

LIFETIME[®]
Big SUGAR
GRAVEL

PRESENTED BY **KENETIX**[®]

2026
ELITE FIELD TECH GUIDE



OVERVIEW

Canopy covered gravel roads will lead you through the remote and rugged highlands of the Ozark Mountains in Northwest Arkansas and Southern Missouri. The courses go along Sugar Creek and through the bluffs and hollers, including picturesque fall foliage painted around you.

Expect these to be more challenging courses featuring rarely maintained roads with loose, rocky gravel, a few pavement sections and a few water crossings and bridges. If you like to ride in the dirt, venture off into stunning landscapes and share an experience with fellow cyclists, Life Time Big Sugar Gravel presented by Kenetik is a race reserved for you.

WEBSITE:

<https://www.bigsugarclassic.com/gravel>

CONTACT INFO:

General: lifetimegrandprix@lifetime.life
Media: LTMedia@lt.life
LTGP Series Manager: Bekah Sands rsands@lt.life | 858-761-2080

STAFF:

VP Operations: Michael Melley
Race Director: Sean Thurman
LTGP Series Manager: Rebekah Sands
Marketing Manager: Mason Mohn
Athlete Services Manager: Treva Worrel



SCHEDULE OF EVENTS

THURSDAY, OCTOBER 15, 2026

- **1:00 pm – 7:00 pm** Expo & Packet Pickup | [The Momentary](#)
- **4:00 pm** LTGP Athlete Autograph Signing | [The Momentary](#)
- **6:00 pm** Athlete Meeting #1 | [The Momentary](#)

FRIDAY, OCTOBER 16, 2026

- **11:00 am – 6:00 pm** Expo & Packet Pickup | [The Momentary](#)
- **2:30 pm** LTGP Athlete Panel | [The Momentary](#)
- **5:00 pm** Athlete Meeting #2 | [The Momentary](#)

