



RIDER BIBLE

A 200-MILE MOUNTAIN BIKE ENDURANCE CHALLENGE
SATURDAY, JUNE 5, 2010
START TIME: 6:00 am

Presented by
Heartland Sports Promotions

+++ Check our websites frequently for ongoing updates at www.heartlandrace.com and www.dirtykanza200.com+++

OVERVIEW OF EVENT:

The Dirty Kanza 200 is intended to be a fun, but extremely challenging ultra-endurance gravel road bicycling event. It has been called the "Ultimate Gravel Grinder" by seasoned endurance cyclists. The Dirty Kanza 200 will use public-access gravel and dirt roads, through the Flint Hills region of east-central Kansas. This is a remote, rugged, and often unforgiving region. **We stress to all participants that they are totally on their own, and responsible for themselves. We will provide no rider services during the event.** We will, however, supply course maps, as well as information we think participants will need to make informed decisions, such as the location of hospitals, food and beverage outlets, potentially dangerous highway crossings, and the like. We will also offer suggestions concerning appropriate equipment, clothing, tools, etc.

The Dirty Kanza 200 is not an event for entry-level cyclists. If you have never completed a solo 12-hour bicycling event, you might want to think twice about participating in the Dirty Kanza 200. Riders will be totally on their own for 200 miles. With the time frame given to complete the event, you will likely not have the option of sleep, nor much rest. **Participants are solely responsible for their personal well-being, will have to make their own informed decisions, and suffer the consequences.** Please be aware... **IF YOU BREAK DOWN OR BECOME INJURED, IT IS YOUR RESPONSIBILITY TO CONTACT YOUR SUPPORT CREW TO COME GET YOU. DO NOT CALL US. WE WILL NOT COME RESCUE YOU. EVENT PROMOTERS AND SPONSORS ARE NOT RESPONSIBLE FOR YOUR SAFETY AND WELL-BEING.** So if you sign up for this event, make sure you have an emergency back-up plan. If you do not feel you are prepared to meet such a challenge, please stay home. (For your sake, as well as ours.)

COURSE DESCRIPTION:

The course will be a 200 (plus) mile-long, single-loop route through the Flint Hills region of east-central Kansas. This area, once home to the Kanza Nation (from which our state gets its name), is quite scenic and rich in history. It is also very rugged and remote. Often times, riders will see no signs of civilization for miles on end, other than the gravel (or dirt) road upon which they are riding. The course will be flat on occasion. At other times it will be extremely hilly. (Hint: It will be more hilly than flat.) The entire course will be on open public-access roads. Although some blacktop roads will be necessary from time to time, the vast majority of the course will be gravel and dirt roads. Some of these roads receive little, to no maintenance throughout the year and can be quite primitive in nature. This course will require a high-quality, well-prepared bicycle with a wide gear range and good tires. Participants should be prepared to suffer, and to have their physical and mental strengths tested to the full.

The event will start and finish in front of the historic Granada Theater, 807 Commercial St., in downtown Emporia, Kansas. Participants will leave town at 6:00 am, with map in hand, and head southwest into the Flint Hills. They will then proceed toward the first checkpoint, located in the town of Cottonwood Falls. (Mile 61.) Riders will then receive a new map directing them northward toward the midway checkpoint in the historic city of Council Grove. (Mile 103.) After receiving their next course map, riders will continue north, then east toward the town of Alma. (Mile 142.) Participants will then receive their final map. The last leg of the course will take riders through the small town of Eskridge (Mile 165), then on to the finish line at the Granada Theater in Emporia. (Mile 205.)



The course will pass through the following towns

- Start: Emporia (Lyon County), Kansas
Population: 26,662
Services: Restaurants, lodging, gas/convenience stores, grocery, hospital, retail.
Starting line in front of the Granada Theater, 807 Commercial Street.
- Mile 61 Cottonwood Falls (Chase County), Kansas
Population: 955
Services: Gas/convenience store, restaurant.
Checkpoint One will be located in the city park, directly behind the Casey's Convenience Store at the corner of Walnut and Union Street.
Cut-Off Time: 12:00 Noon.
- Mile 103 Council Grove (Morris County), Kansas
Population: 2,275
Services: Restaurants, lodging, gas/convenience stores, grocery, hospital, retail.
Checkpoint Two will be located in the 300 block of east Main Street. (North side.)
Cut-Off Time: 4:30 pm.
- Mile 142 Alma (Wabaunsee County), Kansas
Population: 853
Services: Gas/convenience stores, small grocery, restaurants.
Checkpoint Three will be located directly in front of the Stop-2-Shop convenience store, 100 Missouri Street (Kansas Highway 99), at the south end of town.
Cut-Off Time: 9:00 pm.
- Mile 205 Emporia (Lyon County), Kansas.
Finish line in front of the Granada Theater, 807 Commercial Street.

