

UNBOUND GRAVEL

20 YEARS

CREW FOR HIRE

POWERED BY 



LIFETIME

2026

OVERVIEW

Preparing for Life Time UNBOUND Gravel presented by Shimano 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 Various Organizations to bring you world class support through our Crew For Hire powered by GU 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 (stroopwafels, gels, Roctane energy drink, chews etc.)
- Aid station food (Bananas, Oranges, Pickles, Chips, Trail Mix, 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 Checkpoint town at which point you will get shuttled back to Emporia.
- You will receive a purple wristband with the Crew For Hire dispatch number on it at check-in. You must be wearing this for the Jeep crew to pick you up
- Pick up service phone # **719-257-3938**
- 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. See website for the full line-up of events.

THUR, MAY 28

10:00 AM – 1:00 PM 200 Mile Elite Only Packet Pickup | Lyon County History Center

1:00 PM – 6:00 PM All Things Gravel Expo presented by City of Emporia | Expo

1:00 PM – 6:00 PM All Athlete Packet Pickup | Lyon County History Center

1:00 PM – 6:00 PM Participant T-Shirt Pickup | Expo

4:00 PM XL Rider's Meeting | Granada Theatre

Shakeout Rides - See website for most up-to-date schedule

FRI, MAY 29

10:00 AM – 11:30 AM Life Time UNBOUND Gravel Kids Crit presented by Sprockids Packet Pickup | Family Zone in Expo

10:00 AM – 1:00 PM XL Only Packet Pickup | Lyon County History Center

10:00 AM – 5:00 PM All Athlete Packet Pickup | Lyon County History Center

10:00 AM – 5:00 PM All Things Gravel Expo presented by City of Emporia | Expo

10:00 AM – 5:00 PM Participant T-Shirt Pickup | Expo

12:00 PM - 2:00 PM Life Time UNBOUND Gravel Kids Crit presented by Sprockids | Commercial St

3:00 PM Life Time UNBOUND Gravel XL Start | Commercial St

5:00 PM Rider's Meeting | Granada Theatre

Shakeout Rides - See website for most up-to-date schedule

SAT, MAY 30

6:00 AM – 9:30 AM 50/25 Mile ONLY Packet Pickup | Lyon County History Center

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

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

7:00 PM Life Time Grand Prix Awards | Granada Theatre

7:00 PM - 1:00 AM Crew For Hire Drop Bag Pickup | 702 Mechanic St.

2:00 PM - 3:00 AM 200 Mile Finisher Jacket Pickup | Finish Line

SUN, MAY 31

3:00 AM Finish Line Cutoff | Commercial St

8:00 AM XL and 200 Mile Awards | Granada Theatre

7:00 AM - 12:00 PM Crew For Hire Drop Bag Pickup | 702 Mechanic St.

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** - Madison, KS (Mile 42)
- **Checkpoint 2** - Matfield Green, KS (Mile 100)
- **Checkpoint 3** - Council Grove, KS (Mile 160)

LIFE TIME UNBOUND GRAVEL 100

- **Checkpoint 1** - Olpe, KS (Mile 54)

RETRIEVING DROP BAGS

All drop bags will be returned to **702 Mechanic St.** 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, May 30th: **7:00 pm - 1:00 am**
- Sunday, May 31st: **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