SATURDAY, OCTOBER 17, 2026

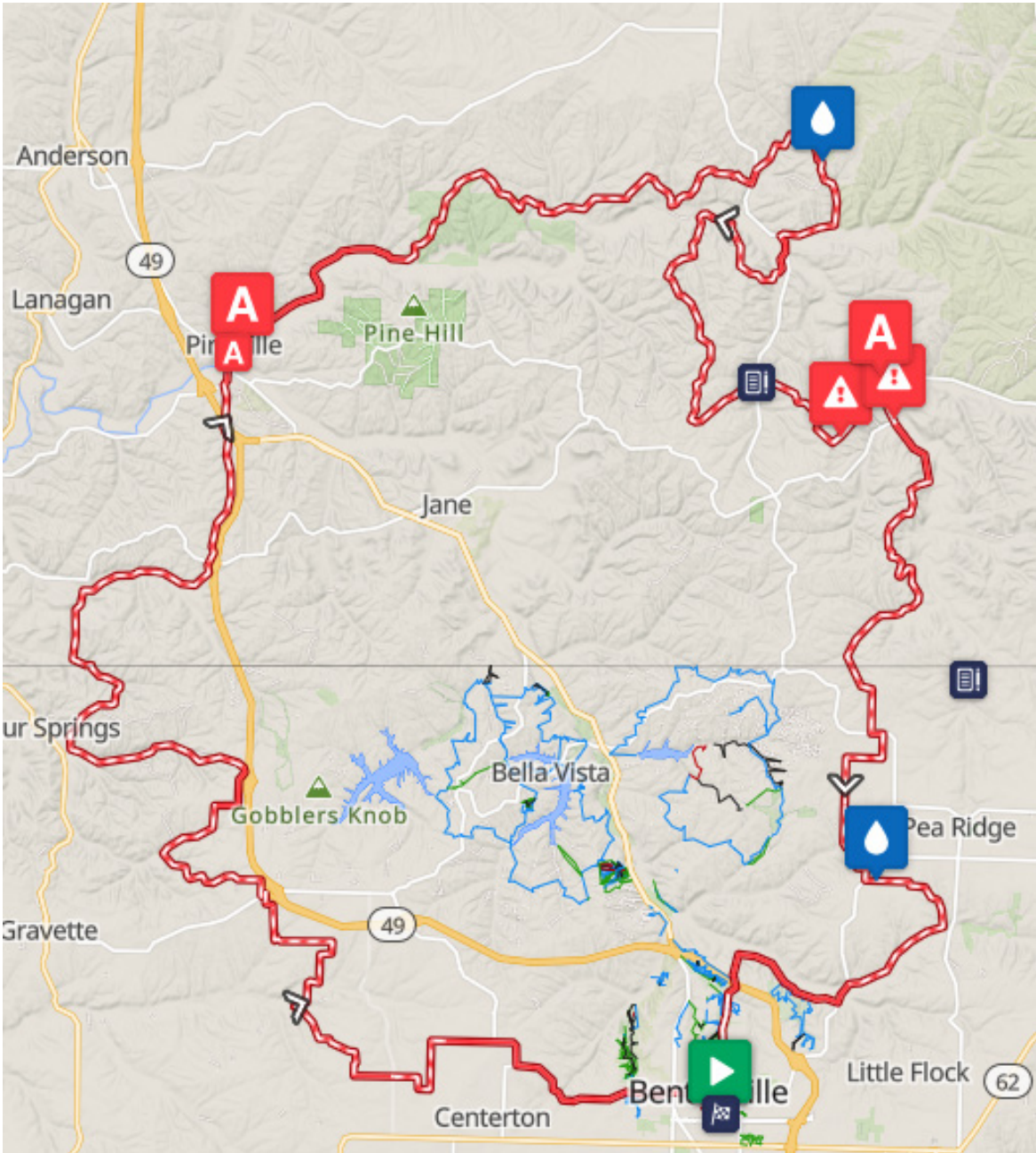
- **7:25 am** – Big Sugar Gravel 100 Mile Elite Men Start | [The Momentary](#)
- **7:35 am** – Big Sugar Gravel 100 Mile Elite Women Start | [The Momentary](#)
- **7:50 am** – Big Sugar Gravel 100 Mile Amateur Start | [The Momentary](#)
- **8:30 am** – Big Sugar Gravel 50 Mile Start | [The Momentary](#)
- **9:00 am** – Big Sugar Gravel 25 Mile Start | [The Momentary](#)
- **9:00 am – 6:30 pm** – Little Sugar MTB Finish Fest | [The Momentary](#)
- **2:30 pm** – Big Sugar Gravel 100 Mile Elite Awards | [The Momentary](#)
- **6:30 pm - 11:30 pm** – The Gravel Rave | [The Momentary](#)
- **7:30 pm** – Life Time Grand Prix Overall Awards | [The Momentary](#)
- If in the Overall Top 10, please arrive 30 minutes early for staging

IF A LTGP ATHLETE HAS A CONFLICT WITH ANY OF THE ABOVE SCHEDULE, THEY SHOULD LET BEKAH SANDS KNOW IN ADVANCE (858) 761-2080

COURSE

The full 2026 Life Time Big Sugar Gravel presented by Kenetik 100 Mile Course is on our website:
<https://www.bigsugarclassic.com/gravel/#1758142752014-59211e83-a1b6>

Distance: 101.8 Miles
Elevation Gain: 6,400'
Number of Checkpoints: 2
Number of Water Oases: 2



SUPPORT CREWS & CHECKPOINTS

- Please read the [Big Sugar Gravel Athlete Guide](#) for more in-depth information about checkpoints and support crews.
- The route will feature TWO official checkpoint locations where elite riders will be allowed to meet their support crews.
- In addition, the event will provide TWO neutral water oases
- NOTE: support crews are NOT allowed at these locations. Water ONLY will be provided at the Oasis, so plan accordingly with the food and supplies you carry.
- CHECKPOINT ONE: MILE 39.4 – PINEVILLE, MO
- [CHECKPOINT MAP](#)
- **SUPPORT CREWS ALLOWED - FEED FROM LEFT**
- WATER OASIS ONE: MILE 60 – WATER ONLY
- **SUPPORT CREWS NOT ALLOWED**
- CHECKPOINT TWO: MILE 78 – ROCKFORD GRANGE
- [CHECKPOINT MAP](#)
- **SUPPORT CREWS ALLOWED - FEED FROM LEFT**
- WATER OASIS TWO: MILE 90 – WATER ONLY
- **SUPPORT CREWS NOT ALLOWED**



STARTING PROCEDURE

LIFE TIME BIG SUGAR GRAVEL CALL UPS

The top-5 riders in the Life Time Grand Prix overall standings will be called up along with the top-5 finishers from the 2025 edition of the event when applicable. A limited number of discretionary Call Ups from renowned riders (such as World Championship Medalists and Olympic medalists) will be made at the discretion of Life Time. All remaining LTGP and Elite riders will stage in the elite corral in no particular order.

