



# Flint Hills Gravel

## p/b Hannah Orthodontics

Athlete guide and information

Thank you for registering for the Flint Hills Gravel! Excited to show off the roads I grew up on! Please read everything below. Now is the time to contact me if you have questions.

## Schedule of Events

### **Friday April 7th**

**Location for everything on Friday is Harry & Lloyds Bar and Grill in Americus, KS.**

**3 - 8 PM** - Athlete CHECK IN and swag bag grab

**3 - 7 PM** - Sponsor mini-Expo Meet and Greet

**6 PM** - Cyclists Chamois Butt'r ShakeOut Ride - 10-15 miles. Easy pace.

**5 - 9 PM** - Project Playscape Spaghetti Supper - All net proceeds donated to Americus Project Playscape.

### **Saturday April 8th**

#### **PRE-RIDE**

Local bike shops (High Gear Cyclery and Gravel City Adventure & Supply) will provide a pop up tent in the Walnut River Recovery Zone for last minute bike concerns. Simple things will be provided like adjustment tools, tire pressure checks, etc. No major overhauls here folks. They WILL NOT have spare parts or items to purchase. Make sure and tell them thank ya!

**6:30 - 8:30 AM** - Harry & Lloyds - Day of Athlete CHECK IN and swag grab.

# Event Times

**7:45 AM - The ADVENTURE p/b OrangeMud** - Start Line area near the basketball court. Last Minute emergency info delivered and roll out!

**8:00 AM** - The Adventure rolls out.

**8:15 AM - The CHALLENGE p/d Cantu Cycling Wheels** - Start Line area. Last Minute emergency info delivered and Roll OUT!

**8:30 AM - The ROCKOUT!! p/b ESI Grips** - Start Line area. Last Minute emergency info delivered and Roll OUT!

**8:40 AM - The JOURNEY p/b Giant Bicycles** - Start Line area. Last Minute emergency info delivered and Roll OUT!

**9:00 AM - The BOULDER p/b Brown Shoe Fit Co** - Start Line area. Last Minute emergency info delivered and Roll OUT!

**9:05 AM - The ROCK** - Start Line area. Last Minute emergency info delivered and Roll OUT!

**9:10 AM - The PEBBLE p/b Project Playscape** - Start Line area. Last Minute emergency info delivered and Roll OUT!

**Official Race Cut-off is based on a 10 mph average. I will not leave the Finish Line until all riders are off the course but PitStops will close based on 10 mph average. Example. The Challenge PitStop 2 is 70 miles thus will close at 7 hours.**

## Post Ride or Run Vibes

**ALL ATHLETES** will receive a Finishers Award upon crossing the finish line. You are all awesome for taking up a challenge and getting it DONE!!

ALL ATHLETES will receive a Finishers Cup and Token after crossing the finish line. Please take your cup and token to the Walnut River Recovery Zone area for your choice of post ride/run hydration. The token can be redeemed for either ONE drink from Walnut River Brewing or ONE Liquid Death Tallboy (water)!!

## **HYDRATION!!**

**Runners** - Please visit the ESB Financial Hospitality Tent post run!! The tent will be located in the Walnut River Brewing Recovery Zone. Thanks to the generosity and support of ESB Financial, FHG will have hydration and nutrition ready for you!!

**Cyclists** - Please visit the Walnut River Brewing Recovery Zone. Water, Soda, Sports drink OR enjoy some Walnut River beer!!

## **NUTRITION!!**

**Jacks Snack Shack** is available immediately outside the Walnut River Brewing Recovery Zone! Grab some food. Grab a table and cheer for family and friends.

**Harry & Lloyds** is your to-go spot for excellent pizza and other local goodies!! Rolling Hills Bar and Grill is also across the street from the park.

## **Awards! Podiums!**

We are handling Podiums differently in 2023. We will have pre-set Podium Awards presentation times. Podium Awards will be presented within the Walnut River Brewing Recovery Zone. We will have Boards posted within the Recovery Zone showing which Athletes have “podiumed”.

