

2024 DUST BOWL 100 Technical Guide









Zipp is all about Making You Faster, no matter your gravel goals. The 303 Firecrest is your go-to wheelset for all roads.

Learn more at zipp.com.



303 FIRECREST

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WELCOME

Community. It's the first theme that came to my mind when I sat down to write this. And while I think the word community has become a little cliché, I can't think of a better word to describe what the Dust Bowl 100 presented by Zipp has come to represent for me:

Eminence - When I envision small town Indiana, this is what I think of: rural, sandwiched between crop fields and void of stoplights and traffic. Enough amenities to meet your daily needs - somewhere to grab a sandwich, cash your paycheck, fill the gas tank, mail a package, and worship on Sunday morning. Residents with a sense of pride in their town, a loyalty to their work, and an abundance of spirit for their high school athletic teams. Eminence is that town. And we're so grateful that they have allowed us to become a part of their community. One of the most meaningful gestures that will remain with me for a long time is when the town added the Dust Bowl 100 logo to their "Welcome to Eminence" sign last year. Talk about feeling like you made it in a small town! I would also be remiss if I didn't shout out the amazing Putnam County community too; talk about a county focused on expanding outdoor recreation! It's quietly but quickly becoming a cycling hot spot in Indiana!

Participants - We did a small, free, grassroots test run of the Dust Bowl 100 in July 2020, and I can't tell you how important that beta event was to setting a strong foundation for the DB100. 13 riders that participated in that test event have come back to the Dust Bowl 100 each and every year since, and we'll be recognizing those 13 for starting their 5th consecutive Dust Bowl 100 this year. Many of those 13 I knew in 2020, but a handful I had never met before that day. But I can honestly say that I consider all good friends today. That's community - finding a shared passion and building relationships through that. I've seen so many other examples of this as well, including the Zipp Recon Rides that exploded in participants this year with riders of all experience and skill levels (a special thanks to School of Rocks and Bicycle Indiana/Indiana Gravel for helping foster the community at those rides too!).

Sponsors - I'm humbled every time I look at our sponsor list. I'm not a salesman, nor am I a fundraiser. So the breadth and depth of the DB100 partners is a true testament to the power of community. A majority of the partnerships have developed organically through friendships, friends of friends, or just amazing business owners that reach out wanting to get involved with an event in their backyard. Again, it's been the relationships that have developed through these partnerships that I truly treasure more than anything else. I'm proud to represent these brands. I don't have enough space on this page to thank them all, and wouldn't feel right just highlighting some, but please check out the sponsor page and show your appreciation for these sponsors where you can.

Volunteers - Talk about some special people in the DB100 community! Some of my favorite feedback I read every year is about our awesome volunteers. Their smiles, encouraging words, and just rockstar attitudes set the tone for this event, and I'm so grateful for them and the time they dedicate. We have volunteers that travel in from out of state to help every year! Please be sure to give these people a high five or thank you!

So if you're already a member of the Dust Bowl 100 community, thank you and I can't wait to spend yet another awesome weekend with you! If this is your first Dust Bowl 100, then welcome to the community! We're stoked to have you!

See you soon in Eminence!

Marc O'Leary Dust Bowl 100 Race Director <u>Elevate Endurance LLC</u>



ABOUT EMINENCE

The Dust Bowl 100 event headquarters will again be located on the Eminence Community School grounds in Eminence, Indiana.

Eminence is situated on the western edge of Morgan County and is conveniently located just 7 minutes off Interstate 70 and only 30 minutes west of downtown Indianapolis. State Roads 42 and 142 intersect in Eminence, making it easily accessible for participants coming from all directions.

The town was laid out in 1855 and has had a post office in operation since 1857. For over 100 years the Eminence Community School Corporation has served the youth of Eminence and surrounding Adams and Ashland townships. Today, the corporation has a student population of approximately 395 students in grades PK through 12.

In addition to the post office, Eminence is home to two churches, the A&A Fire Department, and a branch of Citizens Bank.

And, in case you need any last minute nutrition or hydration needs, the Eminence Dairyland convenience store is also located in town (0.2 miles from the Dust Bowl parking) and will be open from 7:00am through 10:00pm the day of the Dust Bowl.





DUST BOWL 100 SUPPORTS:

The Dust Bowl 100 was able to support the following programs and initiatives in 2023:

12 bicycles donated to students in the <u>Eminence</u>
 <u>Community Schools</u> system

- \$2,650 raised for the Eminence Athletic Department
- 8 full student scholarships funded for the 2023 <u>Indiana</u> <u>Interscholastic Cycling League (NICA)</u> season
- 1,500 food items donated to the Eminence Christian Church food pantry

Monetary donations to <u>Bicycle Indiana</u> and <u>Putnam Parks</u>
 <u>& Pathways</u> to support their work in expanding cycling opportunities in Indiana.



In addition to increasing our support of those same causes in 2024, the Dust Bowl 100 will officially be a <u>Bicycle</u> <u>Indiana</u> Funding Ride, donating \$1 per participant to the state's leading bicycle advocacy group.







SCHEDULE OF EVENTS

Friday, July 26th (all at Eminence Schools)

(all times EDT)

- > 12:00pm Early Packet Pickup begins
- > 12:00pm Vendor Expo opens
- > 1:00pm T-Shirt Ride hosted by VC Adventures (aka the Vegan Cyclist)
- 2:00pm On-site camping check-in begins
- > 3:00pm Zipp Pre-Ride
- > 5:00 7:30pm Pasta Dinner
- 6:00pm Kids' Race
- 8:00pm Packet Pickup and Vendor Expo close

Saturday, July 27th

- > 6:00am Check In/Packet Pickup opens
- > 7:50am Riders' Meeting (all distances) at the start/finish line (required)
- > 7:55am Drop Bags must be loaded into the SAG truck
- > 8:00am 100 Mile START!*
- 8:15am 80 Mile START!*
- 8:30am 44 Mile START!*
- >11:00am Post-race meal available BBQ and Shaved Ice (vegan options available)
- Podium presentations will take place at 12:00pm, 1:45pm, 3:30pm, and 5:00pm (each category's podium time is dependent on when the 3rd place rider for that category finishes)
- > 12:30pm First round of Drop Bags returned to Eminence
- 1:00pm Live music from Derek Chastain on the Dust Bowl 100 stage
- > 2:00pm Live music from War Radio on the Dust Bowl 100 stage until 5:00pm
- > 3:00pm All remaining Drop Bags returned to Eminence
- 6:00pm Official Race Cut-Off Time;

* Separate, neutral mass start for each distance (lead car will pull off at mile 2.5 at which point the race will commence) ** SAG cut-off times are listed in the SAG Stop section





FRIDAY DETAILS

All Friday (7/26) activities will take place in Eminence this year.