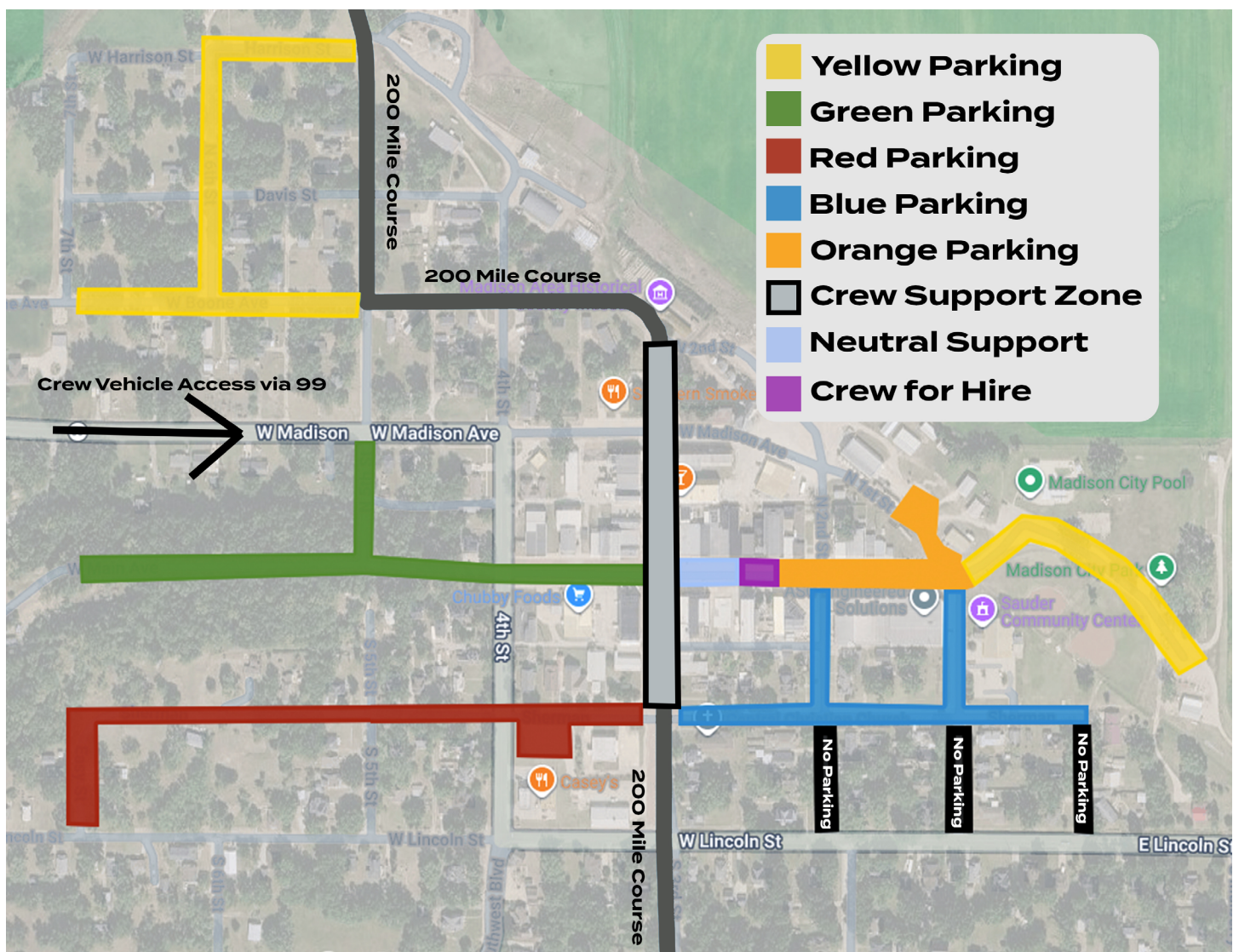
UNBOUND Gravel is not responsible for lost drop bags. Any drop bags left behind will have all perishable items removed and discarded, the rest will be donated. We will NOT ship your drop bag.

