



**DIRTY KANZA 200**  
A 200 MILE MOUNTAIN BIKE MARATHON  
SATURDAY, MAY 19<sup>TH</sup> 2006  
RAIN OR SHINE

+++++++ Please keep checking our website for ongoing updates at <http://www.heartlandrace.com> ++++++

**RIDER BIBLE**

DIRTY KANZA 200  
Dirt Lovin' Good Times Tour Presented by THE NORTH FACE  
A HEARTLAND SPORTS PROMOTIONS Production

**OVERVIEW OF EVENT:**

The "Dirty Kanza" is intended to be a fun, but extremely challenging ultra-distance bicycling marathon event. It could be called the "Ultimate Gravel Grinder." The "Dirty Kanza" will use open public-access roads. 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 information we think participants will need to make informed decisions, such as the locations of hospitals, food and beverage outlets, dangerous highway crossings, and the like. We will also offer suggestions concerning appropriate equipment, clothing, tools, etc. Again, participants will have to make their own informed decisions, and suffer the consequences.

**EVENT DETAILS:**

This is not an undertaking for the inexperienced bicyclist. Participants will be totally on their own for 200 miles. **EVENT PROMOTERS AND SPONSORS ARE NOT RESPONSIBLE FOR YOUR SAFETY AND WELL-BEING.** If you have never completed a solo 24-hour bicycling event, you might want to think twice about participating in the "Dirty Kanza". With the time frame given to complete the event, participants will likely not have the option of sleep, nor much rest. Keep in mind that if you break down, it is YOUR responsibility to contact your support crew to come get you. So if you sign up for this event, make sure you have an emergency back-up plan.

The event will start and finish in the city of Emporia, Kansas. Participants will leave town at 6:00am, with map in hand, and head southwest into the Flint Hills region of east-central Kansas. They will then proceed toward the first check point, located in the city of Madison, Kansas. (Approximately Mile 50.) When you check in at Madison, you will receive a map for the next section of the course. Upon leaving Madison, you will continue on west, then north to the midway checkpoint in the city of Cottonwood Falls. Here, participants will have an opportunity to meet their support crew, stock up on supplies and do whatever else they feel is needed. After receiving their next course map, participants will make a large clock-wise loop to the west, and eventually arrive back in Cottonwood Falls. (Approximately Mile 150.) Here, participants will receive their final map, then head north, then east, and eventually on south to the finish line in Emporia, Kansas.

**ADDITIONAL CHECKPOINT INFORMATION:**

Cottonwood Falls, Kansas is approximately half-way through the course. This is the only spot along the route where participants can meet their support crew to re-supply and fix equipment. Services in Cottonwood Falls are limited to basically a Casey's convenience store/gas station. In the event of an emergency, Emporia is located twenty miles immediately to the east on US Highway 50. Emporia should be able to meet all of your needs, with a hospital, Wal-Mart, bike shop, restaurants, gas stations, grocery stores, hotels, etc.

**EVENT CLASSES:**

Open Men  
Open Women  
Single-Speed  
Tandem

## EVENT RULES:

1. **YOU ARE RESPONSIBLE FOR YOU.** This will be an extremely tough event and should be looked at as a long unsupported ride. The sponsors, organizers, promoters, staff are not responsible for you...you are. You will need to carry all water, food, and equipment to get you to the next greasy spoon, convenience store, or check point. **If you become stranded, tough luck. We warned you. Be responsible and carry enough junk to get you where you are going. YOU ARE RESPONSIBLE FOR YOU.**
2. Under no circumstances can you receive OUTSIDE support (again, you are on your own.). If you do, you'll be disqualified...well, except for rule #3 (the midway checkpoint). However, you may stock up on food and other supplies at stores and businesses along the route. Participants can help other participants by any means within the other stated rules.
3. There will be one neutral area (midway checkpoint, Cottonwood Falls, KS, mile 100) for all participants where they may meet their support crew to restock supplies and repair equipment. This will be the one and only location along the entire course where participants may receive assistance from their support crew.
4. You will be supplied a course map, a.k.a. Cue Sheet. We will only mark a few places on the course, so be prepared. **NO GPS UNITS ALLOWED!!...NO EXCEPTIONS!**
5. Each participant should have at least one support crew member to assist them if they have problems. **The promoters and sponsors of this event will not come get you or be responsible for you.**
6. The route must be followed at all times. No short cuts or alternate routes are permitted. If you exit the course for any reason, you must re-enter the course at the same spot you left the course.
7. There will be several checkpoints where all participants must sign in. It is here that you will receive a map for the second half of the course.
8. A "Cut-Off" time will be established for reaching each checkpoint. Any participant not reaching the checkpoint before the pre-established cut-off time will not be allowed to continue past that point.
9. You must wear an ANSI or Snell approved helmet, carry a front light, red rear flasher, and have some form of back-up light, a cycling computer, a compass, 2 inner tubes, and a pump or CO2 set up.
10. If you or your bicycle is destroyed to the point where forward progress can not be made, you can accept transportation, but this, of course, will disqualify you. It is up to you to get yourself home if you should be forced to abandon. It won't be us...we've seen the movie "The Hitcher".
11. Choice of bicycle type is up to each individual participant. If you think you can ride a road bike on the gravel roads, go for it...but I'll refer you to rule #9...you'll need it. We recommend a bike with FAT tires. But you are probably smarter than us, so roll that P3 Carbon. You must ride the entire course on the same frame.
12. You will be riding an open course; there will be absolutely no course marshals. Obey the rules of the road. We hate bailing our drunken moms out of jail let alone an acquaintance.
13. The event will be held rain or shine.
14. One more time: **YOU ARE RESPONSIBLE FOR YOU.**