Vendor Expo (12:00pm – 8:00pm): Over a dozen vendors will be on-site with giveaways, demos, and more. See the Vendor Expo section on page 26 for additional details and a list of all vendors.

Early Packet Pickup (12:00pm – 8:00pm): check in and grab your bib, swag bag, and race t-shirt on Friday so it's one less thing you have to worry about race morning! Takes place in the main DB100 tent.

T-Shirt Ride with Tyler Pearce (the Vegan Cyclist) (1:00pm): Join the Vegan Cyclist for a chill, no-drop t-shirt ride. Ride will leave from the Eliel booth at the vendor expo.

> Route will be 14 miles (RidewithGPS <u>route</u>; Strava <u>route</u>).

Zipp Pre-Ride (3:00pm): For those of you that would like a sneak peak of the Dust Bowl 100 course, Zipp will be leading an official pre-ride of a portion of the course. Ride will leave from the Zipp arch.

Route will be 21 miles and will include the first 6 miles and last 11 miles of the course (RidewithGPS route; Strava route).

Pasta Dinner (5:00pm – 7:30pm): Eminence Schools will be hosting a pasta dinner for all participants (and friends, family, etc.). Cost is \$10/person and all proceeds will go directly to the school. Meals include an entree (pasta with meat sauce or tomato sauce, or Italian chicken), plus tossed salad, garlic bread, drinks, and dessert. Please pre-pay for your meal by purchasing a meal ticket at <u>bikereg.com/dustbow1100</u>. Carb up before race day and support a great cause at the same time!

Kid's Race (6:00pm): FREE for kids 12 and under! This will take place entirely on the Eminence Community Schools property on a closed course. It will be a $\frac{1}{2}$ mile loop that starts under the official Dust Bowl 100 arch, goes through the vendor expo area, travels down a gravel drive, and then utilizes the final $\frac{1}{4}$ mile of the official Dust Bowl 100 course to finish. All participants will receive an award! While there is no cost to participate, all kids must be registered at <u>bikereg.com/dustbowl100</u>.

Camping: On-site camping options are available Friday and Saturday nights. See page 32 for full camping details.



RACE DAY DETAILS pre-race

Check In/Packet Pickup: All participants that do not pick up their packet Friday will need do so Saturday morning (7/27). **Check In will open at 6:00am, and close at 8:15am.**

****Riders' Meeting**:** We will have a **mandatory** pre-race Rider's Meeting for **ALL distances/categories** at 7:50am. This will take place at the start/finish line. 100 mile riders should line up in the staging area for the meeting and subsequent race start (see page 12 for this location); 80 and 44 mile riders can congregate in the overflow staging area (see page 12) or near the registration tent. We will be giving out some vital race information as well as giving away some big prizes during the riders' meeting so don't miss this!

Donuts/Coffee: Free donuts from <u>Reds</u> and coffee from <u>The Inkwell</u> will be available for all participants before the race!

Restrooms: Porta-potties will be available near the start/finish line. The permanent restrooms at the Eminence baseball facility will also be unlocked and available for use.

Team Tents: Teams and participants are welcome to set up tents in our designated location (near the playground). See the Venue Map on page 12 for the Team Tent location. Please note, alcohol is not allowed on the Eminence Community Schools property (nor at any other venues used by the event).

Giveaways: In addition to the Riders' Meeting giveaways, we'll have other random giveaways from our sponsors throughout the day (including Eliel, Rudy Project, Trek, USWE, and Pheifer's Saw Shop). Make sure to listen for the announcements!

Photos: John Lobban Creative will be providing the official finish line pictures, as well as oncourse photography throughout the day. Jake Rytlewski will also be out on course capturing drone footage and supplemental images. Links to all photos captured during the day will be shared on <u>https://www.dustbowl100.com/results</u> within a few days of the race.





RACE DAY DETAILS post-race

Post-Race Meal: All participants will receive a free post-race meal and shaved ice. Smokin' J's BBQ will be providing the lunch (choice of pulled pork, chicken, or pasta salad, plus sides and drinks), while <u>Frigid Frog</u> will be providing shaved ice. You will receive a race number bib that will have tear off tickets for both the meal and shaved ice at the bottom (the number bib will then go in your Drop Bag if you're utilizing that service – please make sure to tear off the meal tickets before putting the number in your drop bag).

SILCA Bike Wash Station: The Dust Bowl is aptly named, so we know many of you will want to clean your bike before loading it up and heading home. Thanks to <u>SILCA</u>, we'll have a bike wash station available on-site stocked with their line of <u>bike care products</u>. **Students** from Eminence Middle School will be assisting with the SILCA Bike Wash Station and will be accepting free-will donations in exchange for the bike wash (they will be raising funds for field trips, guest speakers, and class shirts). So please bring a few bucks to throw their way! Lastly, a thank you to <u>Pheifer's Saw Shop</u> who has provided Stihl pressure washers for use. See Venue Map on page 12 for location.

Showers: For \$5, shower/locker room facilities at the school will be available after the race from 11:00am to 6:00pm. This \$5 fee go directly to the Eminence Athletic Department. Enter school door #6 for shower access (see Venue Map on page 12).

First Aid: The Eminence A&A Fire Department will have an EMT on-site all day to help clean up minor road rash and provide guidance on any other medical issues that may arise. There will be a "First Aid/Incident Reporting" tent right next to the main Dust Bowl 100 tent.

Podiums: Podium awards will be given to the top 3 finishers in each 100 mile category (podiums will be 5-wide for the 44 and 80 mile categories since there are only open and masters categories). Presentations will take place at 12:00pm, 1:45pm, 3:30pm, and 5:00pm (each category's podium time is dependent on when the 3rd place rider for that category finishes). See the Awards section on page 25 for more details.

