



LIFETIME[®]
UNBOUNDSM
GRAVEL

PRESENTED BY SHIMANO



2026
ELITE FIELD TECH GUIDE

OVERVIEW

The Life Time UNBOUND Gravel 200 presented by Shimano, celebrating its 20th Anniversary this year, 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

LTGP Series Manager: Bekah Sands rsands@lt.life | 858-761-2080

Athlete Services Manager: Treva Anno tworrel@lt.life | 620-794-5863

STAFF:

VP Operations: Michael Melley

Race Director: Sean Thurman

Marketing Manager: Mason Mohn

Grand Prix Senior Manager: Rebekah Sands

Athlete Services Manager: Treva Anno



SCHEDULE OF EVENTS

THURSDAY, MAY 28, 2026

- **10:00 am – 1:00 pm** Packet Pick-Up for 200 Mile Elite, LTGP, Wild Card and 100 Mile LTGP U23
- **Location:** [Lyon County History Center](#)
- *If you cannot make this time, please reach out to lifetimegrandprix@lifetime.life to set up arrangements.*
- **10:00 am - 1:00 pm** U23 & Wild Card Media Day Photos
- **Location:** [Lyon County History Center](#)
- *Wear sponsor correct kit and bring helmet*
- **1:00 pm – 6:00 pm** All Things Gravel Expo presented by City of Emporia
- **4:15 pm – 4:45 pm** LTGP Athlete Autograph Session @ [Expo Stage](#)

FRIDAY, MAY 29, 2026

- **10:00 am – 5:00 pm** All Things Gravel Expo presented by City of Emporia
- **11:30 am - 12:00 pm** LTGP Athlete Panel (Select Athletes) @ [Expo Stage](#)

SATURDAY, MAY 30, 2026

- **4:00 am** Elite Tracker Pick-up Opens @ [Media Mix Zone Tents East side of Commercial on 8th Ave.](#)
- **4:30 am** Elite Corrals open for Staging
- **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, May 31, 2026

- **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

The full 2026 UNBOUND Gravel course will be released on May 13th on our website:

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

START LIST

The 2026 UNBOUND Gravel elite start list is linked below. Please review to ensure your race category and country are correctly listed.

[UNBOUND GRAVEL 2026 Elite Start List](#)

FEED ZONES

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

The route will feature **THREE** official **ELITE ONLY** feed zone locations where riders will be allowed to meet their support crews or have the opportunity for neutral water bottles, select nutrition and basic neutral mechanical support.

In addition, the event will provide **TWO** neutral **WATER OASES**.

NOTE: support crews are NOT allowed at the water oases. Water ONLY will be provided at the Oasis, so plan accordingly with the food and supplies you carry. There will NOT be bottle hand-ups at the water oasis, but there will be filled neutral bottles and coolers to fill bottles.

LOCATIONS

- **Feed Zone #1:** MILE 43 – Madison High School
- **Water Oasis:** MILE 63 – Texico Hill
- **Feed Zone #2:** MILE 83.5 - Cassoday, KS
- **Feed Zone #3:** MILE 148- Council Grove, KS
- **Water Oasis:** MILE 188 - Americus, KS

FEED ZONES CONT.

FEED ZONES

- **New in 2026, all FEEDING IN FEED ZONES MUST BE ON RIDER'S RIGHT.**
- **Feed Zone #1**
 - Mile 43 / 69km - Crew Allowed, First Aid, Water, Nutrition, Toilets
 - Address: Madison High School 1500 SouthWest Blvd Madison KS 66860.
 - [Driving Directions](#): BE VIGILANT OF RIDERS AND PEDESTRIANS AS YOU ENTER/EXIT TOWNS
- **Feed Zone #2**
 - Mile 83 / 134km - Crew Allowed, First Aid, Water, Nutrition, Toilets
 - Address: Cassoday - 15628 NE Satchell Creek Rd, Cassoday, KS 66842
 - [Driving Directions](#): **YOU MUST FOLLOW THESE DIRECTIONS, TAKE 99 BACK TO EMPORIA AND I-35 TO CASSODAY. DO NOT TYPE CASSODAY INTO YOUR PHONE, YOU WILL END UP DRIVING ON COURSE. YOU WILL PARK ON NE 160TH ST.**
- **Feed Zone 3**
 - Mile 148 / 254km - Crew Allowed, First Aid, Water, Nutrition, Toilets
 - Address: 1307-1271 Z Ave, Council Grove, KS 66846
 - [Driving Directions](#): **YOU MUST FOLLOW THESE DIRECTIONS, HWY 177 WILL BE CLOSED IN COTTONWOOD FALLS ON RACE DAY, TAKE I-35 BACK TO EMPORIA, RD F5 NORTH, RD 290 TO DUNLAP, THEN DUNLAP RD TO 4 MILE RD WHERE YOU WILL PARK.**

