

# 2019 Dirty Kanza High School Event

## Guidebook

### Event Description:

The Dirty Kanza High School event is approximately a 25-30 mile, single gravel loop that will begin and end in downtown Emporia, KS. The event will start on Saturday, June 1st at 9:30 a.m. CST.

The course will be marked. However, each participant will be encouraged to have a GPS device for GPS files and/or utilize the route cue sheets to aid in navigation. (Dirty Kanza to provide cue sheet and GPS files from event website.)

One fully stocked checkpoint will be provided, approximately halfway through the course. The ability to maintain a 10 MPH total average speed over the duration of the course is encouraged to participate in this event.

### Event Sign-In:

Registration and packet pick up (PPU) will be available on-site from 10:00 AM - 9:00 PM on Friday, May 31st, 2019 at the Lyon County Historical Museum (711 Commercial).

Fee for registration is \$40. All proceeds from this event will go towards the Dirty Kanza Youth Cycling Fund and the eventual creation of High School Cycling Leagues in Kansas and throughout the Midwest.

### Categories:

There will be 4 category options for participants:

- Female
  - 8th - 10th Grades
  - 11<sup>th</sup> - 12th Grades
- Male
  - 8th - 10th Grades
  - 11<sup>th</sup> - 12th Grades

Categories are based on your Grade as of the 2018 - 2019 school year. All participants must currently be enrolled in either a middle or high school during this academic school year.

All participants are asked to be ready to race and at the start line by 9:15 AM CST, Saturday, June 1st. Categories will be staged in the following order:

- Male: 11<sup>th</sup> - 12th Grades
- Female: 11<sup>th</sup> - 12th Grades
- Male: 8th - 10th Grades
- Female: 8th - 10th Grades

A pre-race announcement and welcome will be made at 9:15 AM CST and all racers are required to be present. The event is mass start and all riders will begin promptly at 9:30 a.m. CST.

### **Course Description:**

The Dirty Kanza High School event will begin from downtown Emporia, KS. The course will be approximately 27 miles in length with one aid station approximately halfway through the course. The course will be fully marked, however GPS links and paper maps/cue sheets will be furnished as well. The course will bring participants back to downtown Emporia for the official finish line.

The course will consist entirely of Gravel and Minimum Maintenance roads. These roads can be rugged and the Flint Rock is notorious for causing flat tires. Special consideration should be given to equipment choices. Road bikes are not a suitable choice, while either gravel specific or mountain bikes are appropriate. Additionally, it is important that all riders are comfortable with and prepared to repair a flat tire.

### **Event SWAG and Awards:**

All High School participants will receive an opportunity to compete and participate on a fully supported course. In addition to the experience had, and the knowledge that all proceeds will be used towards the creation of Interscholastic Cycling Leagues in Kansas and throughout the Midwest, participants will also receive the following with registration:

- Custom Dirty Kanza High School event apparel item
- Every Finisher will receive a finisher's award
- Podium awards for top 3 young women and men in each category
- Custom event number plate
- Fully stocked aid stations
- Complimentary event photos
- Premier timing provided by Manhattan Running Company
- Opportunity to finish down the famous Dirty Kanza Finish Line on Commercial Street
- Opportunity to meet many of cycling's stars and enjoy a one of a kind experience through the All Things Gravel Expo and weekend experience.

The award ceremony will be held at 3:00 PM CST at the Finish Line Block Party in the 600 Block of Commercial Street. Awards for the top 3 young women and men in each category.

### Event Rules:

- Participants must conduct themselves at all times in a manner that will not bring discredit to themselves, or to the event.
- Helmets must be worn at all times while on a bike. No exceptions. Parents & coaches, please help set a good example!
- Practice controlled riding. Participants must practice safe riding techniques and be in control of their bicycles at all times.
- Obey traffic laws. The course will remain open to the public. You are required to obey all stop signs and rules of the road. Ride to the right side of the road whenever safe and possible.
- Leave no trace. If you pack it in, pack it out. Do not leave any trash on the course.
- Headphones are strictly prohibited.
- Caffeinated products and Performance Enhancing Drugs (PEDs) are not to be consumed during the race or immediately prior to the start of the race. Know what you are ingesting and ride clean. To learn more about PEDs and what substances are banned, please visit [www.usada.gov](http://www.usada.gov)
- Each bike must be equipped with a front and rear hand brake and must be properly functioning (a pre-race tune-up from a professional mechanic is highly recommended).
- Participants may help other participants with mechanical support, navigational assistance, or by any other means. Neutral outside assistance may be allowed from roving on-course sweep or aid station personnel, but not parents or other spectators along the course.
- If you leave the course for any reason, you must return to the course at the exact location you departed it from.
- Participants must not progress on the race course unaccompanied by a bike. In the case of an inoperable bike, participants may progress under their own power along the course with their bike. However, participants must stay on course and not impede other participants or traffic.
- Absolutely no hitching of rides in, or drafting off of, a motorized vehicle.
- The primary route must be followed at all times. No shortcuts 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.
- Riders must remain within the primary boundaries of the roadway at all times. If the roadway is bordered by fences, stay between them. If the roadway is in open range (no fences), stay out of the ditch and on the road. Leaving the roadway is cutting the course. Hopping the fence is trespassing on private property, and as such is punishable by law. We will fully cooperate with local law enforcement to see that violators are dealt with appropriately.
- If you drop-out of the race for any reason and are unable to come across the finish line, please report your status and race plate number to a race course official along the course or at the finish line.

## **Equipment & Clothing Checklist:**

Each participant is encouraged to carry the following:

- Cycling computer or GPS device
- Two spare inner tubes of the correct size for your bike
- Air pump or inflation system
- A cell phone to contact the “outside world” should you need help
- Small rucksack / hydration pack
- Food - energy bars, gels, chocolate, etc.
- Drink - filled Camelbak hydration pack and/or filled water bottles with water or sports drink
- Tire levers
- Puncture repair kit
- Chain tool with appropriate master link or replacement pin
- Multi-tool
- Chain lube

Additionally, each participant is encouraged to dress appropriately for the weather and to carry rain gear if necessary. Best to dress in layers and to look closely at the predicted weather to determine exactly how to dress.

## **Area Hospital & Emergency Response:**

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

If anything requiring medical assistance occurs while riding the race, please alert an official race sweeper, a rest stop staff person or ask another rider to relay your need for assistance to the nearest race staff person they encounter.

## **Emergency Severe Weather Shelters:**

- Emporia Presbyterian Church - 802 Commercial St.
- Emporia Police Department - 518 Mechanic St.
- First United Methodist Church - 823 Merchant St.
- Lyon County Historical Society - 711 Commercial St.

**For More Information:**

Please email [dkinfo@lt.life](mailto:dkinfo@lt.life) if you have any additional questions. Also, please be sure to follow our FB page and share your story as you prepare for the event by using the [#DKHSGravel](#) [#morekidsonbikes](#)