Live Music: Derek Chastain will open with an acoustic set from 1:00-1:45pm, followed by War Radio from 2:00pm – 5:00pm (page 36 has bios on each artist). After your race, clean up, grab some food and drink, pull up a chair and listen to some great music! 10

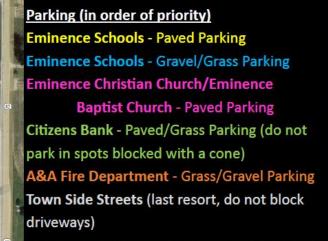
PARKING

While free parking is available for all participants, please note that there are limited surface lots available in Eminence; therefore, please adhere to these parking guidelines to ensure everyone has an accessible place to park and that the local residents and businesses are not impacted:

- Please carpool to the race if at all possible.
- If parking in a paved lot, only take up one space. If you need additional room, please park in one of the grass areas indicated on the map below.
- DO NOT park in handicap spots unless you have a handicap tag.
- Only park in the areas designated on the map below, OR on the side streets in town. If parking
 on the side streets, please do not park directly in front of homes or driveways.
- DO NOT park in the Eminence Dairyland lots, in the Citizens Bank spots blocked with a cone, or in any other areas marked with a red X on the map.

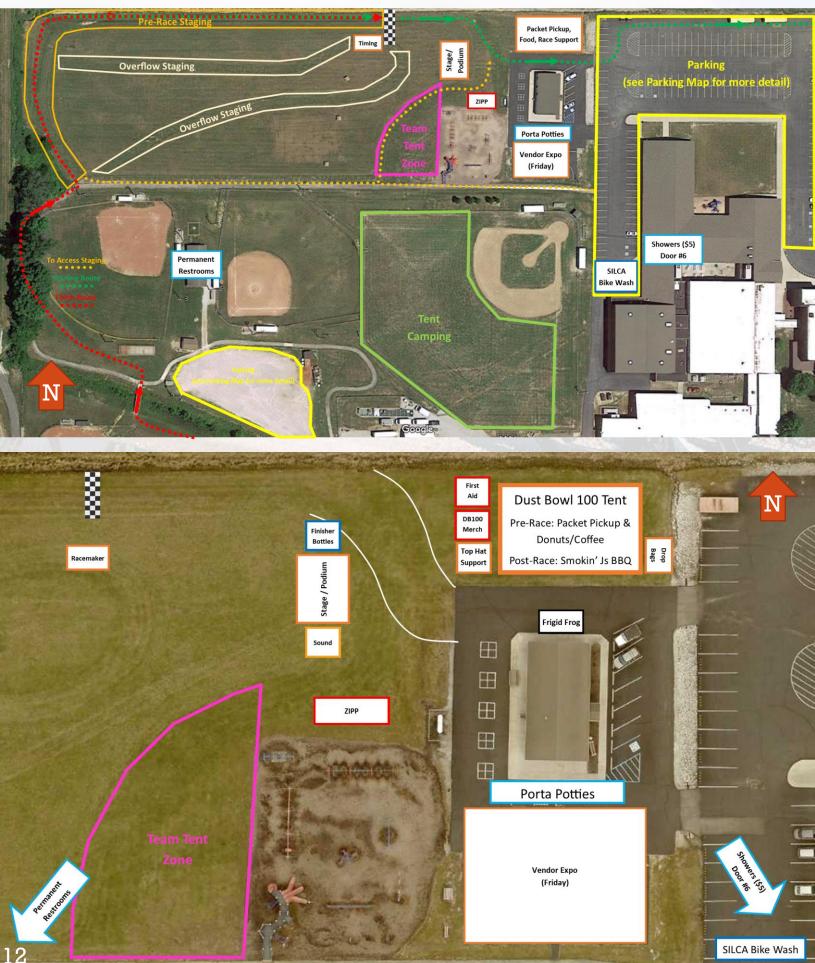
Those arriving first should park on the Eminence School grounds, but overflow parking is available at nearby Eminence Christian Church, Eminence Baptist Church, Citizens Bank, and the A&A Fire Barn property (all within 0.3 miles away).

Address: 6760 State Road 42 North, Eminence, IN, 46125 (Eminence Community Schools)





RACE VENUE LAYOUT



RULES OF THE DUST BOWL 100

- 1. <u>The Golden Rule.</u> Treat others how you want to be treated. Give high fives. Wave as you pass other riders. Speak politely. Share encouragement. We're all ambassadors for this great sport of cycling so let's act like it.
- 2. Participants must obey ALL city, county, and state laws, and "Rules of the Road." The course is open roads with car, pedestrian, and maybe even horse traffic. Yield to all vehicles and other pedestrians already on the roadway and stop at all stop signs (there are ZERO stop lights on course!). Ride no more than two abreast if at all possible. Follow the center-line rule by riding on the correct side of the road. Signal your turns. Indiana bicycle laws: https://iga.in.gov/laws/2023/ic/titles/9#9-21-11-1
- 3. <u>Ride Safely. Promote Safety.</u> In case of emergency, call 911. All riders must wear a helmet at all times. Stay alert at all times. There are a few fast downhill sections; these will be marked with caution signage, so please ride within your abilities. Call out road hazards and large holes (but you don't need to call out "gravel" (2)). Do not pass the neutral rollout vehicle at the start. Ride with caution when cresting hills and going around blind corners. The race director, SAG drivers, and aid station captains may remove any rider from the event that they feel is a hazard to other participants or themselves.
- 4. <u>Only trust yourself for navigation.</u> We highly recommend you have the route pre-programmed into your bike computer and utilize it during the ride (see *Course Info* section for details). We will have signage on course indicating key turns, busy intersections, and upcoming hazards, but YOU ARE RESPONSIBLE FOR YOUR OWN NAVIGATION. Furthermore, physical signs are prone to vandalism and/or removal, so should not be trusted as the sole source of information/navigation. We will have a limited number of route cue sheets also available at the Registration Tent before the start.
- 5. <u>Don't litter.</u> Please respect the awesome people and towns along the Dust Bowl 100 route by not littering. They're letting us use their home as our playground, so please respect that and make sure to pocket all of your trash and hang on to all of your water bottles. We'll have trash cans at each SAG stop where you can dispose of trash as needed.
- 6. <u>Personal SAG vehicles and outside support is only allowed at the designated checkpoints.</u> See the *Outside Support* section for a list of these locations. **BOTTLE HANDUPS ARE NOT ALLOWED** riders must be completely stopped to take on supplies.
- 7. <u>You are expected to fix your own equipment in case of mechanicals.</u> This is a self-supported event. If you get a flat or other mechanical you are expected to be able to fix it. That said, Crossroads Cyclery will provide neutral race support at the Endeavor Communications SAG stop (all distances) and Zipp will be at a couple other locations on course to assist with minor issues. We will also have a couple of roving SAG vehicles available to pick you up and bring you back to the finish if you are unable to fix your mechanical or continue with the race for any reason. However, the SAG vehicles will not be able to provide any mechanical assistance.
- 8. <u>No cutting the course, or advancing along the route by any means other than a bicycle (or by foot).</u> This will obviously result in disqualification and a removal from the official results if done to gain a competitive advantage. However, cutting the course due to a mechanical, injury, fatigue, or any other reason is permitted. Just let us know when you get back so that we can remove you from any potential awards (but you certainly can still enjoy the post-race meal and activities!).
- 9. Your timing seatpost tag must be affixed to your seatpost at all times. See Timing Tag section for additional info.
- 10. <u>Aero bars ARE legal.</u> But please use proper judgement and only use them when riding by yourself.
- 11. <u>E-bikes are only allowed in the 44 mile event</u> and must be registered in the E-bike category. This is a non-competitive category and no prizes will be awarded in this category.
- 12. <u>No alcohol allowed on course or on property owned by Eminence Community Schools, Eminence Christian Church,</u> <u>Eminence Baptist Church, Citizens Bank, or the A&A Fire Department.</u> Alcohol is not allowed on any of these properties. Please respect that rule so that these awesome hosts welcome us back in 2025.
- 13. <u>Failure to comply with any of these rules may result in disqualification and/or a ban from</u> <u>future events.</u>