MEN (in order of call-up):

- CALLUPS ANNOUNCED AFTER LITTLE SUGAR

WOMEN (in order of call-up):

- CALLUPS ANNOUNCED AFTER LITTLE SUGAR



BIG SUGAR GRAVEL RULES

YOU ARE SUBJECT TO ALL OFFICIAL EVENT RULES AT ALL TIMES

- Big Sugar Gravel must utilize an approved bicycle. This bicycle must:
 - Consist of a frame mounted on two wheels, one behind the other.
 - Have a seat and have handlebars for steering.
 - Be propelled solely by the operator via two pedals connected to the rear wheel by a chain or belt
 - Have two hand-operated brakes (fixed gear and coaster brake bikes are not exempt from this rule)
 - MAY NOT utilize aerobars, bar extensions, or clip on bar attachments of any kind
 - The same bicycle frame must be utilized for the duration of the race. Other components may be swapped out in checkpoints. Athletes may assist each other on course with parts.
 - Single speed riders must utilize the same gearing for the duration of the race.
- Athletes must wear a helmet while operating their bicycle.
- Athletes must pass over the timing mats at each of the official checkpoints. Cut-off times will be estab-lished for reaching each checkpoint for rider safety, based on an average of 10 mph. If you reach a check-point after the cut-off time, your time will not be scored and you will no longer be an official participant of the race.
- Big Sugar Gravel athletes are responsible for themselves throughout the duration of the event. This in-cludes:
 - Navigation of the course.
 - The course will be marked with colored flagging tape, pin flags, divider tape, and some limited other signage. Using a GPS device is highly recommended.
 - Interaction with local vehicle traffic.
 - The courses have many road crossings. Roads are open to the public and athletes are expected to follow all relevant bicycle laws.
- [Arkansas State Bicycle Laws](#)
- [Missouri State Bicycle Laws](#)



BIG SUGAR GRAVEL RULES

YOU ARE SUBJECT TO ALL OFFICIAL EVENT RULES AT ALL TIMES

- Support Crews, friends, and family members are NOT allowed on or near the course, except at the two aid station locations or to pick up a rider who is abandoning the event. Given the limited space, we ask that you limit the number of Crew members to 1 per rider.
- Outside support is only allowed at official checkpoints, with these exceptions:
 - Athletes may help other athletes with mechanical support, navigation assistance, or by any other means.
 - Athletes may resupply at local businesses and stores along the route.
 - Athletes may receive “neutral” support from local residents at a stationary location from which any other event participant could also receive aid.
- The primary route must be followed at all times. No shortcuts or alternate routes are permitted.
- 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. Life Time reserves the right to determine applicable action
- Drafting on another event participant is only allowed outside of the elite fields. However, drafting on a non-participant cyclist, or a motorized vehicle of any kind will result in disqualification. Elite specific drafting rules listed below
- All athletes must attend packet pickup on Thurs/Fri before race day to receive their event packet.
- A government-issued photo I.D. will be required to sign in.
- Event packets will be given out to registered athletes only. No one else can receive your pack for you.
- The elite category includes these additional rules:
 - Racing for this category must be selected at time of race registration.
 - While an athlete may self-select this category, Life Time reserves the right to change a rider’s designation to their appropriate age group division prior to the race date, and will consult the rider before doing so.
 - All athletes selecting to race in the pro/elite category will not be eligible for age group podiums.
 - All pro/elite riders are subject to random drug testing.
 - All other rules remain in place.
- All deferrals must be submitted to big Sugargravel@ltimevents.zendesk.com no later than midnight on Wednesday, the week of packet pickup.