Awards will be given out in the park at the Walnut River Recovery Zone as follows.

**10:30 AM** - All Running Distances

**11:30 AM** - All ROCKOUT and JOURNEY categories

**2:00 PM** - All Challenge categories

**4:00 PM** and later - All Adventure categories

The Adventure Riders will be coming in until 8 PM so stick around and cheer them on!

## **Course Map Info**

Load the map for your distance. The map WILL NOT change in the event of inclement weather. Instead we have and will place very visible detour signs on course when needed.

FHG Adventure - You wish. Not gonna happen. Good luck and have fun!! Cue sheets at Ride Start.

FHG ROCKOUT!! - All new for 2023. Available April 1, 2023

FHG Journey -All new for 2023. Available April 1, 2023

FHG Challenge -All new for 2023. Available April 1, 2023

RUNNERS - Course will be marked!

## Event Parking

You may park along the NORTH and EAST edge of the city park. These are open streets so please be considerate. We also have permission to park around the Elementary/Middle school one block to the northwest. Please park around the school located one block to the northwest. Avoid parking fully in the grass. Be respectful of driveways and businesses if you park elsewhere. Please avoid parking in front of the businesses on Mainstreet. Let's leave them for the locals. We will learn as we grow!! Be patient. Be respectful. Be courteous. Thank you. DO NOT PARK in the POST OFFICE parking lot. You WILL be Towed.

## Longbine Autoplaza PitStops - Cyclists

Flint Hills Gravel Ride is a **self supported** ride. What does that mean?? For FHGR it means pack what you need for success. We will have additional hydration and nutrition at our PitStops provided by locally owned Longbine Autoplaza. We will have water and Skratch Labs hydration selections. We will have an assortment of other nutritional needs based on a first come first serve basis. Do not expect them to have all your personal favorites. Do not EXPECT to like what we have provided. Not everyone likes bacon wrapped pickle flavored beef jerky. We'll help you with some calories but success is up to you.

## ESB Financial Hydration Stations - Runners

Flint Hills Gravel Run is a **fully supported** run. What does that mean?? For FHGR it means we should have what you need for success! We will have water and Skratch Labs hydration selections available on route and at the Finish Line in the Walnut River Brewing Recovery Zone. We will have LIQUID DEATH Still and Sparkling water ready to #murderyourthirst!! We will have an assortment of other nutritional needs based on a first come first serve basis. Do not expect them to have all your personal favorites. We'll help you with some calories but success is up to you.

## Athlete Rules

Do NOT cross fence lines. We call that trespassing. Trespassing is illegal. I'm serious about this. Do NOT cross fence lines. Do NOT cross the ditch if there is NO fence. Same thing.

Carry your trash out. Don't be lame. I don't care how sticky your gel packet is, plan ahead for trash. I carry a ziplock sandwich bag with me for trash.

SLOW DOWN when around cattle. They might consider a charging cyclist to be one ugly looking charging coyote. Do your best not to startle the cattle. Please.

# Athlete Suggestions

(Some are more cycling related)

**Help other athletes out.** Coming in 34th as opposed to 53rd means nothing. Making a new friend by stopping or slowing to help...makes a memory.

**Don't expect help.** Your enjoyment of the day is directly related to your pre-event day prep and decisions. It's part of the fun. Plan out your day and **pack accordingly.**

**Cutting the course is your loss.** I spent time creating it. I spent time thinking about you riding it. I'm proud of the design. I won't know where to find you if you crash off course. Policing this would put stress on the event volunteers and me...so I won't. Don't be lame. I will verify routes in the event of a Podium Position though.

Please RIDE and RUN on the **right hand side of the road!!** I know. I know. The line on the left can look pretty sweet.

**Never climb on the left side.** I used to drive these roads as a kid. I drove very...very fast. Make sure to be especially careful when climbing a hill.

**PAY ATTENTION** to local traffic. Front and back. It's annoying to sit behind your slow climbing butt on a hill or in the wind. These are working roads for many people. We are playing on them. Be respectful please. Get over and even consider stopping for farm machinery. I even do this in my vehicle. Wave. They will love you.