RULES & REGULATIONS

- Outside feed support is ALLOWED at **these locations ONLY**. Neutral support includes water, nutrition and basic mechanical support.
- **Elite category participants may NOT feed or receive mechanical support in the amateur Checkpoint locations**
- Feed Zone support is limited to the handoff of nutrition, hydration, and supplies. Supplies may include tools, tubes, inflation devices like co2 or pump, and small mechanical items.
- **Mechanical Support** is allowed within the three **Elite Feed Zone Locations ONLY**.
- Riders can change wheels or make any other necessary fixes during the race within the Feed Zones, but must finish the race with the **same bike frame and fork they started with**.
- Feeding in **Feed Zones will be on the rider's right**. Crews are allowed to set up on the right side of the designated area only.
- **NOTE: crewing outside of these 3 locations is against official race rules and will result in disqualification of your rider.**
- **CREW MUST BE STATIONARY IN ORDER TO FEED OR PROVIDE ANY SERVICE TO ANY ATHLETE.** You are not allowed to be on a moving object of any kind to travel alongside the athlete. (No bike, No one wheel, No scooter, No roller-skates etc)
- Assistance outside the feed zones between fellow competitors is allowed during the race.

FEED ZONES CONT.

NEUTRAL AID AT FEED ZONES

- Gels: GU
- Water
- Electrolyte: GU
- Mechanical Support

DROP BAGS

- Bags will be provided at rider check-in
- Number of bags - 3
- Locations on course - All Three Feed Zones
- Drop off Location - Alley behind Lyon County History Center at Check-in
- Drop off Times - During expo hours, or during Elite Athlete check-in on Thursday.
- What is and is not allowed in the drop bags - Any items that fit within the bag provided but specifically used for nutrition, personal items that neutral support may not provide. NO WHEELS - Organizer is not responsible for lost or damaged items
- Bag pick up location and timeline will be provided - Any items left after the provided time window will be thrown away or donated.
- Large items like wheels and pumps are not allowed. Only items that fit within the provided bags.
- You may retrieve your drop bag after the race at 702 Mechanic St from
 - **7:00 PM - 1:00 AM on Saturday or**
 - **7:00 AM - 12:00 PM on Sunday.**



RULES - UNBOUND GRAVEL

LIFE TIME GRAVEL SERIES RULES

- The following rules are designed to ensure the safety, fairness, and enjoyment of all participants across all Life Time Gravel events. All riders are expected to understand and adhere to these 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.
 - All athletes must finish the event on the same frame and fork that the athlete started the event on.
 - Wheels and other equipment may be changed at designated checkpoints but the frame and fork must stay the same.
 - **No e-bikes of any sort are allowed**
 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 may 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 the 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 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 **(719-257-3938)** for pickup.
 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.**

RULES - UNBOUND GRAVEL

7. Outside support for the Elite field is only allowed at Elite Feed Zones, 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” nutritional support from local residents at a stationary location from which any other event participant could also receive aid.
 - Athletes may stop at the Age Group Checkpoints for necessary medical services only. No mechanical or nutritional support is allowed for anyone competing in the elite field at the Age Group Checkpoints.
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. 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. It is imperative that all athletes wear the provided blue or pink back numbers to identify your race category.
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. Elite plates will be mounted on the seat post; no folding, wrapping, or seatpost overlap is allowed.
12. All athletes must attend Packet Pick-Up 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 packet for you.
 - NO Saturday morning Packet Pick-Up will be available.
13. All participants must prioritize safety, including riding at a speed appropriate for their skill level and course conditions.
 - If a rider encounters another participant in distress, they are encouraged to stop and assist, also reporting the situation to the nearest event official.
14. No over-ear or in-ear headphones or audio devices are allowed; only bone-conducting headphones may be used, riders must maintain full awareness of their surroundings, and event officials may require their removal at any time for safety. The primary objective of this rule is to ensure all participants can hear ambient sounds (traffic, whistles, marshals, other competitors). If volume levels on bone-conducting devices are set so high that the rider becomes unresponsive to their environment, race officials reserve the right to disqualify the competitor.

