GARMIN

DIRTY KANZA EXTRA LARGE

presented by Salsa

2020 RIDERS BIBLE

DIRTY KANZA EXTRA LARGE
Dear DKXL Participant,

On behalf of everyone here at Life Time, I want to welcome you to the Garmin DKXL presented by Salsa Cycles. What is DKXL? DKXL is Dirty Kanza taken back to the very basics of gravel. It’s the Dirty Kanza that Joel and I first set out to create in 2006. It’s long. It’s hard. It’s “Extra Large.” We hope it will prove to be one of the most rewarding cycling experiences of your lifetime.

In the following pages, you will find much of the information needed to prepare for a successful DKXL. In addition, we’ll be corresponding with you frequently in the coming weeks and months. If you have questions, or find yourself in need of more info… please don’t hesitate to let us know.

Thank you for accepting this challenge. Good luck as you pursue this amazing ADVENTURE BY BIKE.

Happy Gravel Grinding,
Jim Cummins
HOW: Individuals hopeful of participating in DKXL may submit their name for consideration, per the procedure outlined at dirtykanza.com, under the “Registration” tab. The number of participants will be limited, and at the sole discretion of the event promoters.


DKXL will start at 3:00 pm, Friday May 29.

Finish Line cut-off will be 3:00 am, Sunday May 31.

WHERE: Emporia, Kansas, the “Gravel Grinding Capital of the World”.

WHAT: An ultra-distance, non-stop gravel road bicycling challenge.

• 350+ miles of pure Flint Hills gravel.
• 36-hour time limit to complete the route.
• Nearly 18,000 feet of elevation gain.
• Fully self-supported.
• Navigation by cue sheets, maps, and gps files.
• Riders will restock at convenience stores along the route.
• No assistance from a support crew. But you will be required to have a support crew present, so you have someone to come get you if you need rescued.
• No course markings. No checkpoints. No course marshals. You are on your own!!!
• The start will be from within the Dirty Kanza “All Things Gravel” Outdoor Expo, located in the 700 block of Mechanic Street in downtown Emporia, Kansas.

Expect a HUGE send-off with lots of fanfare.

• The 3:00 pm start time should have you finishing Saturday evening in downtown Emporia, in the middle of the Dirty Kanza Finish Line Block Party, to enjoy what has been called “Cycling’s most emotional finish line experience”.
• The finish line cut-off time of 3:00 am Sunday will give participants 36 hours to complete the route.
• Only two categories… Open Men and Open Women. No podium awards, but we will recognize the First Overall Male, and First Overall Female. Tandems are welcome. However, we will not offer a separate Tandem category. Tandem riders will register as two individual entrants, and will not be eligible for First Overall recognition.
• All DKXL Finishers will be recognized during Sunday morning’s DK Rock Star Awards Ceremony, inside the Granada Theatre. We look forward to celebrating your successful completion of DKXL!!!
Here is a listing of the convenience stores and resupply options along the route. These will be your only opportunities for re-supply. So plan accordingly. Detailed route information will be made available prior to the event, including downloadable gps files, as well as printable maps and cue sheets. It is each rider’s responsibility to print their own maps and cue sheets prior to the event.

**Route Info**

Mile 41 – Eskridge, KS
Rush In Conv. Store
104 E 3rdSt
Open: 6am –8pm

Mile 66 – Maple Hill, KS
24/7 Travel Store
32981 Windy Hill Rd
Open 24 Hours
Located one mile off-route to the north, on Windy Hill Rd.

Mile 117 – Alma, KS
Stop 2 Shop C-Store
100 Missouri Ave.
Open until 3am Sat.

Mile 174 – Volland, KS
VollandStore
24098 Volland Rd
Water only! (Behind store.)

Mile 186 – Alta Vista, KS
City Park / Water Tower
Water only!

Mile 216 – Council Grove, KS
Short Stop Conv. Store
9 E. Main St
Open 24 Hours

Mile 281 – Cedar Point, KS
Private Residence
Corner of Main St & 6th St
First house on the right, as you enter town.
Water only! (In side yard.)

Mile 311 – Cottonwood Falls, KS
Casey’s Conv. Store
424 N Walnut
Open: 5am - Midnight

Mile 355 – Finish Line
Downtown, Emporia, KS
Cut-Off Time is 3am Sunday
Event Rules

1. You are responsible for you. Event sponsors, organizers, promoters, staff, and volunteers are not responsible for your well-being.

2. DKXL is a self-supported, ultra-endurance bicycling challenge along the gravel and dirt roads of rural Kansas. For the purpose of this event, “Bicycle” is defined as “a vehicle consisting of a frame mounted on two wheels one behind the other, and having a seat(s), handlebars for steering, two hand-operated brakes, and propelled solely by the operator(s) via pedals connected to the rear wheel by a chain or belt.”

3. Participants must conduct themselves at all times in a manner that will not bring discredit to themselves or to the event.

