

UNBOUND GRAVEL

20 YEARS

200 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 200 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 ARE SUPPORTING A MEMBER OF THE 200 MILE ELITE FIELD, PLEASE SEE THE ELITE TECH GUIDE, THIS GUIDE IS NOT FOR YOU.*** 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 times for the checkpoints for the 200-mile distance. We have also included layout maps 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.



MADISON CHECKPOINT IMPORTANT INFORMATION

UNBOUND GRAVEL 200 | Checkpoint One - Mile 42

Downtown Madison | 3rd St Madison KS

A map of this checkpoint location can be referenced on the following page.

First Rider Expected | 8:24:00 AM

Cut-off Time | 11:30:00 AM

Rider Speed	22	21	20	19	18	17	16
ETA	8:24 AM	8:30 AM	8:36 AM	8:42 AM	8:50 AM	8:58 AM	9:07 AM
Rider Speed	15	14	13	12	11	10	9
ETA	9:18 AM	9:30 AM	9:43 AM	10:00 AM	10:19 AM	10:42 AM	11:10 AM

- **Driving Directions & Access**

- The Downtown Madison Checkpoint utilizes Madison St as the crew access point from Hwy 99. Once downtown, follow signage and map instructions to your designated parking area.

- **IMPORTANT:**

- *After leaving Madison, **DO NOT drive directly to Matfield Green** using your phone's default navigation. Most GPS apps will route you onto the race course, which is not allowed and could result in DQ for your rider. There is also a high likelihood of **FLAT TIRES** should you drive on the gravel.*

- **Instead:**

- Return north toward Emporia via Hwy 99
- Take I-35 toward Matfield Green
- Follow official checkpoint signage upon arrival
- Please also be aware:
- Riders will be crossing Hwy 99 at Rd 380 just north of Madison

- **Rider Flow & Support**

- All riders will travel southbound along 3rd St.
- Crews may: support directly on 3rd St in the Crew Support Zone, or escort their rider to their designated parking area for support.
- *No parking* is allowed on 3rd St.
- Riders must re-enter the course at the same point to continue on route.

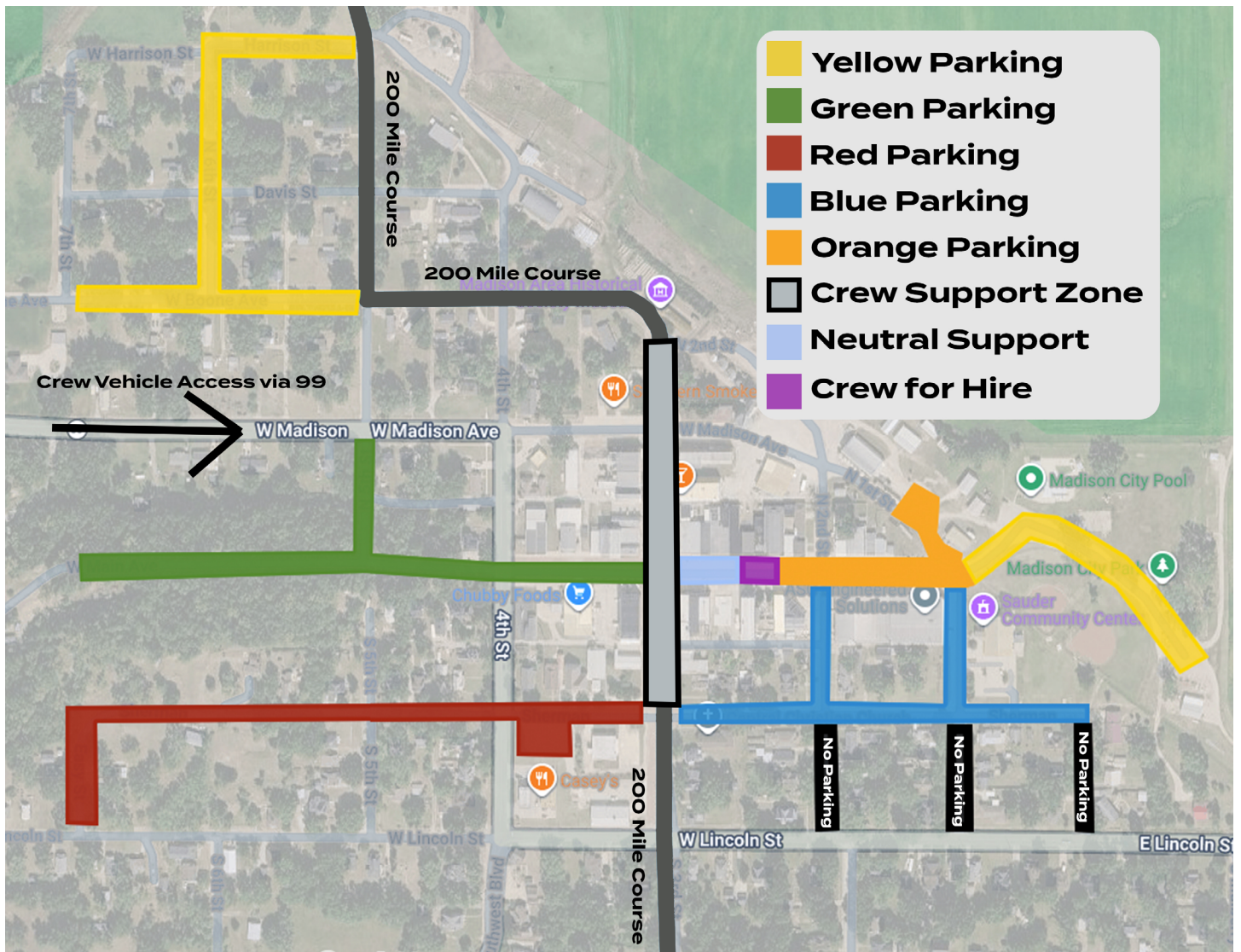
- **Neutral/Crew For Hire support (nutrition, hydration, and mechanical) will be located at the corner of Main St and 3rd St**