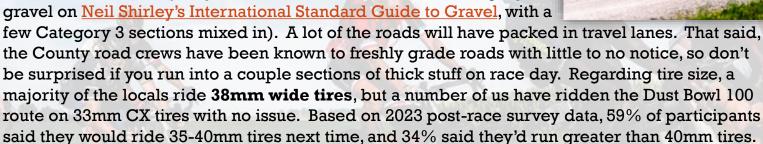


*Additional rules may be added at the discretion of the race director as necessary

COURSE INFO

We're excited to share some of Midwest's finest gravel roads with you this summer! As you would expect from Indiana, you'll see plenty of farm fields along the Dust Bowl 100 route. But you'll also ride through heavily wooded areas, climb rolling hills, cruise through a few small towns, and cross many historic bridges.

As a whole, the gravel on the route is well maintained and is small to medium in size (a majority of the course would be rated Category 2 gravel on <u>Neil Shirley's International Standard Guide to Gravel</u>, with a



The 100 mile route crosses US-40, IN-240, and IN-36 each twice, while the 80 mile route crosses both US-40 and IN-240 twice. Putnam County Deputy Sheriffs will be manning these intersections, but riders should still stop for traffic unless otherwise directed by the deputies. There are also a number of blind turns on course – riders must stop at all stop signs.

All courses will cross a bridge at mile 13 that is closed to vehicle traffic. There is also a bridge on the longer courses (mile 46 on the 80 and mile 65 on the 100) that is closed to vehicle traffic. There will likely be concrete barricades before and after both bridges. We will have these well marked with cones and signage, but please still use extreme caution.

There are a few slatted bridges on course, the worst of which comes at mile 35.8 on the 80 and 100 mile routes. Choose your line carefully here to avoid your tire getting caught in the slat.

There will be a few fast downhill sections on course, so please ride within yourself and utilize caution on these. Two downhills of note are at **mile 49** and **mile 53** on the 100 mile route – these are steep downhill sections that lead into the two covered bridges.

Additionally, 3.1 miles of the crushed limestone Vandalia Trail will be utilized on the 80 (**mile 48**) and 100 (**mile 67**) routes. Please note, this is an open trail and there may be other pedestrians using it during the race, so please be courteous when passing other trail users. There are a number of barriers/poles in the middle of the trail to prevent vehicle access; please be cautious when riding through these.

Lastly, CR 600S turns into a 2-track Jeep trail through the woods and is utilized on all 3 routes – 100 (**mile 84**), 80 (**mile 65**), and 44 (**mile 28**). There are some deep ruts, mud puddles, rocks, and debris along this section.

We strongly recommend you have the route pre-programmed into your bike computer and utilize it during the race. We will have signage on course indicating key turns, busy intersections, and upcoming hazards, but YOU ARE RESPONSIBLE FOR YOUR OWN NAVIGATION. Furthermore, physical signs are also prone to vandalism and/or removal, so should not be trusted as the sole source of navigation. 14 There will be a limited number of route cue sheets available at Registration.

100 MILE COURSE PRESENTED BY BLUEGRASS BICYCLE COMPANY

- ▶ 60 miles of gravel
- > 3,500 feet of elevation gain
- > 7 historic bridges crossed
- > 2 off-road adventure sections



> 4 SAG Stops (miles 29, 49, 62, 77) plus 1 water only stop (mile 88)

Ride with GPS Route: <u>https://ridewithgps.com/routes/45051166</u> Strava Route: <u>https://www.strava.com/routes/3240560397134582682</u>



80 MILE COURSE PRESENTED BY PALMER TRUCKS

PALMER T TRUCKS

ON THE ROAD SINCE 1965

- > 50 miles of gravel
- > 2,500 feet of elevation gain
- > 5 historic bridges crossed
- > 2 off-road adventure sections
- > 3 SAG Stops (miles 29, 43, 58) plus 1 water only stop (mile 69)

Ride with GPS Route: <u>https://ridewithgps.com/routes/45051170</u> Strava Route: <u>https://www.strava.com/routes/3240561132471425170</u>

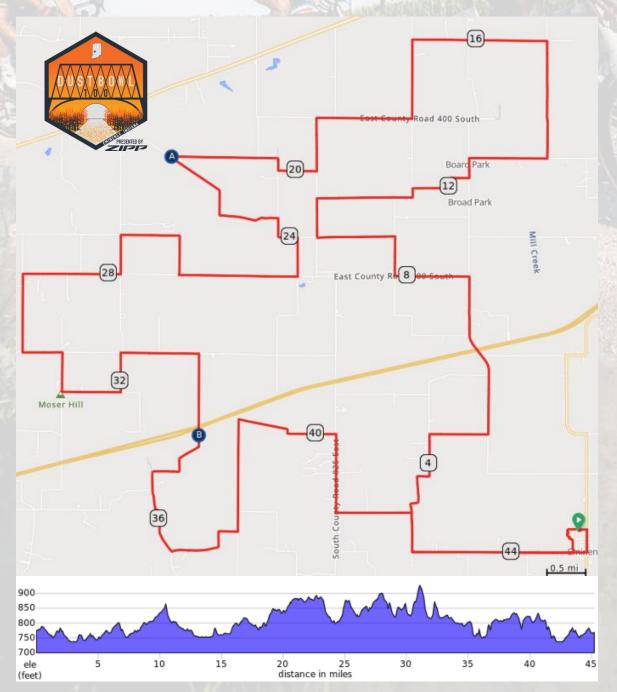


44 MILE COURSE PRESENTED BY HOME BANK

HomeBank

- > 30 miles of gravel
- > 1,300 feet of elevation gain
- > 2 historic bridges crossed
- > 2 off-road adventure sections
- > 1 SAG Stop (mile 22) plus 1 water only stop (mile 32)