DRAFTING

LIFE TIME GRAND PRIX DRAFTING POLICY

Off-road racing is built on a culture of respect, inclusivity and fairness. Riders of all ages, abilities, genders and categories are welcomed and encouraged to compete with integrity while paving the way for the future of this sport. This policy is designed to enhance and protect the competitive experience for all Elite athletes without undermining the inclusive atmosphere of off-road racing.

INTENT

The intent of this policy is to ensure fair competition for all Elite riders by mitigating any advantage gained from drafting off riders in a different category during all Life Time Grand Prix Events.

INTRODUCTION OF THE RULES

These rules (the “Rules”) apply to all events that make up the events in Life Time Grand Prix. These events can change each year. The 2026 events are:

- Life Time Sea Otter Gravel: April 16, 2026
- Life Time UNBOUND Gravel 200: May 30, 2026
- Life Time Leadville MTB 100: August 15, 2026
- Life Time Chequamegon MTB Festival: September 19, 2026
- Life Time Little Sugar MTB: October 11, 2026
- Life Time Big Sugar Gravel: October 17, 2026

A. APPLICABILITY, INTERPRETATION OF THE RULE, DEFINED TERMS

- **Applicability.** Where indicated herein, certain Rules are applicable at events listed above, and certain Rules are applicable only to Elite Riders.
- **Non-Compliance.** Failure to comply with any of the Rules will result in a penalty. Penalty is outlined in section E.
- **Interpretation of Rules.** The interpretation of any Rule will be made by the Race Officials and will be final and binding on all Riders.

Defined terms:

- **Draft Zone:** The Draft zone is defined by 2 bike lengths (15 feet) behind and 3ft to the left and right of any cyclists.
- **Drafting:** A Rider spending more than 20 seconds in Draft Zone.
- **Marshals:** Any person(s) appointed by Life Time to monitor and/or and issue penalties.
- **Relegated:** Riders determined to have been in violation of this policy will be relegated to last place in the Elite results for that individual event, as well as the Life Time Grand Prix scoring for that individual event.
- **Race Category:** The classification under which a rider is registered and/or starts the event.
 - Examples:**
 - Elite Men Rider:** Any athlete starting in the Men’s Elite Start will be categorized as an Elite Men’s Rider.
 - Elite Women Rider:** Any athlete starting in the Women’s Elite Start will be categorized as an Elite Women Rider.
 - Amateur Rider:** Any rider starting in any corrals other than the Elite Men’s and Elite Women’s corrals are categorized as Amateur Rider and are not eligible for overall podiums or prize money. There may be several Race Categories within the Amateur field (Age groups, Single Speed, Male, Female, etc.).

DRAFTING CONT.

B. GENERAL NO DRAFTING RULE

- Drafting off riders in a different race category is strictly prohibited. For clarity, Elite Women may not draft off any Elite Men or any Amateur Rider, and Elite Men may not draft off any Elite Women or any Amateur Rider athlete. Amateur Riders may draft off any other Amateur Rider, regardless of that Amateur Rider’s category (Age Group, Single Speed, Male, Female, etc.)

Examples:

Elite Women are only allowed to draft off other Elite Women, but not allowed to draft off an athlete in any other race category (i.e. Elite Men or Amateur Riders).

Elite Men are only allowed to draft off other Elite Men, but not allowed to draft off an athlete in any other race category (i.e. Elite Women or Amateur Riders).

C. POLICY PROVISIONS

- **Separate Starts**
Elite Men and Elite Women riders will have separate starts. Start intervals will be sufficient to minimize interaction between categories.
Example:
Big Sugar Gravel, Elite Men will start at 7:25am and Elite Women will start at 7:35am, providing a 10 min starting separation.
- **Rider identification**
Elite riders in each category will be given clearly identifiable race bibs, plates and/or other identifying equipment to distinguish them by category as it applies to the specific event and distance. Riders are required to wear the provided equipment in a manner determined by Life Time. Course marshals and race officials will use these identifiers to monitor compliance on the course.
- **Rider Accountability**
It is the responsibility of each Elite rider to avoid drafting off riders in a different race category. Life Time will provide a copy of this policy to be signed by each rider within the Elite and Life Time Grand Prix fields acknowledging their understanding of the policy and by Initialing they are agreeing to adhere to the policy as stated.