**THIS IS MEANT TO BE A FUN EVENT TO TEST YOUR HUMAN SPIRIT.  
IF YOU CHEAT, YOU'RE ACCOMPLISHMENT WILL BE HOLLOW.**

## COURSE DESCRIPTION:

The course will be a 200 mile-long, single-loop route through the Flint Hills region of eastern Kansas. This area, once home to the Kanza Indian (from which our state gets its name), is remote, scenic and rich in history. At times it will be flat. 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 course will pass through the following towns:\*

Start:	Emporia (Lyon County), Kansas Population: 28,192 Services: All... Restaurants, Lodging, Gas / Convenience Stores, Hospital, Retail.
Mile 50	Madison (Greenwood County), Kansas Population: 853 Services: Gas/Convenience Stores, Grocery Checkpoint will be located in front of the Casey's Convenience Store located at 4 <sup>th</sup> & Sherman
Mile 100	Cottonwood Falls (Chase County), Kansas Population: 966 Services: Food/Beverages, Restaurants Midway Checkpoint will be located in the city park, directly behind the Casey's Convenience Store at the corner of Walnut and Union Street.
Mile 150	Cottonwood Falls (Chase County), Kansas Population: 966 Services: Food/Beverages, Restaurants Final Checkpoint will be located in the city park, directly behind the Casey's Convenience Store at the corner of Walnut and Union Street.
Mile 190	Americus (Lyon County), Kansas Population: 891 Services: Food/Beverages - convenience store.
Mile 200	Finish in Emporia (Lyon County), Kansas

\*Of course, this is all subject to change depending on factors outside of our control.

## OTHER IMPORTANT NOTES AND ENDURANCE TIPS:

### BIKE:

- Your bike should be in excellent running condition. This event is not the time to ride that worn out chain for one more event. You'll be surprised at the toll an event like this can take on your bike. We reserve the right to not let you start if your bike is in disrepair. Again, FAT tires are recommended.

### SUPPLIES YOU **MUST** CARRY (AS LISTED IN RULE #8):

- Approved Helmet
- Front light
- Red rear flasher
- Back-Up light source
- Cycling computer
- A minimum of two liters of water / sports drink
- A compass
- 2 spare inner tubes and pump / inflation system.

### SUPPLIES YOU SHOULD CONSIDER CARRYING:

- A cell phone to contact the "outside world" should you need help.
- Waterproof / windproof jacket
- Extra thermal top or warm layer to wear if stopped
- An emergency/survival blanket
- Tire levers
- Puncture repair kit
- Chain tool
- Allen wrench set
- Spoke wrench
- First aid kit
- Money for pay phone
- Butt butter
- Food
- Chain lube
- Cash, debit card or credit card. (To purchase food/water/supplies.)
- Handlebar map case
- Duct Tape
- Zip-ties

