



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

PRESENTED BY SHIMANO

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**SUPPORT CREW  
GUIDE**



**LIFETIME<sup>®</sup>**

**2025**



# WELCOME

Thank you for taking part as a support crew member for a rider in the 2025 Life Time UNBOUND Gravel presented by Shimano. You will be integral in the success of the athletes you are supporting. We have created this guide in order to help you help your athletes be successful. If you have any questions about the event, please visit [unboundgravel.com](https://unboundgravel.com) or send us a note at [unboundgravel@ltimevents.zendesk.com](mailto:unboundgravel@ltimevents.zendesk.com)





# SCHEDULE & CHECKPOINTS

On pages 4-6 you will find the schedule and cut-off times for the checkpoints for both the 200-mile and 100-mile event. We have also included layout maps on pages 7 and 8 that will help you find where you should park within those checkpoint locations.

You will see the parking labeled with multiple colors. This is to help organize the support crews in a way that will make it easier for the athletes to find their crew. Each athlete will receive a color-coded hang tag at Packet Pick Up that is to be given to their support crew team (only one hang tag is needed per vehicle, if you're sharing a support crew please take only one hang tag). That badge is to be shown when arriving at the checkpoint locations. **YOU MUST KEEP THIS WITH YOU AS IT IS REQUIRED TO GAIN ACCESS TO THE CHECKPOINT LOCATIONS.** Simply follow the signage / maps to find the parking zone corresponding to your hang tag color.



# SCHEDULE

Please also read the Athlete Guide. The Athlete Guide contains great information that support crew members should also be aware of, including event rules. We recommend printing off both the crew and athlete guides and keeping those with you in your vehicle.

## START LINE

9th and Commercial | Departing Northbound

200 MILE ELITE MEN   5:50 am	200 MILE ELITE WOMEN   6:05 am
200 MILERS   6:30 am	100 MILERS   7:30 am

First rider arrival times based on 22 mph. Final arrival times based on 10 mph. Arrival times based on first wave start time for respective distance.

*\* These are estimations and have been rounded up. Jeeps in the field will be able to communicate changes in arrival time if pace at the front exceeds that which is predicted here.*

## UNBOUND GRAVEL 100 | Checkpoint One - Mile 54

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

A map of this checkpoint location can be referenced on page 8 of this guide.

First Rider Expected | 9:57:00 AM

Rider Speed	22	21	20	19	18	17	16
Expected Arrival	9:57:00 AM	10:04:00 AM	10:12:00 AM	10:20:00 AM	10:30:00 AM	10:40:00 AM	10:52:00 AM
Rider Speed	15	14	13	12	11	10	9
Expected Arrival	11:06:00 AM	11:21:00 AM	11:39:00 AM	12:00:00 PM	12:24:00 PM	12:54:00 PM	1:30:00 PM



## UNBOUND GRAVEL 200 | Checkpoint One - Mile 70

**Downtown Alma | 300 Missouri St, Alma, KS 66401**

A map of this checkpoint location can be referenced on page 7 of this guide.

**First Rider Expected | 9:10:00 AM**

**Cut-off Time | 2:00:00 PM**

<b>Rider Speed</b>	<b>22</b>	<b>21</b>	<b>20</b>	<b>19</b>	<b>18</b>	<b>17</b>	<b>16</b>
<b>Expected Arrival</b>	<b>9:10:00 AM</b>	<b>9:20:00 AM</b>	<b>9:30:00 AM</b>	<b>9:41:00 AM</b>	<b>9:53:00 AM</b>	<b>10:07:00 AM</b>	<b>10:22:00 AM</b>
<b>Rider Speed</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>11</b>	<b>10</b>	<b>9</b>
<b>Expected Arrival</b>	<b>10:40:00 AM</b>	<b>11:00:00 AM</b>	<b>11:23:00 AM</b>	<b>11:50:00 AM</b>	<b>12:21:00 PM</b>	<b>1:00:00 PM</b>	<b>1:46:00 PM</b>

## UNBOUND GRAVEL 200 | Checkpoint Two - Mile 148

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

A map of this checkpoint location can be referenced on page 8 of this guide.