RULES - UNBOUND GRAVEL

15. In the interest of safety, aero bars or clip-on inner bar extensions are no longer allowed at Life Time Gravel or MTB events.
 - Traditional bar ends located outside of the grip are still permitted.
 - Togs are permitted but must be 2 inches or less in length.
16. Riders must respect all local regulations and private property. Some events may have permission to access private property for the event, in this case, all riders are required to stay on the designated course only during the event and may not be allowed to pre-ride certain sections of the course prior to event day.
 - Life Time organizers will provide guidance on environmentally sensitive areas, and riders must follow these instructions.
17. Any protest or challenges to event results must come from a registered participant, must be made either in-person, or via email/phone. Contact for appeals: **Bekah Sands: 858-761-2080 rsands@lt.life** and/or **Sean Thurman: Sthurman@lt.life - 636-524-5573**. Elite protests must be at least 30 minutes before LTGP Awards on Saturday, May 30, 2026. The event director and panel of officials will determine the outcome, and that decision is final.
18. Respect fellow participants, event staff, volunteers and members of the local communities that you will pass through. Unsportsmanlike conduct, including abusive language or behavior, is grounds for disqualification.
 - Littering on course is strictly prohibited. This includes urinating in public regardless of circumstance. All trash must be carried to the next available receptacle. The event organizers will provide necessary receptacles at any aid stations provided by the event.
19. Life Time reserves the right to cancel, postpone, or modify the course due to weather, safety concerns, or other unforeseen circumstances.
 - Refunds and/or deferrals will be handled in accordance with the event's policy.
20. All deferrals must be submitted to unboundgravel@ltimevents.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.



DRAFTING

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 2026 events are:

- Life Time Sea Otter Gravel: April 16, 2026
- Life Time UNBOUND Gravel 200: May 30, 2026
- Life Time Leadville MTB 100: August 15, 2026
- Life Time Chequamegon MTB Festival: September 19, 2026
- Life Time Little Sugar MTB: October 11, 2026
- Life Time Big Sugar Gravel: October 17, 2026

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 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:

Sea Otter Classic Gravel, Elite Men will start at 10:00am and Elite Women will start at 10:30am, providing a 30 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: Bekah Sands: rsands@lt.life - 858-761-2080

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

- If the event is utilizing front “Race Plates” they **MUST** be affixed to the **front of the handlebars** and clearly visible.
- “Race Plates” (front or rear) **MUST NOT be bent, folded, cut, wrapped around the head tube, seat post or in any other position other than flat against the handlebars or as designed rear facing off the seat post.**
- Improper attachment of the race plate will cause timing chips not to register and may be cause for disqualification.
- **Seatpost plates** must be mounted off the back of the seatpost and be clearly visible to surrounding riders and officials.
- **Tyvek body bibs** must be affixed to the **rider’s right side** in a clearly visible manner. They may not be placed under a water bladder etc. Numbers are utilized for identification for media, safety and by other athletes in order to adhere to drafting policies.



CORRECT



INCORRECT



BACK BIBS

TRACKERS

As part of our continued commitment to athlete safety, event integrity, and expanding race-day excitement, we have introduced live GPS tracking for all elite athletes this year at Life Time Grand Prix events. We've partnered with Adventure Enabled Tracking to equip each elite athlete with an individual GPS tracker. These trackers are mandatory and must be worn for the entire race.