Ride with GPS Route: <u>https://ridewithgps.com/routes/45051158</u> Strava Route: <u>https://www.strava.com/routes/3240561558422811794</u>



SAG STOP LOCATIONS

There will be four (4) SAG Stops on the 100 mile course, three (3) on the 80 mile course, and one (1) on the 44 mile course, plus a water only stop located 10 miles from the finish on all courses. A porta potty will be available at each SAG Stop.

Vandalia Trail SAG Stop (80 and 100 mile courses only)

- > 80 mile location: mile 29
- > 100 mile location: mile 29
- > Opens: 9:00am
- Closes: 11:30am



Big Walnut Nature Preserve SAG Stop (100 mile course only)

- > 100 mile location: mile 49
- > Opens: 10:00am
- Closes: 1:00pm



Oasis at the Beach SAG Stop (80 and 100 mile courses only)

- > 80 mile location: mile 43
- > 100 mile location: mile 62
- > Opens: 9:30am
- Closes: 2:30pm

NOTES: this is the location where Drop Bags will be left (see Drop Bag section for details).



This SAG stop will be on the banks of Clear Creek and is directly after the McCoy Road metal bridge crossing.



SAG STOP LOCATIONS cont.

Endeavor Communications SAG Stop (all courses)

- > 44 mile location: mile 22
- > 80 mile location: mile 58
- > 100 mile location: mile 77
- > Opens: 9:00am
- Closes: 4:00pm



Zipp Last Chance Saloon Water Stop (all courses)

- > 44 mile location: mile 32
- > 80 mile location: mile 69
- > 100 mile location: mile 88
- > Opens: 9:00am
- Closes: 5:30pm



Please make sure you *and* your bike are off the road when stopping at the SAG stops to ensure riders not stopping have a clear road to continue on



SAG STOP DETAILS

Each SAG Stop will be fully stocked with hydration and nutrition needs, including:

- Water (courtesty of <u>Aqua Systems</u>)
- <u>Tailwind Nutrition Endurance Fuel</u>
- ≻<mark>GU Energy</mark> Gels
- <u>Pickle Juice</u>
- Granola Bars
- Fig Bars
- > Pretzels
- Chips
- > Trail Mix
- Fruit Snacks
- Fresh Fruit



Other options for nutrition and hydration (as well as restrooms) are the two convenience stores along route:

Groveland BP (100 mile course only)

> 100 mile location: mile 44

Fillmore Quick Stop (80 and 100 mile courses only)

- > 80 mile location: mile 47
- > 100 mile location: mile 66





HOW TO FUEL WITH TAILWIND

() DIAL IN YOUR BASE



in 20-24oz of water per hour * this is the ratio you will find at aid stations **CALCULATE** YOUR FUEL

4 HOURS 800 CALORIES

3

CHOOSE A CARRYING METHOD

Be sure to continue targeting 20-24oz of water/hour by carrying plain water, or drinking water at the aid stations along the way.

USE YOUR FUEL

For a bladder or large bottle, sip continuously as you run.



GET STARTED WITH TAILWIND

Want to try Tailwind?

TRY THE STARTER KIT

USE CODE: JOINTHECREW24 FOR 25% OFF



21

NUTRITION

ON COURSE

HYDRATION

DROP BAG SERVICE

A complementary Drop Bag service is available for those of you riding the **80 and 100 mile courses**. Your drop bag will be taken to the Oasis at the Beach SAG Stop (approximately mile 43 on the 80 mile course and mile 62 on the 100 mile course).

> All riders will be provided a 1-gallon ziplock bag to be used for your drop bag. As shown in the picture below, this bag can fit two 26 oz. water bottles, plenty of gels and bars, and even some spare clothing.

> You will also be given a number plate to put inside of the bag; the number on the number plate will match your seatpost tag number, allowing you/volunteers to easily find your bag at the SAG stop.

- NOTE: The number plate also includes your meal ticket and shaved ice ticket at the bottom. Make sure to tear these both off before putting the number plate in your drop bag (if you don't, you'll have to wait until the drop bags are returned to get your post-race meal).
- > Drop bags will go in the bed of the black Ford F-150 pickup truck that will be staged by the Registration Tent. Place your drop bag in the appropriate bin based on your bib number (e.g. drop bag for bib #40 goes in bin labeled 1-99). **Drop bags must be in truck by 7:55am.**
- > At the SAG Stop, the drop bags will be located just past the SAG tent.
- Once you're done with your drop bag, place it in the designated bin marked "return to Eminence."

> Used drop bags will be returned to the Registration Tent. We plan to make at least two trips to return the bags: those bags used before 12:00pm will be returned to Eminence around 12:30pm. All other bags will be returned to Eminence around 3:00pm.





OUTSIDE SUPPORT/SPECTATOR GUIDE

As seen in the SAG Stop section, there will be MANY SAG stops and PLENTY of nutrition and hydration at each, so by no means is having outside support and/or a personal SAG vehicle necessary.

That said, if you do decide to have a personal SAG vehicle or outside support, **any interaction with them is ONLY allowed at the designated locations listed below**. Riders found taking outside support from somewhere other than these designated locations will be disqualified. Also, please note that **BOTTLE HANDUPS WHILE MOVING ARE NOT ALLOWED** – riders must be completely stopped and off the road to take on supplies.

Additionally, because many of the Dust Bowl 100 roads are narrow and have blind corners, rolling hills, or tall crops, for the safety of the participants we also ask that any spectators that wish to cheer on family or friends only do so at these designated locations.

Note: the mile markers listed below are for the 80 and 100 mile courses; we ask that 44 mile riders only utilize the SAG stop and water stop on course for any/all needs.