**First Rider Expected | 12:43:00 PM**

**Cut-off Time | 11:00:00 PM**

<b>Rider Speed</b>	<b>22</b>	<b>21</b>	<b>20</b>	<b>19</b>	<b>18</b>	<b>17</b>	<b>16</b>
<b>Expected Arrival</b>	<b>12:43:00 PM</b>	<b>1:02:00 PM</b>	<b>1:24:00 PM</b>	<b>1:47:00 PM</b>	<b>2:13:00 PM</b>	<b>2:42:00 PM</b>	<b>3:15:00 PM</b>
<b>Rider Speed</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>11</b>	<b>10</b>	<b>9</b>
<b>Expected Arrival</b>	<b>3:52:00 PM</b>	<b>4:34:00 PM</b>	<b>5:23:00 PM</b>	<b>6:20:00 PM</b>	<b>7:27:00 PM</b>	<b>8:48:00 PM</b>	<b>10:26:00 PM</b>



**FINISH LINE | Mile 106** for 100 Milers

727 Commercial Street, Downtown Emporia, KS

First 100 Rider Expected | 12:19:00 PM

Rider Speed	22	21	20	19	18	17	16
Expected Arrival	12:19:00 PM	12:32:00 PM	12:48:00 PM	1:04:00 PM	1:23:00 PM	1:44:00 PM	2:07:00 PM
Rider Speed	15	14	13	12	11	10	9
Expected Arrival	2:34:00 PM	3:04:00 PM	3:39:00 PM	4:20:00 PM	5:08:00 PM	6:06:00 PM	7:16:00 PM