Key Details:

- **All Elite Athletes must have a tracker to enter the Elite starting corral. No tracker, no Elite starting corral.**
- **Pick- Up Location:** East side of Commercial on 8th Ave under the large black Life Time tents.
- **Pick-up Time:** Starting at **4:00 am** on Race Morning. Please pick up before you start warming up to ensure tracker is in a secure location and to minimize long lines right before the start.
- **Wearing the Tracker:**
 - Do not put in the bottom of a hydration pack or top tube bag.
 - Do not remove from plastic packaging
 - Jersey pockets are a great location, but be careful not to throw it out with trash.
 - Tracker can be attached to bike. Zip ties and electrical tape will be available onsite.
- **Return:** Trackers must be returned at the finish line.
- If not returned athletes could incur a \$100 fee for replacement

This technology will not only enhance real-time safety monitoring — it will also power live tracking for the live broadcast.



STARTING PROCEDURE CONT.

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. Elite will enter on the east side of Commercial at 8th Ave. Only riders with elite bike plates will be permitted to enter the elite corral.

No rollers or stationary trainers are allowed within the Elite start corral.

ELITE FIELDS

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

- Elite 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:

- Elite 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.
- 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:
 - Refreshments
 - Chairs
 - Towels
 - And more

STARTING PROCEDURE CONT.

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 1:00 PM on Friday, 5/29, at the Emporia Arts Council.

More info here: <https://www.unboundgravel.com/media/>

LIFE TIME UNBOUND GRAVEL 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 2025 edition of the event and winners from the past 3 years 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 (in order of call-up):

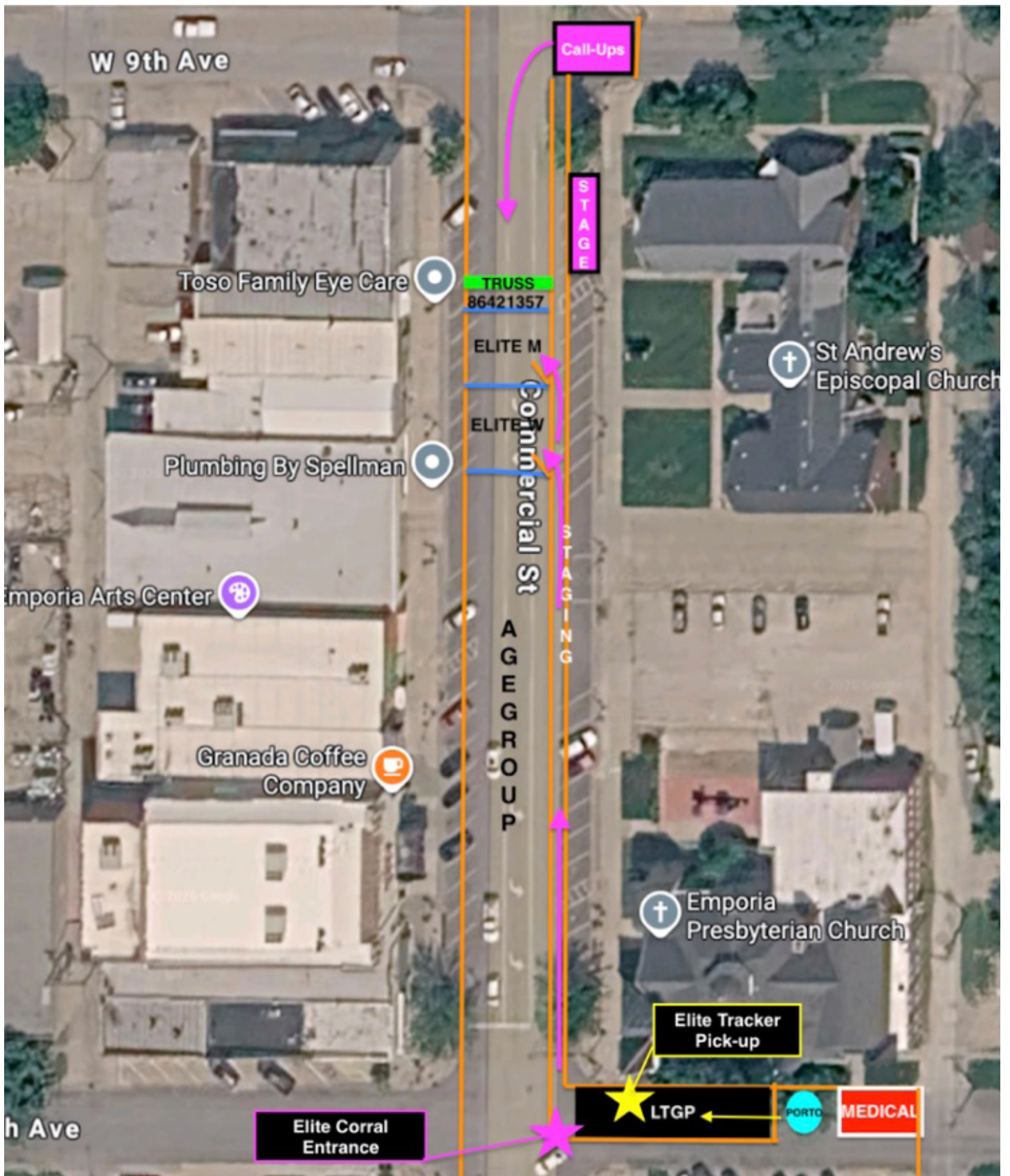
- **Lachlan Morton** (Overall UNBOUND Champ 2024)
- **Brendan Johnston** (5th UNBOUND 2025)
- **Mads Wurtz Schmidt** (4th UNBOUND 2025)
- **Torbjorn Roed** (3rd UNBOUND 2025)
- **Simon Pellaud** (2nd UNBOUND 2025)
- **Cameron Jones** (1st UNBOUND 2025)
- **Cobe Freeburn** (Currently 5th in 2026 LTGP Standings)
- **Matt Beers** (Currently 4th in 2026 LTGP Standings)
- **Alexey Vermeulen** (Currently 3rd in 2026 LTGP Standings)
- **Keegan Swenson** (Currently 2nd in 2026 LTGP Standings and overall UNBOUND Champ in 2023)
- **Bradyn Lange** (Current Leader in LTGP Standings)