100 mile markers in red, 80 mile markers in blue

- Bethel Baptist Church 7484 E Range Line Rd, Fillmore, IN 46128 25.9 / 25.9
- North Putnam High School 8869 250 E, Roachdale, IN 46172 51.4
- > Town of Fillmore (the Quick Stop or Christian Church are good options) 66 / 47
- Big Walnut Sports Park 1562 S County Rd 250 E, Greencastle, IN 46135 71.3 / 52.1
- Belle Union Sports Park (just off course) 7950 E County Rd 600 S, Greencastle, IN 46135 - 80.2 / 61.1
- Eminence Community Schools (Dust Bowl 100 start/finish) 6764 IN-42, Eminence, IN 46125

<u>Click here to view all of the Outside Support/Spectator locations on this</u> <u>Google Map (click on the location on the map, then click the location</u> <u>name at the bottom to launch directions)</u>

Recommended spectator/personal SAG driving routes:

- <u>100 Mile Spectator Route</u>
- 80 Mile Spectator Route



TIMING TAG & RESULTS

Each participant will receive a numbered seatpost tag at check-in; this seatpost tag must be affixed to your bike's seatpost at all times as it contains the timing chip that will be scanned at the finish line to record your official finish time. See the images below for correct (and incorrect) placement of the seatpost tag.

We will also have timing checkpoints at three locations on course (approximately miles 20, 62, and 77 on the 100 mile course) so your friends and family can keep track of your progress back home.

Live timing and results will be available all day at:

runsignup.com/dustbowl100/results





Correct



Correct

Incorrect

Seatpost tag numbers will correspond with the distance that participant is registered for:

100 Miles: tags #1 through #550* 80 Miles: tags #551* through #700* 44 Miles: tags #700* through #1,050

*approximate numbers but may vary slightly depending on final participant breakdown



SWAG

- Swag Bags: Thanks to our generous sponsors, we will be giving out swag bags to all participants at packet pickup.
- Event T-Shirt: All Dust Bowl 100 participants will receive a free softstyle short sleeve t-shirt, compliments of <u>Gear Up Cyclery</u>. Shirts will be handed out at packet pickup.
- Merchandise: Any other merchandise that was ordered during registration will also be given out at packet pickup; this includes hats, decals, and extra t-shirts. We will also be selling additional merchandise at the Vendor Expo and on race day.
- Jerseys: Eliel will be on-site selling limited edition Dust Bowl 100 jerseys and bibs.

AWARDS

Overall Winner Award: The first overall male and female finishers of the 100 mile course will receive a unique "Dust Bowl" trophy fabricated by <u>JAG Metal Solutions</u> using repurposed bike chains.

Podium Awards: The top three finishers in each category/distance will receive a special die-cut metal plaque, as well as a limited edition gold Dust Bowl 100 podium bottle. Podium presentations will take place at 12:00pm, 1:45pm, 3:30pm, and 5:00pm (each category's podium time is dependent on when the 3rd place rider for that category finishes).

Finisher Awards: All finishers will receive a commemorative Dust Bowl 100 finisher bottle, plus a cooling towel (courtesy of <u>Lithko</u> <u>Contracting</u>) upon crossing the finish.



VENDOR EXPO

The Dust Bowl 100 vendor expo will run from 12:00pm through 8:00pm in Eminence on Friday, July 26th. The Expo will be located just south of the main tent (see the *Venue Map* on page 12 for exact location). Confirmed vendors include:

> Zipp/SRAM

Eliel Cycling - Eliel ambassador, ultra-distance champion, and content creator Tyler Pearce (the Vegan Cyclist) will also be at the Eliel tent all day, challenging anyone and everyone to a track stand competition! Anyone that can beat Tyler will receive some sick swag!

- > <u>SILCA</u>
- > <u>Trek</u>
- > Westfield Cyclesports
- > Bluegrass Bicycle Company
- <u>Tennessee Gravel</u>
- School of Rocks
- Ghost Hydration
- Back Your Badge Marathon
- > Aqua Show LLC
- > Official Dust Bowl 100 Merchandise



FREE PARTICIPANT WI-FI!

Thanks to Roeing IT Solutions and Eminence Community Schools, all participants will have free Wi-Fi access all weekend in Eminence! Here are the details:

> Wi-Fi Network Name: DB100 Guest

Once connected, you will be presented with a landing page where you'll be able to review the terms & conditions and click a button to gain Internet access.

Please note: access may be limited on Saturday due to the number of people onsite. Please limit usage to necessary tasks and avoid using streaming services on your device as that will slow the network for all.

ROEING

SOLUTIONS

FASCAT COACHING'S 4 TRAINING TIPS FOR THE DUST BOWL 100

<u>Coach Jake Rytlewski</u> of <u>FasCat Coaching</u> has ridden the DB100 roads many times, coached numerous DB100 finishers, and is also one of the official photographers for the race. To say he knows the course and what it takes to be successful is an understatement! And now he's sharing that knowledge with you in the latest <u>FasCat Coaching video</u> where he discusses <u>4 training tips</u> that are specific to his knowledge of the Dust Bowl 100 race course:

- 1. Cornering
- 2. Group Riding
- 3. Anaerobic work
- 4. Tire choice



Don't forget to check out the <u>FasCat training app</u>, where new subscribers get the first month free.



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GEAR CHECKLIST

While it comes down to personal preference on what to bring, wear, and carry for a gravel race, below are some items that we would highly recommend packing for your trip to the Dust Bowl 100.

Please note, while we will have roving SAG vehicles available to pick you up if you are unable to fix a mechanical or continue with the race for any reason, we still fully expect riders to be self-sufficient and able to fix their own flats or minor mechanicals.

- Have your local bike shop tune up your bike a couple weeks before the race
- Bike
- GPS Computer or Smartphone with the route loaded (see Course Info section for route links); we will have cue sheets available if you do not have a computer/phone
- **3** water bottles (3rd bottle can go in a jersey pocket) or a hydration pack
- Nutrition (snack, energy gels, bars, fruit personal preference)
- Bike bag(s) to carry supplies/nutrition (saddle bag, frame bag, top tube bag, and/or handlebar bag)
- Helmet
- Sunglasses
- Jersey
- Bib shorts
- Padded cycling gloves
- Socks
- Cycling shoes
- Sunscreen
- □ Tire pump
- Chain lube
- Multi-tool with chain tool
- Chain quick link
- Zip ties
- Mini pump or CO2 inflator/CO2 cartridges
- 2 spare inner tubes
- □ Tire levers
- Bacon strips or Dynaplug if running tubeless tires
- Cash or Credit Card (in case of gas station stops)
- Front and rear blinking lights (not required, but highly encouraged)



ZIPP'S FIVE TIPS TO MAKE YOU FASTER AT DUST BOWL 100

Zipp is all about making you faster, especially as you tackle Indiana's premier gravel century, the Dust Bowl 100. Below are five Zipp tips for getting the most out of your experience, whether you're riding the century route or the 80 or 44-mile options.