ADDITIONAL CHECKPOINT INFORMATION:

The three checkpoints, in the towns of Cottonwood Falls, Council Grove and Alma (Kansas), are the only spots along the entire route where participants are allowed to meet their support crew to re-supply and fix equipment. Support crews are NOT allowed on course, except to pick up a rider who is abandoning the event. The Promoters highly recommend that support crews perform a little pre-event preparation, and print directions (MapQuest, Google Earth, etc.), so they are prepared to navigate between the various checkpoints.

EVENT CLASSES & ENTRY FEES:

- Open Men (49 & under) - Cost \$50.00
- Masters Men (50 & over) - Cost \$50.00 **NEW for 2010.**
- Open Women (all ages) - Cost \$50.00
- Single-Speed - Cost \$50.00

REGISTRATION:

Participation in The Dirty Kanza 200 will be allowed on a pre-registered basis only. Registration will begin on Sunday, January 10, 2010 at 12:01 am (EST), and will be conducted on-line at the following website: www.bikereg.com. Participation will be limited to the first 150 entries. (An increase from last year's limit of 100 participants.) Event registration will close once this limit is met, or on Sunday, May 16, 2010, which ever comes first. **Note: Act quickly. Last year we filled up in four days.**



EVENT RULES:

Please note there are several rule changes for 2010. Returning riders will want to pay particular attention to Rules 8, 10 and 20.

1. The **EVENT SPONSORS, ORGANIZERS, PROMOTERS, STAFF** and anyone having anything to do with this event **ARE NOT RESPONSIBLE FOR YOUR SAFETY OR WELL BEING**. Think of this event as a 200-mile hard training ride with prizes. We can not stress this strongly enough... **YOU ARE RESPONSIBLE FOR YOU!**
2. The Dirty Kanza 200 is a non-stop, self-supported, mountain bike marathon event along the gravel and dirt roads of rural Kansas. Participants must carry with them all necessary food, water and equipment.
3. Each participant is considered to be on a private excursion and remains solely responsible for any accidents in which he or she may be involved. No responsibility can be accepted for participants becoming lost, stranded, injured... or worse.
4. Participants will be supplied a course map, which along with their own compass, will be their primary means of navigation. The course may also have a limited number of markings to re-assure participants they are on course.
5. There will be several checkpoints along the route where all participants must check in. It is here that participants will receive a map for the next section of the course.
6. A "Cut-Off" time will be established for reaching each checkpoint. Any participant not reaching a checkpoint before the established cut-off time will not be allowed to continue past that point. Cut-off times are based on an average speed of 10 mph. These times may be adjusted, as deemed necessary by event staff, to account for unforeseen circumstances such as inclement weather, poor course conditions, etc. Cut-off times are established for the purpose of rider safety, and will therefore be strictly enforced.
7. Pre-arranged outside support is not allowed. This includes, but is not limited to assistance with navigation, supplies, lighting or lodging. The only exceptions to this are outlined in Rules 8 & 9 below.
8. The three official checkpoints (Cottonwood Falls, Council Grove and Alma) will serve as neutral areas where event participants may meet their support crew to restock supplies and repair equipment. These checkpoints will be the only locations along the entire course where participants may receive assistance from their support crew. Receiving assistance from a support crew, or any other non-participant, at any other point along the route will result in immediate disqualification from the event. **NO EXCEPTIONS.**
9. Participants may help other participants with mechanical support, navigational assistance or by any other means.
10. A "drop bag" service will **NOT** be provided. Although we have provided this service in the past, the growth in the number of participants has simply made this too monumental of a task. And besides... you should have a support crew at the event. They can carry your stuff to the checkpoints.
11. Participants may stock up on food and other supplies at stores and businesses along the route.
12. Participants may not advance along the route by any means other than bicycle, or by foot. There will be no hitching rides.
13. Participants may, in the case of an emergency, mechanical failure or other unforeseeable problem, be assisted by motorized transport. By accepting such motorized transport, you will be automatically disqualified from the event.
14. The primary route must be followed at all times. No short cuts or alternate routes are permitted. (The course may be altered by the promoters in the event of inclement weather, or other unforeseeable circumstance. Should this occur, participants will be sufficiently advised.)
15. Choice of bicycle type is up to each individual participant. We are allowing mountain bikes, cyclocross bikes, 29"ers, single-speeds and road bikes. Just be aware that some thought and research should go into your final bike choice. The gravel roads of Kansas can get pretty harsh. It is suggested that tire width be a minimum of 1.75" (44mm), but then again, this is up to you.
16. Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Participants in the Single-Speed class must complete the entire event using the same gearing combination.
17. Participants must wear an ANSI or Snell approved helmet while operating their bicycle.
18. Participants must obey all city, county and state laws, and "Rules of the Road". They must conduct themselves at all times in a manner that will not bring discredit to the event.