MADISON CHECKPOINT MAP

UNBOUND GRAVEL 200 | Checkpoint One - Mile 42

Downtown Madison | 3rd St Madison KS

CUT-OFF TIME: 11:30:00 AM



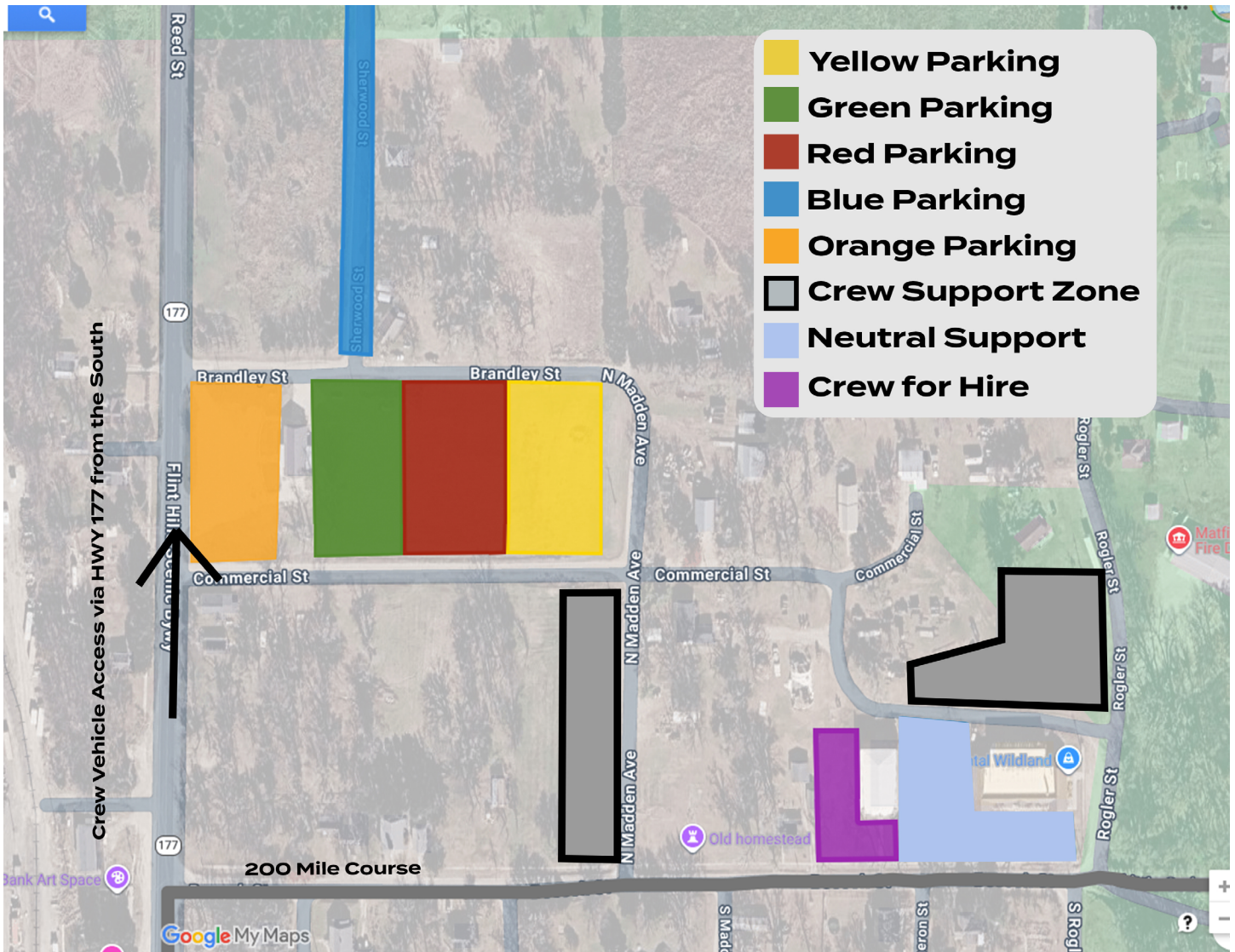
[LINK TO INTERACTIVE MAP](#)

MATFIELD GREEN CHECKPOINT MAP

UNBOUND GRAVEL 200 | Checkpoint Two - Mile 100

Matfield Green Homestead | 102 Rogler St, Matfield Green, KS 66862

CUT-OFF TIME: 4:30:00 PM



[LINK TO INTERACTIVE MAP](#)