WOMEN (in order of call-up):

- **Carolyn Schiff** (UNBOUND Champ 2023)
- **Cecile Lejeune** (5th UNBOUND 2025)
- **Cecily Decker** (2nd UNBOUND 2025)
- **Rosa Kloser** (Currently 5th in 2026 LTGP Standings, 4th UNBOUND 2025, and UNBOUND champ 2024)
- **Hayley Preen** (Currently 4th in 2026 LTGP Standings)
- **Karolina Migon** (Currently 3rd in 2026 LTGP Standings and 1st at UNBOUND 2025)
- **Lauren Stephens** (Currently 2nd in 2026 LTGP Standings)
- **Sofia Gomez Villafane** (Current Leader in LTGP Standings. 3rd UNBOUND 2025, UNBOUND Champ 2022)

STARTING PROCEDURE CONT.

START LINE MAP



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
- 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 2026 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 will be hosted in the Granada Theatre

- LTGP Podiums (Current 5 series Leaders): Saturday night @ 7PM
- Top 5 Elite Podiums: Sunday morning @ 8AM
- **Attendance at the Sunday awards ceremony is required to receive prize money**

Saturday Podiums will include:

- Overall Grand Prix Series Leaders - 5 Deep
- Top 5 Life Time Grand Prix Series point leaders after the completion of this event
- 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 adjusted after the conclusion of UNBOUND Gravel to include at least 3 selected Wild Card riders

Sunday Podiums will include:

- Elite Men/Women - Award 5 Deep
- All Elite Men and Women riders 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

- Gravel Prize purse for Elite Men and Elite Women
- All athletes receiving payouts will be required to fill out proper tax paperwork.
- **Attendance at the Sunday awards ceremony is required to receive prize money**
- Prize money may be held up to 45 days post-event pending Anti-Doping Control results.

Purse	1st	2nd	3rd	4th	5th
Pro Men	\$10,000	\$8,000	\$6,000	\$4,000	\$2,000
Pro Women	\$10,000	\$8,000	\$6,000	\$4,000	\$2,000

CONTENT/MEDIA

PHOTOGRAPHY

The Life Time Grand Prix dedicated photographer in 2026 will again be 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 @lifetimegrandprix. 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 @lifetimegrandprix 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. Vehicles at UNBOUND Gravel will be limited to camera and safety motos. The approved operators will be experienced motorists, will maintain a safe distance to 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 2026 series.

LIVE RACE COVERAGE

The Life Time UNBOUND Gravel race will be streamed LIVE to the [Life Time Grand Prix YouTube Channel](#).