19. All participants must have a flashing red taillight and a front headlamp for the duration of the event. Riders will not be allowed to start the event without proper lighting mounted and ready for use. (Headlamps may be mounted either on the bike or on the rider's helmet.)
20. GPS systems may not be used by participants for the purpose of navigation. Support crews may not use GPS systems to assist any participant with navigation. However, the promoters of The Dirty Kanza 200 highly recommend that each participant carry a GPS system with them during the event. Should an emergency situation arise, having the ability to communicate your exact location to support crew or rescue personnel may prove extremely beneficial. In other words... carry a GPS with you. But use it ONLY in the event of an emergency.
21. Each participant should have at least one support crew member to assist them if they have problems. **The promoters and sponsors will not come get you or be responsible for you.**
22. If you exit the course for food, supplies, or any other reason, you must re-enter the course at the same spot at which you left.
23. Drafting on another event participant is allowed. Drafting on a non-participant cyclist, or on a motorized vehicle will result in disqualification from the event.
24. You are completely on your own. Use your head. Watch for and yield to traffic. There will be no course marshals to hold up traffic.
25. Each participant must carry with them (on their body, or on their bike) every item on this list:
 - Cycling computer
 - Red flashing tail light
 - Front light (Power output is up to you.)
 - Minimum of two liters of water or sports drink
 - Compass
 - Two spare inner tubes
 - Air pump or inflation systemNo rider will be allowed to start the event without each item on this list. And yes... we will check.



ADDITIONAL SUPPLIES YOU SHOULD SERIOUSLY CONSIDER:

- A cell phone to contact the “outside world” should you need help.
- A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency.
- Small rucksack / hydration pack
- Waterproof / windproof jacket
- Extra thermal top or warm layer to wear if stopped
- An emergency / survival blanket
- Food – energy bars, gels, chocolate, etc.
- Tire levers
- Puncture repair kit
- Chain tool
- Allen wrench set
- Spoke wrench
- First aid kit
- Money for pay phone
- Butt butter
- Chain lube
- Cash, debit card or credit card. (To purchase food, water, supplies.)
- Handlebar map case

KANSAS SAFETY TIPS:

- When you are out riding in Kansas, the weather can change rapidly and without warning. Be prepared for wind, rain, snow, etc. with the gear that you carry. Even on a mild day, it is possible to get cold very quickly if you have to stop to fix a mechanical problem or become injured. So always carry a waterproof / windproof jacket or thermal top.
- Maintain your bike so it doesn't let you down when you are at the farthest point from civilization.
- As a minimum, carry the items listed above, and more importantly, know how to use them.
- If possible, ride in a group so that if someone does get hurt, there are enough people to stay with the injured person while others go for help.
- Keep eating and drinking regularly to maintain energy levels. Know the symptoms of dehydration and “hitting the wall” and act accordingly.

A WORD TO SUPPORT CREW PERSONNEL:

We suggest you research and print directions (MapQuest, Google Earth, etc.) between towns beforehand, so you come prepared to navigate the area. Maps will not be provided for you. Please stay on paved highways, and off the course. The only time you should be on the course is to pick up your rider if he or she decides to abandon the event. The Dirty Kanza 200 is all about self-sufficiency in a rugged and remote environment. Having to dodge cars compromises this experience for our event participants. Thank you for your understanding on this issue.

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 in a safe place.

Newman Regional Hospital
1201 W. 12th Ave.
Emporia, KS
620-343-6800
Emergencies, Dial 911

Morris County Hospital
600 N. Washington
Council Grove, KS
620-767-6811
Emergencies, Dial 911



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**DIRTY KANZA 200
VISION STATEMENT**

It is our vision that The Dirty Kanza 200 will become North America's premier annual ultra-endurance gravel road cycling challenge.

**DIRTY KANZA 200
MISSION STATEMENT**

The mission of The Dirty Kanza 200 is to provide the ultra-endurance off-road cycling community with a high quality event at an exceptional value. The event will be structured in such a way to be extremely challenging, but at the same time possible to complete. We will strive to effectively utilize the ruggedness and remoteness of the Flint Hills region to properly challenge the self-sufficiency of event participants, while at the same time provide an appropriate level of support, to ensure an enjoyable, life-enriching cycling experience.

About Heartland Sports Promotions:



Website: <http://www.heartlandrace.com>

Heartland Sports Promotions [HSP] is a volunteer based 501(c)4, not-for-profit corporation with a mission to make the Kansas City region a better place to live, work, ride and run through:

- PROMOTING** events appealing to all levels of skill and experience
- SUPPORTING** forums on outdoor safety and education
- VOLUNTEERING** time for trail-development and maintenance
- INVESTING** in the growth of KC's active community and culture
- DONATING** a % of our net income to charities and organizations with similar values

