



Flint Hills Gravel Ride

Ride guide and information

Thank you for registering for the Flint Hills Gravel Ride! 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

Thursday April 7th

4-6 PM - Mulreadys Pub (Emporia, KS) - Rider check-in and swag grab.

Friday April 8th

3-7 PM - Harry & Lloyds (Americus, KS) - Rider check-in and swag grab.

Saturday April 9th

PRE-RIDE

Look for the Mulreadys Pub Pop-up tent near the Start/Finish Line 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 the Mulreadys Folks thank ya!

ESB Financial Hospitality Table provided just for you! Featuring Hostess Cakes!! Located near the Rider Check-in area.

6:30 - 8:30AM - Americus Community Center - Building near the Start/Finish Line. All rider check-in and swag grab.

7:45 AM - THE ADVENTURE - Start Line area near the basketball court. Last Minute emergency info delivered

8:00 AM - The Adventure rolls out.

8:15 AM - THE CHALLENGE - Start Line area near the basketball court. Last Minute emergency info delivered and Roll OUT!

8:30 AM - THE ROCKOUT!! - Start Line area near the basketball court. Last Minute emergency info delivered and Roll OUT!

8:40 AM - THE JOURNEY - Start Line area near the basketball court. Last Minute emergency info delivered and Roll OUT!

9:00 AM - FHG Ten K - Start Line area near the basketball court. Last Minute emergency info delivered

9:05 AM - FHG Six K - Start Line area near the basketball court. Last Minute emergency info delivered

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

POST RIDE

FOOD and DRINKS

Runners - Please visit the ESB Financial Hospitality Tent post run!! Thanks to the generosity and support of ESB Financial, FHGR will have hydration and nutrition ready for you!! The tent will be located near the Finish Line at the Americus Community Center.

Riders - Please visit the Walnut River Brewing and Radius Brewing Recovery Zone hosted by Harry & Lloyds!!! Located on the basketball court near the Finish Line. You can redeem the Drink Token you received in your swag bag in the Recovery Zone OR down at the Harry & Lloyds Bar and Grill!! Water, Soda, Sports drink OR enjoy some Walnut River and Radius beer!! The Rolling Hills Bar and Grill is available down the street (Drink token NOT valid) and Caseys always has some fine pizza!

Too crowded for you?? We also encourage you to stop by Mulreadys Pub and Harry & Lloyds East in Emporia.



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!! - [The ROCKOUT!! Route](#)

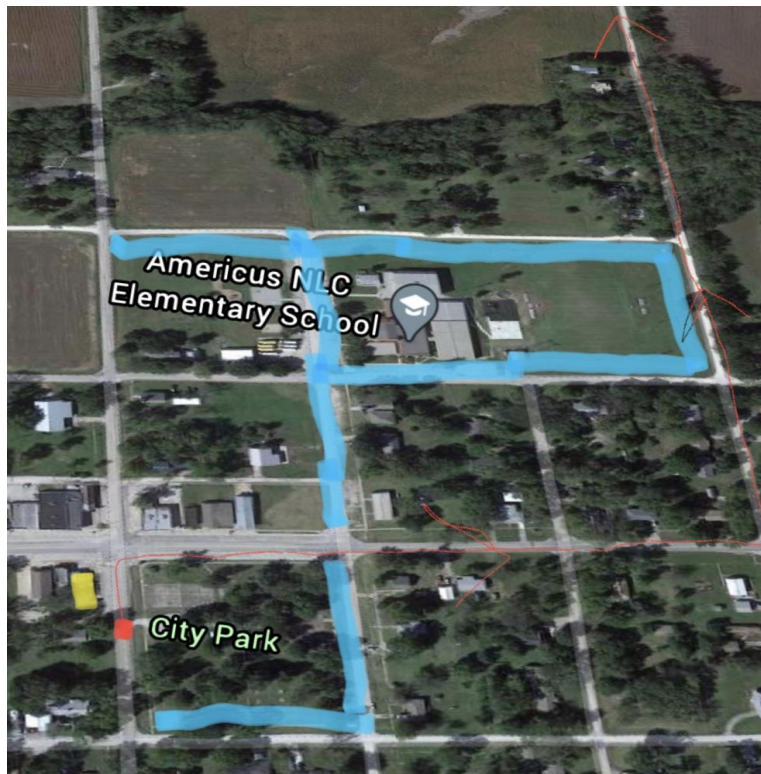
FHG Journey - [The Journey Route](#)

FHG Challenge - [The Challenge Route](#)

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.



Longbine Autoplaza PitStops

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.

Rider Rules

Do NOT cross fence lines. We call that trespassing. Trespassing is illegal. I'm serious about this. Do NOT cross fence lines.

Carry your trash out. Don't be lame. I don't care how sticky your gel packet is, plan ahead 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.

Riders Suggestions

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

Don't expect help. Your enjoyment of the day is directly related to your pre-ride 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 on the **right hand side of the road!!** I know. I know. The line on the left can look pretty sweet. Make sure to be especially careful when climbing a hill. Never climb on the left side. I used to drive these roads as a kid. I drove very...very fast.

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. Nothin will tick me off more than finding out a rider 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...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. RUNNERS!!! NO RIDING PIGGY BACK for the purpose of a podium Finish!!

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 chip timed. There is no 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 route distances cross over a County paved road once. 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.

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 and be SAFE.