ONE

Tire pressure is a critical component of speed, especially reducing vibration loss (and rider fatigue) on gravel. Dial in your tire pressure with the <u>Zipp Tire Pressure guide</u>*

TWO

- Zipp offers multiple wheel options for gravel riders.
- The 303 Firecrest is the go-to gravel wheel for our fastest pros.
- The 303 S borrows many great technologies from the 303 for a great value.
- The 101 XPLR smooths out your ride thanks to Zipp's MTB MOTO technology.

Setting up your Zipp hookless wheels doesn't have to be complicated. This video shows you how.

THREE

Your tire is your connection to the road or trail. Fast-rolling Zipp <u>G40 XPLR tires</u> are ideal for the Dust Bowl 100. If you do experience a flat, in many cases you can simply <u>plug it roadside</u>.

FOUR

The <u>Zipp Service Course SL-70 XPLR</u>, designed for ergonomic all-roads efficiency, is the perfect bar for going fast on gravel.

FIVE

With Zipp, you can have confidence you're riding the most advanced wheelsets backed by our <u>lifetime warranty</u>. Learn all about our <u>Total System Efficiency (TSE) approach</u> to making you faster in all conditions.

Zipp is proud to support the Dust Bowl 100, which brilliantly showcases the scenic and challenging gravel riding in our home state of Indiana. In fact, the Zipp factory is only a short drive from the Dust Bowl 100 course. Take a look inside Zipp's Indy operations in this <u>Making You Faster video</u>!





LOCAL BIKE SHOPS

Gear Up Cyclery

Located in downtown Plainfield, Indiana, Gear Up is just 10 minutes from the Dust Bowl 100 hotels in Plainfield, perfect if you're coming to the race from out of town and need any last minute tune-ups or gear. Gear Up carries Trek, Scott, and Bianchi bikes and offers a full range of bicycle services, accessories, and clothing.

Address: 124 West Main Street, Plainfield, IN, 46168

Hours: 11:00am - 5:00pm (Tu-F), 10:00am - 3:00pm (Sat)

Phone: (317) 203-5045

Bluegrass Bicycle Company

Bluegrass is the official Bike Fitter of the 2024 Dust Bowl 100 and run a shop out of their home in Brownsburg where they specialize in bike fitting services and sell brands such as Cannondale, Orbea, Mosaic, Time, and Look. Bluegrass will accurately fit and adjust the bike to your body and riding style. Once you purchase a lifetime bike fit and/or bicycle, you become a member of the Bluegrass family and also get access to their professional bicycle repair services!

Address: 10929 E. County Road 750 N, Brownsburg, IN, 46112

Hours: By Appointment Only

Email: info@bluegrassbicyclecompany.com

Westfield Cyclesports

While not in immediate proximity to the Dust Bowl venue or hotels, Westfield Cyclesports is available to meet the pre-race needs of anyone traveling through the north side of Indianapolis on their way to the Dust Bowl (e.g. those coming from Northern Indiana, Michigan, etc.). Westfield carries Specialized, Scott, and Trek bikes, along with anything and everything you would need for your ride.

Address: 18128 Market Ct., Westfield, IN 46074

Hours: 9:00am - 6:00pm (Tu-F), 9:00am - 4:00pm (Sat)

Phone: (317) 867-4422

Crossroads Cyclery

Located in Terre Haute, Crossroads Cyclery is a good option for anyone traveling in from the west. Crossroads will also be at the Endeavor Communications SAG Stop on race day providing in-race support.

Address: 1102 Ohio Street, Terre Haute, IN 47807

Hours: 10:00am - 5:00pm (M-W, Sat), 10:00am - 6:00pm (Th-F)

Phone: (812) 242-2453

Top Hat Cyclery

Top Hat Cyclery is a bicycle service and repair shop located in Greencastle. Owner/Mechanic Chris Flegal has more than a decade's worth of shop-related experience under his belt, including serving as the head mechanic at a bike shop in Central Pennsylvania.

Phone: (717) 919-3692

Top Hat Cyclery will be on-site at the Dust Bowl 100 to provide complimentary pre-race support (tire pressure, brake check, fine-tune shifting, etc.)!





CYCLESPORTS



clerv //

adventure



10% OFF ANY BICYCLE TUNE-UP

Get your bikes tuned-up and ready for this year's Dust Bowl 100!

Use this special coupon to recieve 10% off any one (1) bicycle tune-up at Top Hat Cyclery (Greencastle, IN). Service work is by appointment only. Offer only valid for registered riders of 2024 Dust Bowl 100, just show your registration confirmation during drop off! Offer expires 9/1/24.

facebook.com/tophatcyclery tophatcyclery@gmail.com Call Chris @ 717-919-3692



RUDY PROJECT DISCOUNT!

As a Dust Bowl 100 participant you get the exclusive offer to create an account with Rudy Project to receive pro-level pricing (35% off retail) on helmets and eyewear, including prescription glasses. Check out Rudy's helmets like the all new "Rebel" or their aero-style and wind tunnel tested racing helmets like the "Nytron." Many of Rudy's sunglasses feature Impact X photochromic lenses which are indestructible.

To access discounted pricing, simply click the link below, create your account, and begin shopping (discounted prices will be reflected once you create your account and login):

https://www.rudyprojectna.com/pages/vip-login?team-code=teamcfw





CAMPING

On-site camping will once again be available Friday and Saturday nights, July 26-27, on the baseball fields at Eminence Community Schools!

Campers will have overnight access to the baseball field restrooms (with running water), and porta potties will also be on-site for use. Shower facilities will be available after the race on Saturday from 11:00am to 6:00pm (additional \$5 fee supporting the Eminence Athletic Department). There is no electrical hookup access.



Camping spots open at 2:00pm on Friday, July 26. Additional check-in details will be provided to campers on race week.

Cost is \$25/night for a 10x10 camping spot (cost is \$40 for both nights). An On-Site Vehicle Camping option is available as well. All proceeds will go back to Eminence Community Schools and the A&A Fire Department.