4. Each participant MUST have present at the event a support crew person who they can call to come get them should they need to abandon the event. Multiple riders may share the same support crew.

5. Support Crews are not allowed to provide assistance of any kind to any rider while actively participating in the event. A Support Crew’s only allowed role is to pick up a rider who has already abandoned the event. Therefore, Support Crews are NOT allowed on or near the course, unless it is to retrieve a rider who has abandoned their ride. Support Crews found on or near the course will have their rider disqualified from the event.

6. Participants may support each other with conversation, encouragement, sharing of food, tools, equipment, and knowledge.

7. Drafting on another event participant is allowed. Drafting on any non-participant cyclist or vehicle is strictly forbidden.

8. Participants may stock up on food, water, and other supplies at stores and businesses along the route. Participants may also receive “neutral” assistance from residents along the route. “Neutral” is defined as support that is freely offered equally to ALL event participants, and is done so from a stationary, non-moveable location.

9. Participants will be responsible for printing their own set of course maps and cue sheets prior to the event. Downloadable GPS files will also be made available.

10. 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 unforeseen circumstance. Should this occur, participants will be sufficiently advised.

11. 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.
12 If you intentionally exit the course for food, supplies, or any other reason, you must re-enter the course at the same spot at which you left. If you get lost, you shall make every reasonable attempt to backtrack to the point where you left the course; or to re-enter the course as soon as possible and without gaining an advantage. NOTE: “Advantage” is not defined by race position.

13 Bicycles must be equipped with two (front and rear) fully-functional hand-operated brakes. Coaster style brakes do not satisfy this requirement. “Fixed-Gear” bikes are not exempt from this requirement.

14 Participants must wear a properly approved helmet while on their bicycle.

15 Participants must obey all city, county, and state laws and “Rules of the Road”.

16 All roads are open to public traffic. For your safety, it is imperative that you be fully aware of your surroundings at all times. Therefore, headphones / earbuds are strictly forbidden.

17 You are completely on your own. Use your head. Watch for and yield to traffic.

18 Challenges to event results must come from a registered participant, must be made either in-person, or via email to dkinfo@lt.life and must be received no later than 11:59 pm on Sunday, May 31, 2020.
The Flint Hills are a remote and rugged place. You will be totally on your own and responsible for getting yourself home in one piece. We realize you are an experienced adventurer and know how to prepare yourself for this challenge. That said, we’ve prepared this list as a MINIMUM of what you shall carry with you. Utilize your vast experience and know-how, and add to this list as you deem appropriate.

**EQUIPMENT CHECKLIST**
1. Location tracking device (i.e. Garmin inReach)
2. Cycling computer / GPS
3. Flashing red tail light
4. Steady-beam front light
5. Minimum of 2 liters of water
6. Basic food
7. Two spare inner tubes
8. Air pump or inflation system
9. Cell phone
10. Debit card / cash

**ADDITIONAL Supplies You Should SERIOUSLY Consider**
1. Back-up headlamp
2. Hydration pack
3. Rain jacket
4. Emergency blanket
5. Puncture repair kit
6. Chain tool and other misc. tools
7. First Aid Kit
8. Chamois Butt’r
9. Chain lube
10. Compass
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:
Morris County Hospital, 600 N. Washington, Council Grove, KS 66846, 620-767-6811
Stormont Vail Hospital, 1500 SW 10th Ave, Topeka, KS 66604, 785-354-6000
Saint Francis Health, 1700 SW 7th St, Topeka, KS 66606, 785-295-8000

TO THE WEST:
St. Luke Hospital, 535 S. Freeborn, Marion, KS 66861, 620-382-2177

EMERGENCIES DIAL 911
Our stance on Doping, WADA, and “Fair Play”

Life Time / Dirty Kanza is dedicated to providing high-quality, grassroots events to the endurance cycling and running communities. Although we are not affiliated with any sanctioning bodies, we do agree with and fully support the Fundamental Rationale for the World Anti-Doping Code, which states...

“Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport.” It is the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person’s natural talents. It is how we play true. The spirit of sport is the celebration of the human spirit, body, and mind, and is reflected in values we find in and through sport, including:”

- Ethics, Fair Play, and Honesty
- Health
- Excellence in Performance
- Character and Education
- Fun and Joy
- Teamwork
- Dedication and Commitment
- Respect for Rules and Laws
- Respect for Self and other Participants
- Courage
- Community and Solidarity

Doping is fundamentally contrary to the spirit of sport. To fight doping by promoting the spirit of sport, the Code requires each Anti-Doping Organization to develop and implement education and prevention programs for Athletes, including youth and Athlete Support Personnel.

Therefore:
Athletes who are currently serving a ban from sport or competition by WADA or any intergovernmental organizations, governments, public authorities, and other public and private bodies fighting doping in sport will not be allowed entry or participation in Dirty Kanza events.