**FINISH LINE | Mile 201** for 200 Milers

727 Commercial Street, Downtown Emporia, KS

First 200 Rider Expected | 3:08:00 PM

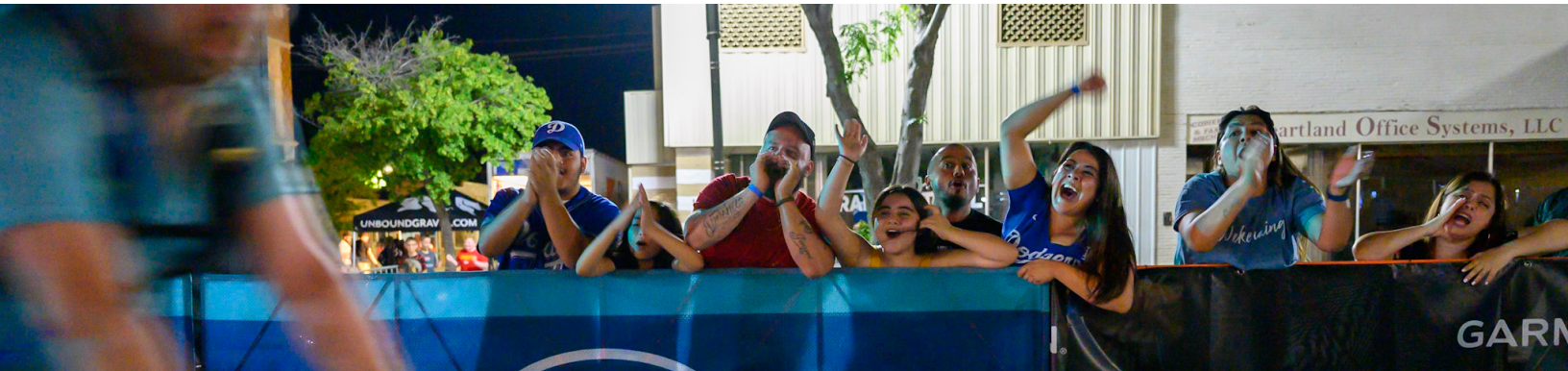
Race The Sun Cut-off Time | 8:45:00 PM

Midnight Club | 8:45-Midnight

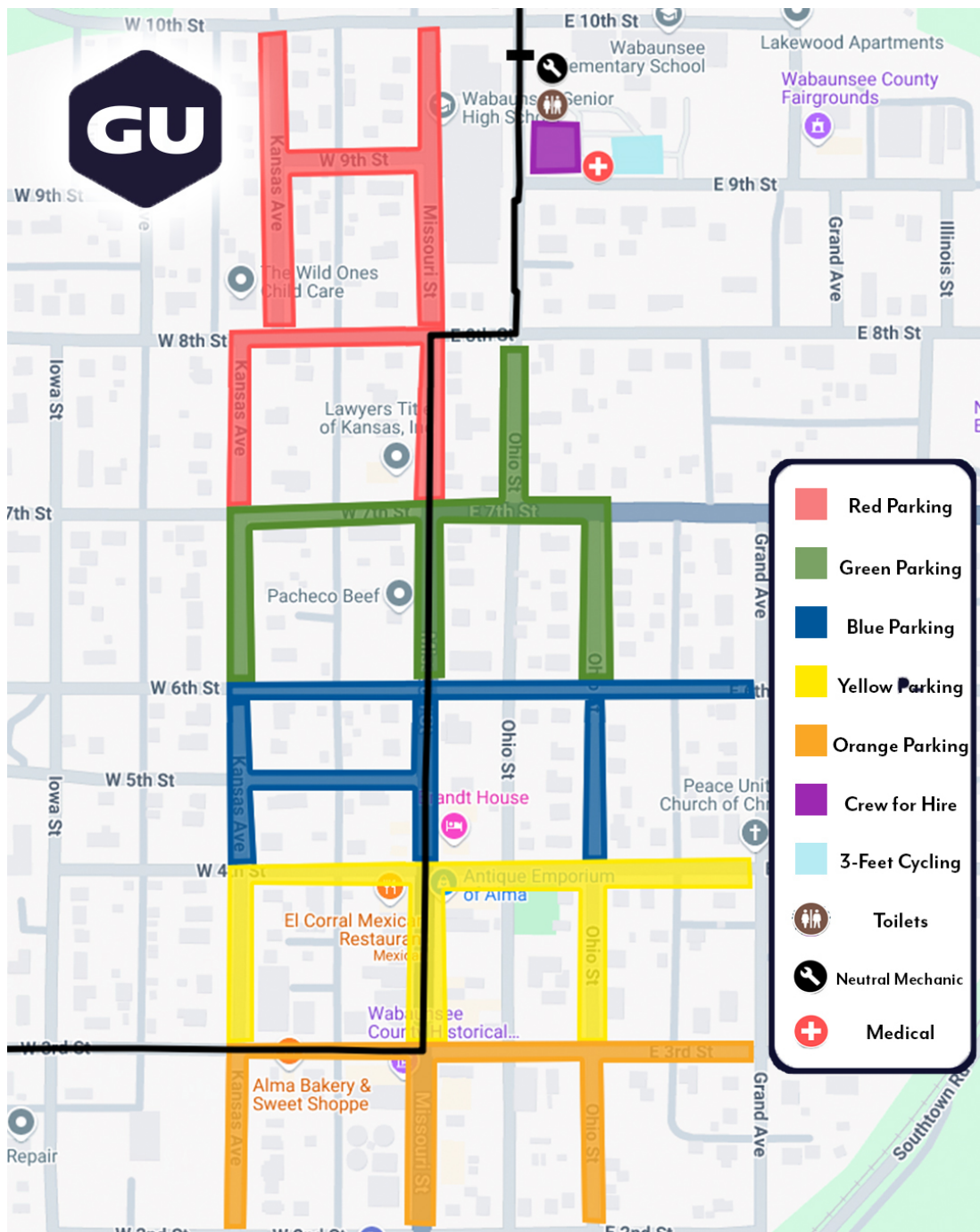
Breakfast Club | Midnight - 3:00:00 AM

Finish Line Cut-off | 3:00:00 AM

Rider Speed	22	21	20	19	18	17	16
Expected Arrival	3:08:00 PM	3:34:00 PM	4:03:00 PM	4:34:00 PM	5:10:00 PM	5:49:00 PM	6:33:00 PM
Rider Speed	15	14	13	12	11	10	9
Expected Arrival	7:24:00 PM	8:21:00 PM	9:27:00 PM	10:45:00 PM	12:16:00 AM	2:06:00 AM	4:20:00 AM