D. ENFORCEMENT, NOTIFICATION, REVIEW

- **Course Monitoring**
Neutral moto race marshals, course marshals and Life Time provided staff and official representatives will patrol the course to monitor drafting violations. This may be, but is not limited to, moto, drone, live camera feed, helicopter and any other verifiable modes of observation. **Rider input as verifiable evidence to determine the validity of a violation will NOT be accepted.** Riders in violation of the drafting rule will be flagged to the Event Director as soon as logistically reasonable. Logical concessions will be made by officials for course sections where passing is not possible. For example, single track sections, climbs and areas of congestion.

DRAFTING CONT.

D CONT. ENFORCEMENT, NOTIFICATION, REVIEW

- **Notification process**
Riders will be notified of any pending relegation by the Event Director via text and/or email to the athlete’s contact information provided at registration. It is the responsibility of the athlete to ensure that Life Time has the correct contact information.
- **Post Race Review/Appeal**
Officials and staff will review footage, reports and marshal observations immediately following the finish of the race to determine penalty assessment prior to results being deemed official, while giving ample time for any rider to field an appeal of the violation. Athletes will have 30 minutes from the declaration of a violation to submit an official appeal to the Event Director via the Series Manager. Once results have been deemed official by the Event Director, no further appeals will be accepted from any rider.

Contact for appeals: Bekah Sands: rsands@lt.life - 858-761-2080

E. PENALTY

- Riders determined to have been in violation of this policy will be Relegated to last place in the Elite results for that individual event, as well as the Life Time Grand Prix scoring for that individual event.

Life Time reserves the right to amend this policy at any time, at its sole discretion.





RACE PLATES

FRONT OR REAR

- If the event is utilizing front “Race Plates” they **MUST** be affixed to the **front of the handlebars** and clearly visible.
- “Race Plates” (front or rear) **MUST NOT be bent, folded, cut, wrapped around the head tube, seat post or in any other position other than flat against the handlebars or as designed rear facing off the seat post.**
- Improper attachment of the race plate will cause timing chips not to register and may be cause for disqual-ification.
- **Seatpost plates** must be mounted off the back of the seatpost and be clearly visible to surrounding riders and officials.
- **Tyvek body bibs** must be affixed to the **rider’s left side** in a clearly visible manner. They may not be placed under a water bladder etc. Numbers are utilized for identification for media, safety and by other athletes in order to adhere to drafting policies.



BACK BIBS

LIFE TIME GRAND PRIX SCORING

BEST 5 OUT OF 6

- Participants must start 5 of the 6 events in order to be eligible for an overall prize
- Example – if you start only 4 events of the series, you are not eligible for Life Time Grand Prix prize money
- Athletes will be removed from the series as soon as they become ineligible for prize money, and will no longer be scored in the Life Time Grand Prix. If an athlete starts 5 but does not finish 5, they will be at a disadvantage for points, but may remain in the series
- Athletes who drop out, or become ineligible, are encouraged to participate in remaining events, but they will race in the Elite/Pro/Open category, not in the Life Time Grand Prix.

U23 ONLY

- U23 athletes are required to participate in either Sea Otter Classic and/or UNBOUND Gravel 100 Mile to be considered for the U23 program.
- The final athlete roster will be announced after the completion of UNBOUND
- The selected athletes must compete in at least 4 of the 6 Life Time Grand Prix events including either Sea Otter Classic or UNBOUND Gravel.

MANDATORY EVENT - BIG SUGAR GRAVEL

- The final event in the series, Life Time Big Sugar Gravel, will be mandatory for Life Time Grand Prix athletes and serve as a tiebreaker in the event of a tie on points.
- Big Sugar is not mandatory for U23 Athletes that have been selected for the series but will still remain as the tie breaker.

TIE BREAKER

- In the event of a tie, Big Sugar will serve as a tiebreaker.
- Example - Jim and Tim are tied after Big Sugar with 110 points, Jim was 8th and Tim was 12th at Big Sugar, therefore Jim will retain a higher ranking in the overall series.

AWARDS CEREMONY - REQUIRED

- All prize purse eligible athletes must attend the awards ceremony. This includes both event podiums and the overall 2026 Life Time Grand Prix awards ceremony.
- Athletes are required to have a podium photo with the Life Time assigned sponsor jersey provided by the event. An additional photo will also be taken with athletes’ standard team issue apparel to satisfy their own sponsor commitments.