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 IMPORTANT INFORMATION

UNBOUND GRAVEL 200 | Checkpoint Two - Mile 100

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

A map of this checkpoint location can be referenced on the following page.

First Rider Expected | 11:02:00 AM

Cut-off Time | 4:30:00 PM

Rider Speed	22	21	20	19	18	17	16
ETA	11:02 AM	11:15 AM	11:30 AM	11:45 AM	12:03 PM	12:22 PM	12:45 PM
Rider Speed	15	14	13	12	11	10	9
ETA	1:10 PM	1:38 PM	2:11 PM	2:50 PM	3:35 PM	4:30 PM	5:36 PM

- **Driving Directions & Access**

- The Matfield Green Homestead Checkpoint utilizes a one-way vehicle flow system. Crew vehicles will enter parking areas from Hwy 177 via Brandley St and will be directed to designated parking upon arrival.

- **IMPORTANT:**

Due to highway construction and closures on Hwy 177 between Strong City and Council Grove, crews should NOT take Hwy 177 north out of Matfield Green toward Council Grove.

- **Instead:**

- Return toward Emporia via I-35
- Take Hwy 99 north toward Allen
- Turn west on Hwy 56 into Council Grove
- ***Because of these traffic limitations and limited space within Matfield Green, crews may consider utilizing only the Madison and Council Grove checkpoints. Matfield Green will still provide full neutral nutrition, hydration, and mechanical support for all athletes.***

- **Rider Flow & Support**

- Riders will travel east along Bocook from Hwy 177.
- Crews may: Feed riders in the Crew Support Zones on Madden or Commercial St. or meet riders on Bocook St and escort them to their designated parking area.
- *No parking* is allowed on Bocook, Madden, or Commercial St.
- Riders must re-enter the course at the same location to continue on route.
- **Neutral/Crew For Hire support (nutrition, hydration, and mechanical) will be located within the Homestead property off Bocook St.**

[MAPS FOR ALL DRIVING DIRECTIONS HERE](#)