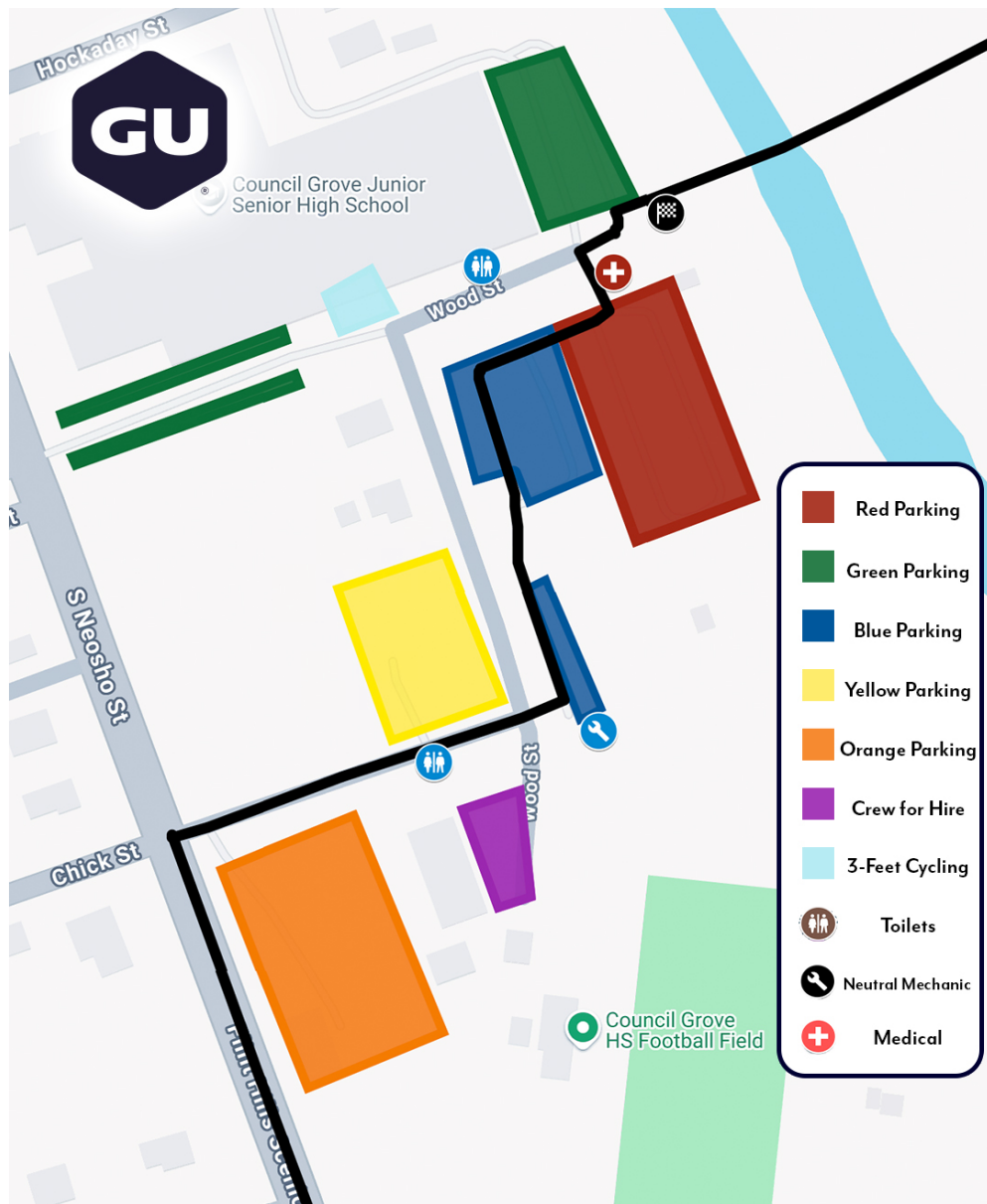
# CHECKPOINT MAPS

## 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**





# TIPS & TRICKS

- We highly encourage carpooling and/or combining support to be used by multiple riders. The checkpoint towns that we utilize are small and we are a large disruption to local traffic during the event. Combining support can help alleviate our impact and let us all fit better in the checkpoint space.
- **WATCH OUT FOR RIDERS CROSSING THE HIGHWAY AS YOU DRIVE BETWEEN CHECKPOINT LOCATIONS.** There will be riders crossing on Highway KS-56 just east of Council Grove, and K99 just north of Emporia.
- It is a good idea to use a “spotter” as part of your support crew. This person waits at the entrance to the support crew area, spots their rider incoming, and then runs alongside to guide the rider to wherever your particular support vehicle or tent is set up. While there is color-coded signage in place as well as volunteers to help steer riders towards their correct colored parking area, checkpoints can still be quite confusing. Utilizing a spotter in your crew can help optimize your rider’s efficient navigation of the checkpoint.
- The Council Grove High School checkpoint uses a one-way flow of traffic to keep things simple and safe. Be sure to follow signage and directions from volunteers.
- The Alma Downtown checkpoint will take up the entire Alma downtown footprint, including the main road (Missouri) and the surrounding side streets. **Please be respectful to the locals and don’t block anyone’s driveway!** Riders will be entering downtown from the north through Wabaunsee Elementary School.
- Support local and buy some food while you are hanging out in town!



# 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

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