COUNCIL GROVE CHECKPOINT MAP

UNBOUND GRAVEL 200 | Checkpoint Three - Mile 160

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

CUT-OFF TIME: 11:30:00 PM



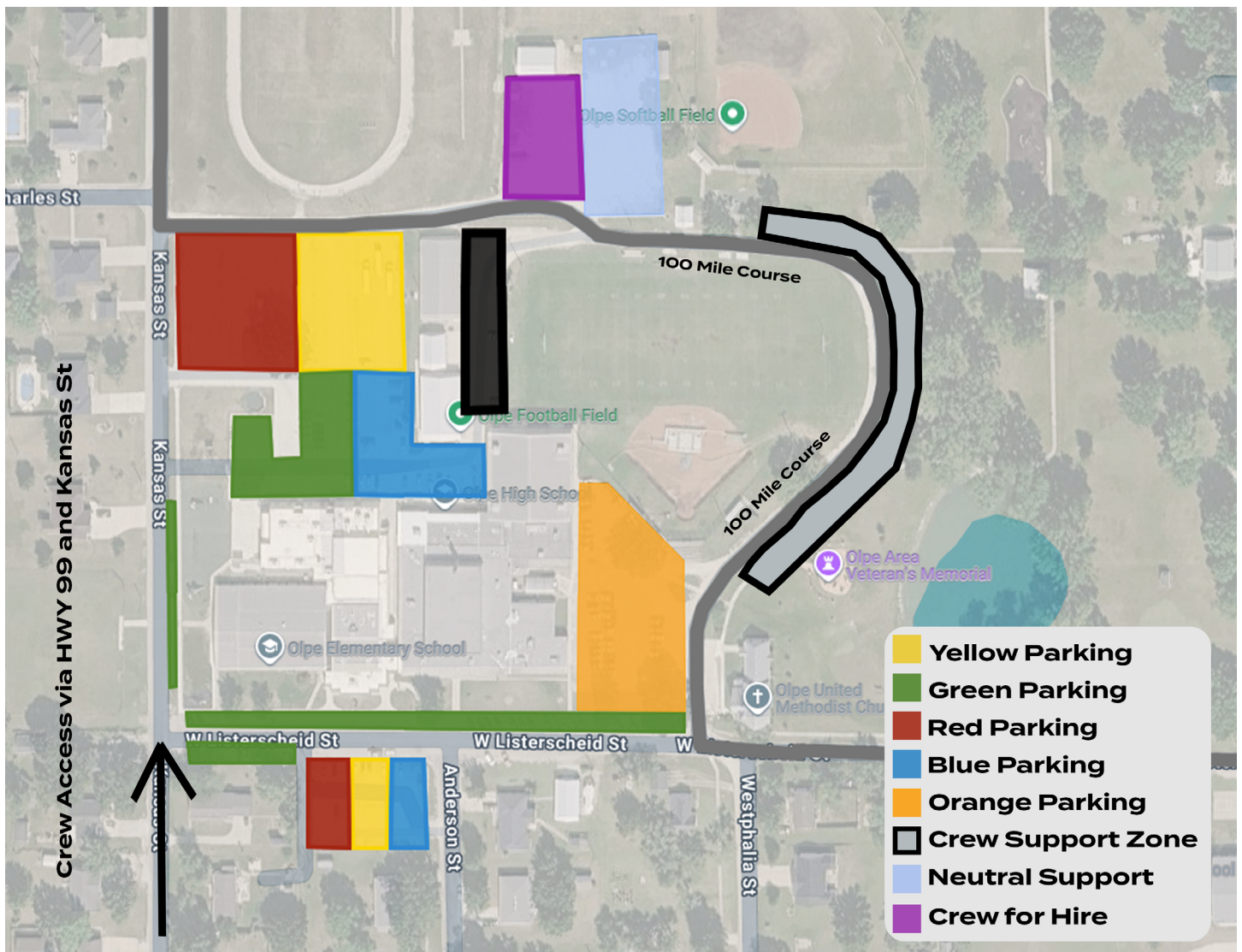
[LINK TO INTERACTIVE MAP](#)

OLPE CHECKPOINT MAPS

UNBOUND GRAVEL 100 | Checkpoint One - Mile 54

Olpe High School | 314 W Listerscheid St, Olpe KS 66865

CUT-OFF TIME: 2:30:00 PM



[LINK TO INTERACTIVE MAP](#)

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

TO THE SOUTH:

Greenwood County Hospital
100 W 16th St,
Eureka, KS 67045
(620) 583-7451

TO THE SOUTH WEST:

St Luke Hospital
535 S Freeborn St,
Marion KS 66861
(620) 382- 2177

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:

- **First Christian Church**
 - 316 Main St
 - Madison, KS, 66860
- **Madison High School**
 - 1500 Southwest Blvd
 - Madison, KS, 66860
- **Matfield Green School for Rural Culture**
 - 102a Rogler St
 - Matfield Green, KS, 66862
- **Council Grove High School**
 - 129 Hockaday Street
 - Council Grove, KS, 66846
- **Americus Community Center**
 - 516 Locust St
 - Americus, KS, 66835
- **Olpe High School**
 - 220 W Listerscheid St
 - Olpe, KS 66865
- **Camp Alexander**
 - 1783 Road P5
 - Emporia, KS, 66801

Visit EMPORIA!



PLAN YOUR VISIT at visitemporia.com

Welcome cyclists! We've got the inside scoop on where to **eat**, where to **shop**, and **things to do**. For free visitor information, visit our website, look for the yellow guide stands downtown, or stop by the Visit Emporia tent at the expo!

SPONSORS

THANK YOU

Thank you to our amazing sponsors for helping make Life Time UNBOUND Gravel presented by Shimano possible.

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