To reserve your spot, please visit the "Event Items" section at <u>bikereg.com/dustbowl100</u> and select the "On-Site Camping" option (simply select the night(s) you want to camp, add it to your cart, and check out. We'll tie it to your event registration on the back end).

If you're looking for a dinner option for Friday night, Eminence Schools will be hosting a **pasta dinner**. Cost is \$10/person and all proceeds will go directly to the school. You must pre-pay for your meal by purchasing a meal ticket at <u>bikereg.com/dustbowl100</u>.

See the Venue Map on page 12 for the camping location.

CAMPING RULES:

- > No fires. Camp stoves may be used on the sidewalk/parking lot.
- > No firearms or weapons on school property.
- > No alcohol, tobacco or drug use on school property.
- > No glass on the baseball fields.
- > Leave no trace pick up your trash.
- > Quiet hours begin at 10 p.m.



LODGING

We are pleased to be partnering with a few great hotels to offer discounted rates for Dust Bowl participants. All hotels are located just 20-25 minutes from Eminence.

Room Blocks at each were only guaranteed through June, but additional rooms may be still be available.

Holiday Inn Express Plainfield/Indy Airport (20 miles east)

- > \$139 King or \$169 Double rooms
- > Book via this link or call 317-839-9000



Embassy Suites Plainfield/Indy Airport (20 miles east)

- > Group code **DBR** is good for \$174 Suite rooms
- > Book via this link or call 1-800-EMBASSY



<u>The Inn at DePauw</u> (Greencastle, 20 miles northwest)

- > \$109 King or \$119 two Queen rooms
- > Call (765) 658-1000 and provide code "Dust Bowl"









FAVORITE RESTAURANTS

Here are a few of our favorite local dining establishments in the area.

Located **west** of Eminence for those coming from the west or staying at Cloverdale/Greencastle hotels:

> <u>Almost Home Restaurant & Bar</u> (DB100 Sponsor!)

- > Delicious hand-crafted menu and award winning desserts!
- > Open 11:00am 9:00pm
- > 17 W. Franklin St, Greencastle, IN, 46135
- > <u>Taphouse Burgers</u>
 - > Open 11:30am 9:30pm (Wed thru Sun)
 - > 24 S. Indiana St., Greencastle, IN, 46135
- > Bridges Craft Pizza & Wine Bar
 - > Open 5:00pm 9:00pm (Tues thru Sat)
 - > <u>19 North Indiana Street Greencastle, IN 46135</u>
- <u>Chicago's Pizza</u>
 Open 3:00pm 9:30pm
 - >1004 N. Main St., Cloverdale, IN, 46120









Located **east** of Eminence for those coming from the east and/or staying at the Plainfield hotels:

Nigh Brewing Company

- > Open 11:00am Midnight
- > 2067 Hadley Rd., Plainfield, IN, 46168

Nonna's by So Italian

- > Open 4:00pm 9:00pm (closed Sunday)
- > 5020 Cambridge Way, Plainfield, IN, 46168
- Farm House Brew
 - > Open 8:00am 2:00pm (closed Sunday)
 - > 55 S Chestnut St., Monrovia, IN, 46157
- Dawg House Pizza
 - > Open 4:00pm 9:00pm
 - > <u>160 W. Main St., Monrovia, IN, 46157</u>



LOCAL ATTRACTIONS

If you are able spend an extra day or two in the area you won't regret it as there are a number of great local attractions.

The best resources for seeing what is going on are the Convention and Visitors Bureaus for each county:

- Morgan County (Eminence): <u>Visit Morgan County</u>
- Putnam County (majority of the route): <u>Go Putnam</u>
- Hendricks County (Plainfield): Visit Hendricks County

That said, here are a few of our go-to options that won't disappoint:

- Cataract Falls
 - > Two sets of waterfalls (including the largest waterfall by volume in Indiana), hiking trails, and a covered bridge. Make sure to also check out the historic Cataract General Store just down the road.
 - > <u>2605 N. Cataract Rd., Spencer, IN, 47460</u>

> Water Parks

- > Splash Island Plainfield 651 Vestal Road, Plainfield, IN, 46168
- <u>Lieber State Recreation Aquatic Center</u> <u>1317 W. Lieber Road</u>, <u>Cloverdale, IN, 46120</u>

City of Greencastle

> Small College Town with Shopping, Restaurants, and Entertainment

DePauw Nature Park

- > 520-acre park in and around a retired limestone quarry with well maintained trails. A truly unique hiking experience in Indiana!
- > 1400 W County Road 125 S, Greencastle, IN 46135

Hunter's Honey Farm

Celebrating 100 years of beekeeping with a store featuring honey, beeswax, bee pollen, candles, soap, lip balm, condiments, etc.



DEREK CHASTAIN

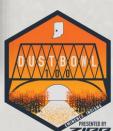
Derek Chastain (@chastainmusic) is a Putnam County native and talented musician leading the charge in an up-and-coming local music scene. Not only does Derek play numerous solo shows across the state each month, he's also a member of the indie/folk rock band Bluebird Collective and hosts weekly open mic nights in Greencastle and Terre Haute.



war radio

War Radio speaks loud with the message of shaking up the everyday, and becoming something bigger than yourself. With a unique sound that reflects indie rock, soul, and melody, they are pushing past entertainment and diving head first into something much more special. A show with War Radio is one that engages and invokes energy, vibe, and heart. They leave the audience high on what can only be described as partnership, wherein the soul of the audience blends together with the spirit of the band. WR has enjoyed the opportunity to tour extensively, both internationally and across the country. They firmly believe something special happens when we carve out the space to create something together. Each member of the outfit carries a unique musical inspiration, together forming a show that is truly fetching. This group is full of raw talent, ambition, and emotion, which is shown and felt in every note.





DUST BOWL 100 SPONSORS

A huge thank you from the bottom of our heart to these amazing sponsors and partners! Without them, the Dust Bowl 100 wouldn't be possible. Click on each logo to learn more about the sponsor, and more importantly please direct your business to these sponsors when you're able (and mention the Dust Bowl 100!).











Zipp is all about Making You Faster, no matter your gravel goals. The 303 Firecrest is your go-to wheelset for all roads.

Learn more at zipp.com.



303 FIRECREST



CONTACT:

Website: <u>www.dustbowl100.com</u> Facebook: <u>www.facebook.com/dustbowl100</u> Instagram: <u>@dustbowl100</u> Email: <u>dustbowl100@gmail.com</u> Race-Day Contact: (317) 268-8261 Race-Day Emergencies: 911