

For updates regarding COVID-19, please refer to the Cornhusker State Games website.

# Cycling - Gravel Grinder

*Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)*

## GENERAL INFORMATION

**DATE:** Saturday July 18, 2020

**LOCATION:**

TBD

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](http://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](http://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
Women Masters (50+)	6

Sponsored by:



Women Single Speed	7
Women Fat Bike*	8
Tandem Open	9

#### Silver Route

Men Open	10
Men Masters (50+)	11
Men Single Speed	12
Men Fat Bike*	13
Women Open	14
Women Masters (50+)	15
Women Single Speed	16
Women Fat Bike*	17
Tandem Open	18

#### Bronze Route

Non-Competitive Ride	19
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\*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 17!**

For more information regarding Sportfest and Opening Ceremonies, please refer to Opening Ceremonies web page.

## **ATHLETE PACKETS & TEAM BOXES**

Due to COVID-19, all athlete packets will be shipped. A shipping fee of \$5 (Individuals) or \$15 (Teams) will be added upon checkout. Packets include athlete shirt and one free Arby's sandwich certificate per person. Athletes will receive their packet prior to competition.

## **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 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Sponsor gifts and coupons.

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

## **FURTHER INFORMATION**

**Sport Specific Questions:** Contact Gravel Grinder Director Jason Cyboron at [Jason.cyboron@gmail.com](mailto: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](mailto:info@nebraskasportscouncil.com).