Take the time to smile or wave at passing vehicles. Even if they frown or look annoyed. We are wearing skin tight spandex. Yes. We look a little funny to some. We have awesome community support and I intend to keep it. **Be an Ambassador of Gravel.**

**Say "thank you"** to race volunteers and Sponsors. They deserve it. Nothing will piss me off more than finding out an athlete was a jerk to a volunteer. You have an issue...talk to me after the event. Please. Go ride your bike and shake it off or go run it off...whatever it is.

Bring the Race Director treats. Snacks. **Local craft brew.** #thisisstilltheway

My wife, Kerri, says to stop talking now...

One last thing...needs to be said on paper...I'm a fan of chilling on a ride and I'm a fan of racing. If you are racing for a podium spot, I ask that you limit the help you receive from riders outside your category. I agree it's not always obvious where the help is coming from. When it is obvious though...limit it please. Take a pull. Hard to make a "rule" for this and harder still to police and enforce it. I'm not going to. FHGR is not a career defining bike race.

Have fun and don't be lame.

# The FHG ROCKOUT!! Juniors race/ride

Please note the Journey distance and the ROCKOUT!! distance are the exact same routes. The ROCKOUT!! will start 10 minutes before the Journey. Those Juniors riding in the ROCKOUT!! but not concerned about racing for a podium spot are free to leave with the Journey riders. The race is gun start timed though so there would be a time penalty. Any Junior aged 14 and under MUST have a designated guardian registered and riding in the Journey. Multiple juniors may designate the same guardian. Guardians are designated during registration. The guardian doesn't have to be side by side with the Junior but should be near enough to be available in case of on course issues. All riders but especially Juniors should also have emergency pickup planned and available.

## **REFUND POLICY! IMPORTANT!!**

Yeah. It's in Red. Yeah. It's important. Look I always want people to be happy and I realize dealing with money and expectations can be touchy. I am a small business. I keep the entry fee to this event fairly low cost. The majority of items purchased to make this event happen are purchased month's ahead of time and/or are non-refundable. Here's how I have to do this.

60 days or more prior to event - full refund

30 - 59 days prior to event - half refund

Less than 30 days to the event - no refund

Weather related no show - no refund

Weather related postponement and can't attend - no refund but 25% discount on next years entry

Weather related cancellation - no refund but 30% off next years entry

## **Safety Related Issues**

Please direct any life threatening emergency calls to 911 **FIRST**.

Please notify Race Director, Bobby Thompson, of any injury accidents **SECOND**. My cell is 620-481-6813. If I don't answer, text me. I'm going to be a bit busy...

Each Pit Stop will have a basic First Aid Kit.

**YOU are responsible for YOU.** YOU are responsible for getting yourself back to town. The Race Director will not leave the Finish area until all riders are accounted for. Rider pickup is available in dire weather related situations. No promise is given as to the speed of these pickups. Be patient. You may call or text the Race Director in this case.

If you abandon the race for any reason, please let the PitStop, Finish Line or Race Director know. If you do not...expect multiple phone calls to check in on you.

Lyon County Sheriff's office will control the traffic at the intersection near the Start line. Please tell them thank you as you ride past.

Both cycling route distances cross over a County paved road twice. Please come to a complete stop and look for traffic. FHGR will have a volunteer at the crossing to help monitor traffic. Do NOT rely on the volunteer. YOU are responsible for YOU. County signs will be up warning motorists of cyclists.

We ride TWO miles on a low traffic paved road at the very end. Please come to a complete stop before turning onto the paved road. YOU are responsible for YOU. County signs will be up warning motorists of cyclists.

Runners you will be running on a mix of roads. Please use common sense at all times but especially at intersections. Be careful.

The ONE block street hosting the Start and Finish Line will be Closed to traffic. Barricades will be placed at the entrance and exit to the street.

Above all else, go play bikes or run your heart out and be SAFE

BobbyT.