#### DURING THE EVENT:

- Pace...if you get tired, take a rest. Don't start too hard. Remember the Tortise and the Hare? This is a long event...you be surprised how much ground you'll make/gain at the end if you stay consistent.
- Crashing is bad. It will affect your performance and possibly that of your bike. Try not to crash.
- There will be some tricky sections of road out there. If you feel nervous about riding a section you might consider getting off the bike a walking. Nothing is worse than a broken body and a broken bike. Sometimes walking is a good break anyway.
- Water. This is a must. More water than you would ever think you'd drink is advised.
- Food. In training, note what works well for you. Also, bring a large variety of food. You never know what might sound good to you after many hours in the saddle. Personal favorites that fall out of the traditional sports nutrition category: Ensure (big calories), Sour Gummy worms, fried chicken, pretzels, graham crackers and peanut butter, grocery store pastries, peppermints, baked potatoes. These are examples... find out what works for you and that you'll like to eat when tired. Know the symptoms of dehydration and "hitting the wall" and act accordingly.
- 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.
- Unless you are VERY familiar with the area where you are riding, carry a map and compass in a clear plastic bag.

#### THE WEATHER:

- Temperatures may range from below freezing to 70 degrees and can vary dramatically in the course of a couple hours...be ready for anything. Gear for working on your bike in cold temperatures is recommended.

#### HOTELS:

##### Host Hotel:

Emporia Travelodge  
2700 W. 18th Ave.  
620-343-2200

##### Other Hotels in the immediate area:

Candlewood Suites  
2602 Candlewood Drive  
620-343-7756

Comfort Inn  
2836 W. 18th Ave.  
620-342-9700

Econo Lodge  
2511 W. 18th Ave.  
620-343-7750

Fairfield Inn  
2930 Eaglecrest Drive  
620-342-4445

Holiday Inn Express  
2921 W. 18th Ave.  
620-341-9393

Motel 6  
2630 W. 18th Ave.  
620-343-1240

## DIRTY KANZA 200 – 2006 RIDER TESTIMONIALS

"An event is only as good as the people behind the scenes making it happen. I can say that, to a man, Dirty Kanza had the best people behind it you could ask for. They obviously took what Trans Iowa inspired them to do and made it their own. Kudos to the staff of Dirty Kanza!"

"When you look at the way the event was set up and the course it was run on, again, you have to be impressed. It could quite possibly be the ultimate gravel grinder. With the length, the hills, and the variance in texture and quantity of the gravel road surface, Dirty Kanza has raised the bar on what an epic gravel grinder is."

Mark "Guitar Ted" Stevenson  
Waterloo, IA  
Trans-Iowa Race Promoter

"What a race. The course was unbelievable... We were riding through open cattle range on the rockiest roads I have ever seen. After that we hit the mother of all downhills. It was a rock road littered with even bigger rocks and there was a good sized ditch down the left side... That was the scariest ride of my life..."

"This was one of the best races I've ever been to. It was well worth the 12-hour drive. The race promoters were great. They had the course marked well, great maps to follow and really just made it a fun atmosphere to race in. Thanks guys! I look forward to coming back next year."

Dave Simmons  
Grand Forks, ND

"Gravel roads in Kansas aren't like the ones in Iowa. What they call gravel I call rocks, big ones. And when they say Flint Hills they mean that there are arrowheads sticking out of the ground waiting, hoping, to puncture your tires. I want to go back and do it again."

Matt Maxwell  
Ames, Iowa

"Overall, this was a very good race. The riders were cool, the vibe was relaxed, and I had fun. It was hard, but not so hard that I wanted to shoot myself in the face for signing up. The section of hilly gravel between Cottonwood Falls and Eureka was super, and was just about worth the drive by itself."

Joe Partridge  
Grand Rapids, MI

"The race organizers did an awesome job of being organized for this event. I was very, very impressed. These guys had passion for this event and it showed 100% of the time."

"We were warned that the next 60 miles or so [after the midway checkpoint] were very secluded, and they were right. I believe we were on a road without an intersection for what seemed like 15-18 miles. There were one or two tough climbs here and one climb that seemed to go on for miles. It wasn't overly steep, but the road was rough and slow. The beauty of the surroundings certainly made up for the 8-9 miles per hour I was going. Then coming around this ridge on a hill I was suddenly flying down the most incredible down hill. It was like I was riding within a picture you would see in a magazine or something. It was pure heaven."

"I had a blast and will never forget it. I certainly would like to do next year's version, that is for sure."

"I want to thank the race directors for this incredible challenge. The course was amazing."

Paul Jacobson  
Gilbert, IA

"The race organizers did a fine job and I liked the fact that they actually marked every corner on the course, in addition to giving out maps. Marking a 200-mile course is no small task. So you fellers ought to be proud."

Dan Furman  
Rolla, MO

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