

UNBOUND GRAVEL

20 YEARS

100 MILE SUPPORT CREW GUIDE

LIFETIME®

2026

WELCOME

Thank you for taking part as a support crew member for a rider in the 2026 Life Time UNBOUND Gravel presented by Shimano 100 Mile distance. 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 or send us a note at unboundgravel@ltimevents.zendesk.com.

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.



SCHEDULE & CHECKPOINTS

In this guide you will find the schedule and cut-off time for the checkpoint on the 100-mile distance. We have also included a layout map 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 hang tag 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. **You may take your feed items into the designated CREW SUPPORT ZONE at each checkpoint or your rider can meet you where you are parked to feed from the vehicle.** The rider must then re-enter the course where they left it before continuing on course.



OLPE CHECKPOINT IMPORTANT INFORMATION

UNBOUND GRAVEL 100 | Checkpoint One - Mile 54

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

A map of this checkpoint location can be referenced on page 6 of this guide.

First Rider Expected | 9:57:00 AM

Cut-off Time | 2:30:00 PM*

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

- **Driving Directions & Access**

- The Olpe High School Checkpoint utilizes Kansas St as the crew access point from Hwy 99. Follow signage and map instructions to your designated parking area. You will not be allowed to enter from Rd 75 during event hours.

- **IMPORTANT:**

- *WATCH OUT FOR RIDERS CROSSING THE HIGHWAY AS YOU DRIVE BETWEEN FROM EMPORIA TO OLPE. There will be 25 and 50 mile riders crossing on Rd 120 at Highway KS-99 just south of Emporia.*

- **Rider Flow & Support**

- All riders will travel west on Listerscheid St into the checkpoint
- Crews may: feed along the east side of the curved section of the course labeled Crew Support Zone on the map on the following page, or escort their rider to their designated parking area for support.
- Riders must re-enter the course at the same point to continue on route.

- **Neutral/Crew For Hire support (nutrition, hydration, and mechanical) will be located in the softball field parking lot.**

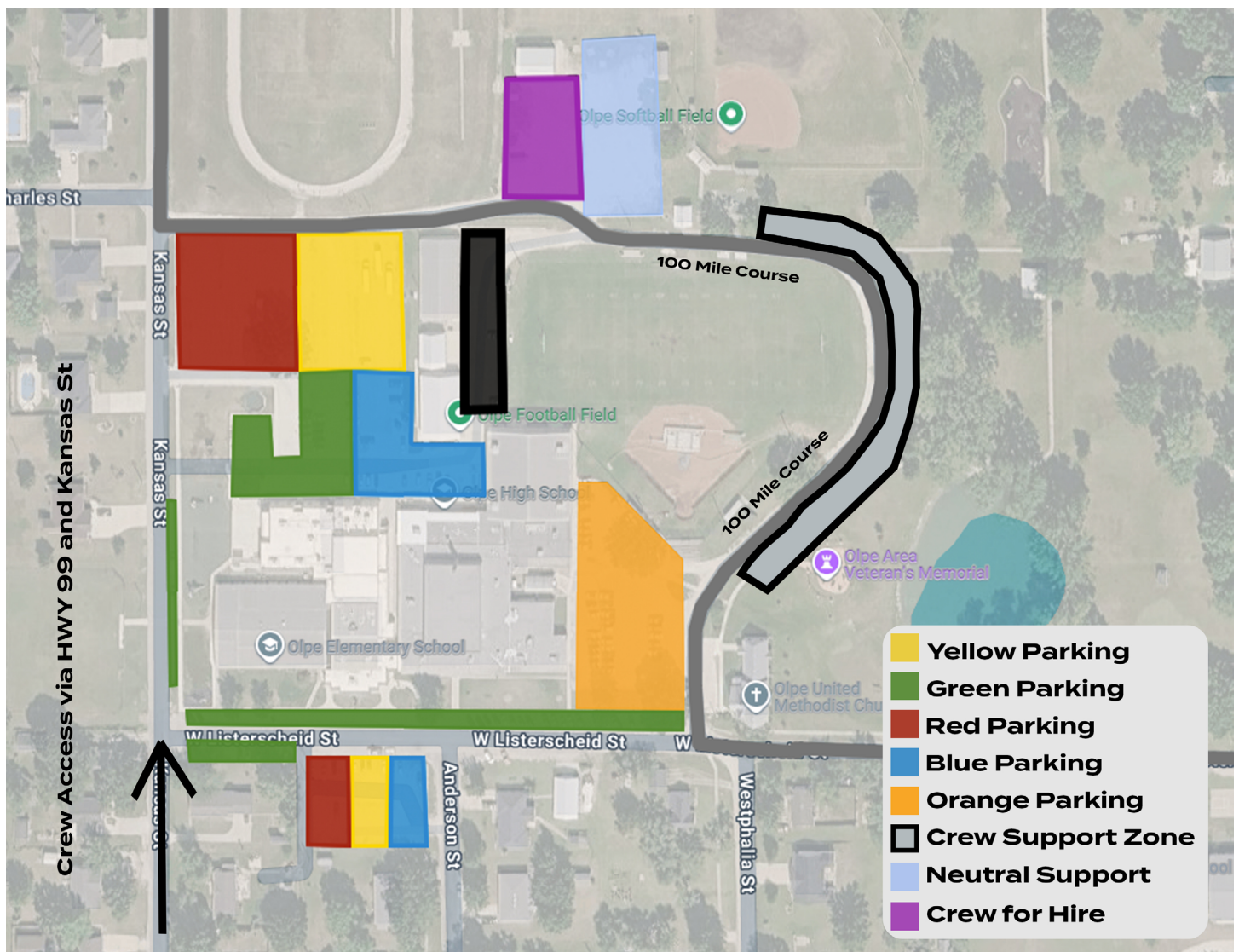
- **Riders arriving after the 2:30 PM cutoff will be allowed to continue, but will not be guaranteed neutral aid at this checkpoint.*

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](#)

UNBOUND GRAVEL 100 | FINISH LINE - Mile 106

Downtown Emporia | 9th and Commercial, Emporia, KS 66801

First Rider Expected | 12:19:00 PM

Cut-off Time | 3:00:00 AM

Rider Speed	22	21	20	19	18	17	16
ETA	12:19 PM	12:32 PM	12:45 PM	1:04 PM	1:23 PM	1:45 PM	2:07 PM
Rider Speed	15	14	13	12	11	10	9
ETA	2:34 PM	3:04 PM	3:39 PM	4:20 PM	5:08 PM	6:06 PM	7:15 PM



TIPS AND TRICKS

- We highly encourage carpooling and/or combining support crews for multiple riders. Checkpoint towns are small communities and race-day traffic can become extremely congested. Consolidating vehicles helps reduce impact on local residents and improves traffic flow for everyone.
- Please watch carefully for riders crossing highways and roadways while traveling between checkpoints.
- Use a dedicated “spotter” within your crew. This person can wait near the checkpoint entrance, identify your rider as they arrive, and guide them efficiently to your support vehicle or tent. Checkpoints can become busy and confusing even with signage and volunteers present.
- Support local communities while you are in town. Grab food, coffee, or supplies from local businesses and help support the communities that make UNBOUND Gravel possible.



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

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:

- **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!

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