

Cycling - Gravel Grinder

Register online at CornhuskerStateGames.com

GENERAL INFORMATION

DATE:

Saturday, July 27, 2019

LOCATION:

Roca Tavern - Roca, NE

Early Registration Check-in: TBD

EARLY REGISTRATION CHECK-IN: TBD

TIMES:

The race will begin at 6:30 am.

All riders must be present at least 15 minutes before the start of their race for important pre-race announcements.

Distances:

Gold - 100 Miles

Silver – 50 Miles

Bronze - 25 Miles

*All distances are approximate until routes are finalized

POST RACE MEAL: A post-race meal and drink will be provided to all participants.

TECHNICAL ASSISTANCE: Support stations will be located along the route. Support stations will have water, fruit, and snacks to refuel.

RULES: All riders are required to wear helmets, carry cell phones and enough water for 30 miles. Bikes must be equipped with a headlight, red tail light and a properly calibrated cycling computer. This is a self supported race meaning no outside help from a support crew is allowed. See complete rules sheet at CornhuskerStateGames.com.

ROUTES: Routes will be held on county roads around Lincoln. Maps and downloadable GPS routes from Ride With GPS will be available at CornhuskerStateGames.com once routes are finalized, and will be provided to each rider on the week of the race.

EVENTS

Gold Route: Approximately 100 miles. 12 hour time limit. Competitive, timed race.

Silver Route: Approximately 50 miles. 6 hour time limit. Competitive, timed race.

Bronze Route: Approximately 25 miles. Non-competitive ride.

Event Name	Event Code
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Gold Route

Men Open	1
Men Masters (50+)	2
Men Single Speed	3
Men Fat Bike*	4
Women Open	5

Sponsored by:



Women Masters (50+)	6
Women Single Speed	7
Women Fat Bike*	8
Tandem Open	9
<u>Silver Route</u>	
Men Open	10
Women Open	11
<u>Bronze Route</u>	
Non-Competitive Ride	12

*Fat Bike is considered anything with more than 3.5" wide tires on 50mm or wider rims.

AWARDS

MEDALS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each of the Full Race divisions. All riders who complete the Non-Competitive ride or Full Race within the time limit will receive a Cornhusker State Games commemorative medallion and be eligible for other prizes.

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 19!

Make plans to join us on Friday, July 19 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SPORTFEST | 4:30 – 7 P.M. | LINCOLN EAST HIGH SCHOOL

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

OPENING CEREMONIES | 8 P.M. | SEACREST FIELD

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

ATHLETE PACKETS & TEAM BOXES

Choose the Shipping Option and get a Free Arby's Sandwich!

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the Gravel Grinder web page.

MULTI-EVENT CYCLING DISCOUNT: All Gravel Grinder participants who register for Mountain Bike, and/or Tour will receive a \$7 discount per additional event by entering coupon code **CYCLE** at checkout. All registrations must take place on the same transaction to receive the discount.

ENTRY FEE INCLUDES: Competition in the 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact Gravel Grinder Director Jason Cyboron at Jason.cyboron@gmail.com or 402-610-1742.

To Sponsor a Check-point: Contact Gravel Director Jason Cyboron.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.