have access to a Life Time Grand Prix content hub, where athletes will find photos and b-roll they can use for content on their own channels. Credit to @lifetimgrandprix is required for use.

MEDIA COVERAGE

To capture the best coverage of the race for social and post - production there will be media on course. Media drivers will be experienced in driving around elite races, and will maintain a safe distance behind/in front of the riders and will not interfere in any way with the race. We will also continue media support from the air with the helicopter again for the 2025 series.

LIVE RACE COVERAGE

The final ~7 hours of UNBOUND Gravel will be streamed LIVE to the [Life Time Grand Prix YouTube](#) channel. Additionally, we will have the full race highlights posted withing a few days of the conclusion of the race.