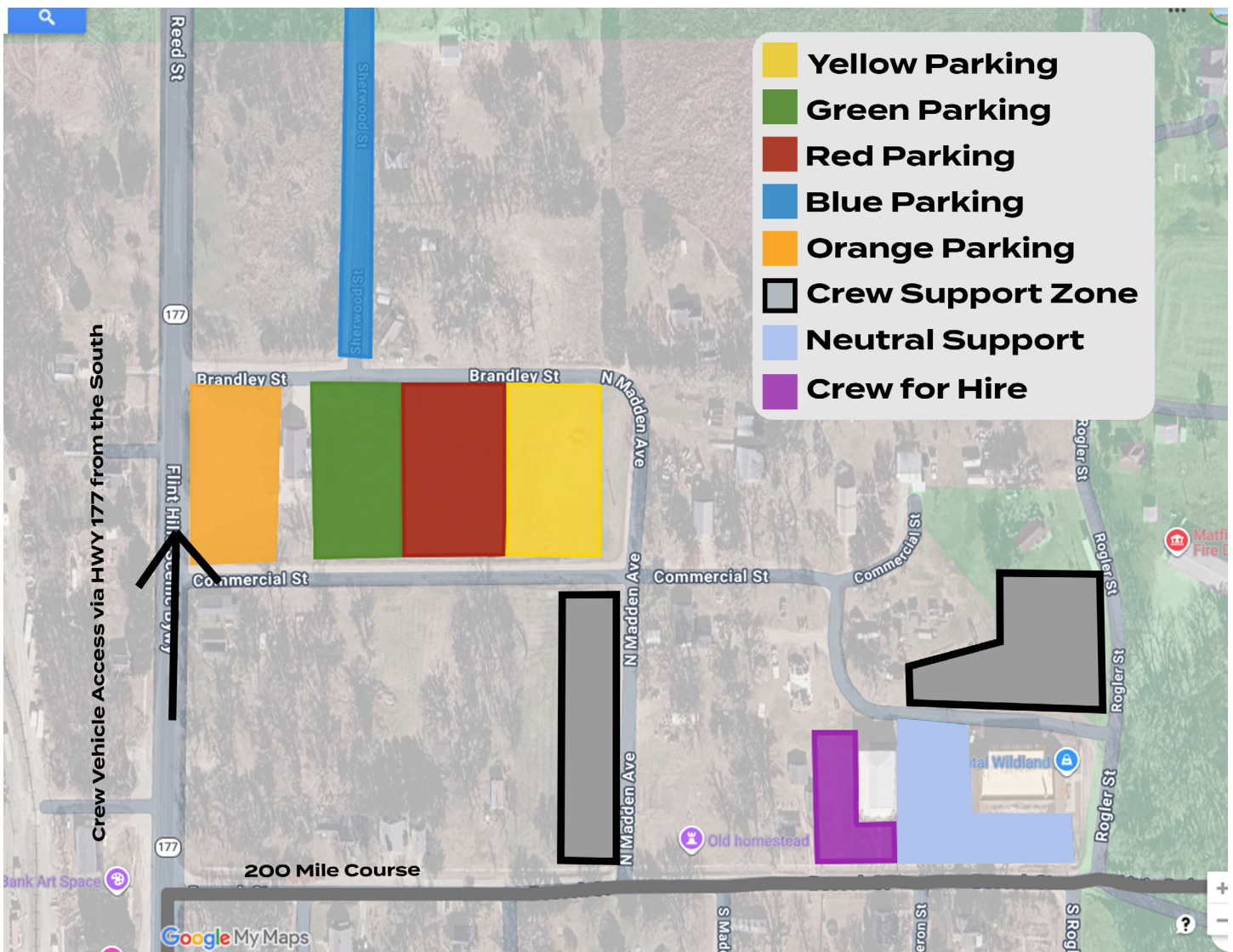
MATFIELD GREEN CHECKPOINT MAP

UNBOUND GRAVEL 200 | Checkpoint Two - Mile 100

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

CUT-OFF TIME: 4:30:00 PM

NOTE: There is extremely limited parking available in Matfield Green. Consider skipping this checkpoint -- there will be enough neutral aid for all athletes.



[LINK TO INTERACTIVE MAP](#)

COUNCIL GROVE CHECKPOINT IMPORTANT INFORMATION

UNBOUND GRAVEL 200 | Checkpoint Three - Mile 160

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

A map of this checkpoint location can be referenced on the following page.

First Rider Expected | 1:51:00 PM

Cut-off Time | 11:30:00 PM

Rider Speed	22	21	20	19	18	17	16
ETA	1:46 PM	2:07 PM	2:30 PM	2:55 PM	3:23 PM	3:55 PM	4:30 PM
Rider Speed	15	14	13	12	11	10	9
ETA	5:10 PM	5:56 PM	6:48 PM	7:50 PM	9:03 PM	10:30 PM	12:17 AM

- **Driving Directions & Access**

- The Council Grove High School checkpoint utilizes a one-way traffic flow system to minimize vehicle congestion.

- All incoming crew traffic must:

- Enter via Chick St from S Neosho St

- Follow color-coded parking directions from staff and volunteers

- All exiting traffic will:

- Leave via Wood St in front of the high school

- **Please respect the private residence located on school property:**

- Do not enter the yard

- Do not use the property as a pedestrian shortcut or water access point

- **Rider Flow & Support**

- **Follow onsite signage and volunteer instructions for parking.**

- Crews may: Feed riders in the Crew Support Zone on Wood St. or the east side of the school. They can also meet riders on the route and escort them to their designated parking area

- **Neutral/Crew For Hire support (nutrition, hydration, and mechanical) will be located right before the turn onto the Flint Hills Nature Trail**

[**MAPS FOR ALL DRIVING DIRECTIONS HERE**](#)

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](#)

UNBOUND GRAVEL 200 | FINISH LINE - Mile 207

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

First Rider Expected | 3:45:00 PM

Cut-off Time | 3:00:00 AM

Rider Speed	22	21	20	19	18	17	16
ETA	3:55 PM	4:21 PM	4:51 PM	5:24 PM	6:00 PM	6:41 PM	7:26 PM
Rider Speed	15	14	13	12	11	10	9
ETA	8:18 PM	9:17 PM	10:25 PM	11:345 PM	1:19 AM	3:12 AM	5:30 AM



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.
- ***Due to limited parking, consider skipping the Matfield Green Checkpoint, there will be enough Neutral Aid for every rider.***
- 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.

[MAPS FOR ALL DRIVING DIRECTIONS HERE](#)



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:

- **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

Visit EMPORIA!



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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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