FAN ENGAGEMENTS (MIN. OF 2)

- All Life Time Grand Prix athletes must attend a minimum of 2 fan engagement activations throughout the season. More than 2 are encouraged.
- Fan engagement activations are pre or post-race events such as a spin out ride or autograph session that enable an interaction between fan and athlete. This abides in our collective goal to build and foster fandom around cycling in North America

DOPING CONTROL

- No participant in the Life Time Grand Prix can be under a current doping ban.
- All Pro and Grand Prix athletes are subject to random doping controls.
- If drug testing is taking place at an event, the selected athletes will be notified by a USADA chaperone at the finish line.

AWARDS/PRIZE PURSE

AWARDS - Life Time Grand Prix Riders - New Current Top 5 Series Leaders

- Life Time Grand Prix riders only
- Gun start and chip finish time will be used for both the men’s and women’s elite races.
- Life Time Grand Prix points will be awarded based upon their race finish within the LTGP field.
- Note - points will be recalculated after the conclusion UNBOUND Gravel to include the 3 newly selected Wild Card riders and their Sea Otter and UNBOUND results

AWARDS - Elite Men / Women - Award 5 Deep

- All Elite Men and Women athletes including Life Time Grand Prix riders
- All Elite Men and Women fields will be scored based on gun time and chip finish

PRIZE PURSE - ELITE MEN /ELITE WOMEN - 5 Deep

- There is a prize purse for Elite Men and Elite Women
- All athletes receiving payouts MUST ATTEND Elite awards (2:30 PM) to receive prize purse.
- All athletes receiving payouts will be required to fill out proper tax paperwork.
- Prize money checks will be mailed.
- Prize money may be held up to 45 days post-event pending Anti-Doping Control results.

PODIUMS

- **Elite Podiums will include the below at Big Sugar**
- **Official Big Sugar Elite**
- Time: 2:30 pm
- Location: Awards stage at the Momentary
- ***Note: All athletes receiving payouts MUST ATTEND elite awards to receive prize purse***
- **Life Time Grand Prix Final Standings Podiums**
- Time 7:30 pm
- Location: Gravel Rave at the Momentary
- Note: This podium is for the ***final top 10 LTGP series overall*** after the completion of
- Big Sugar. Athletes will be notified as soon as standing are updated.

BIG SUGAR 100 MILE ELITE PRIZE PURSE

Purse	1st	2nd	3rd	4th	5th
Pro Men	\$5,000	\$4,000	\$3,000	\$2,000	\$1,000
Pro Women	\$5,000	\$4,000	\$3,000	\$2,000	\$1,000

CONTENT/MEDIA

PHOTOGRAPHY

The Life Time Grand Prix dedicated photographer in 2026 is Dan Hughes. Dan will capture photos Life Time Grand Prix athletes will share a gallery of photos as soon as possible following the race. This is typically the same day or within 24 hours. Athletes should tag @dhughes101 and @lifetimegrandprix. Any additional third party use will need prior approval.

CONTENT HUB

Athletes will have access to a [Life Time Grand Prix content hub](#), where athletes will find photos and b-roll they can use for content on their own channels. Credit to @lifetimegrandprix is required for use.

MEDIA COVERAGE

To capture the best coverage of the race for social and post - production there will be media on course. Media drivers will be experienced in driving around elite races, and will maintain a safe distance behind/in front of the riders and will not interfere in any way with the race. We will also continue media support from the air with the helicopter again for the 2026 series.

ON THE ATTACK

A few days after the completion of the event, both a men’s and women’s episode of [On the Attack](#) will be posted to the Life Time Grand Prix YouTube channel. This is an in depth look at how the race unfolded on race day. A few athletes will be asked at the finish line to do a sit-down interview in our onsite studio at the finish line. We appreciate your willingness to do so.

MEDIA MIX ZONE

Life Time Grand Prix Athletes, and any athlete finishing in the top 10 overall, will receive access to an athlete hospitality tent / Media Mix Zone at the finish line. Life Time Grand Prix athletes will receive two Athlete Support wristbands at registration. This will give their support crew access to the athlete tent at the finish. Please advance into the mix zone directly upon completion of the course.