

2018 EVENT GUIDE

REVISION DATE: DEC 2017





ABOUT THE RIDE

The Huntsman 140 is a road cycling, non-competitive ride starting in Delta, Utah and finishing near the Huntsman Cancer Institute in Salt Lake City. The ride is held on the last day of Jeff Warren's epic ride from Reno, Nevada. Jeff is a cancer survivor and the ride-founder of the H140. This year's eighth annual H140 will be held on Saturday, June 16. First introduced in 2017, we are happy to again offer 2 to 4-person relay team options starting in Delta. The H140 also includes out-and-back distances (from Salt Lake) of 30, 55, 75, and 140 miles.

All funds raised through this one-day non-competitive ride go to Huntsman Cancer Foundation (HCF) to support cancer research at the Huntsman Cancer Institute (HCI). Each rider is encouraged to fundraise at least \$500.

COURSE OPTIONS & MAPS

- **140-MILE from DELTA (Individual and Relay)** - Enjoy this rolling course through rural Millard and Juab counties, past ghost towns and historic mining regions on your way to the finish line at Fort Douglas on the University of Utah campus.

Start time: 6:30 AM for individual and relay cyclists (2 to 4-person teams)

Total Miles: 140

Course Maps: [PDF](#) or [RideWithGPS.com](#)

- **140-MILE from SALT LAKE** - Ride through Salt Lake and down the west side of Utah Lake to Elberta and back to finish where you started.

Start time: 6:30 AM

Total Miles: 140

Course Maps: [PDF](#) or [RideWithGPS.com](#)

- **75-MILE from SALT LAKE** - Ride from Fort Douglas to Saratoga Springs for a lunch stop at Westlake High School, then back to finish where you started.

Start time: 7:00 AM

Total Miles: 75

Course Maps: [PDF](#) or [RideWithGPS.com](#)

- **55-MILE from SALT LAKE** - Ride from Fort Douglas to water stop at Arrow Trailhead in Bluffdale, then back to finish where you started.

Start time: 7:30 AM

Total Miles: 55

Course Maps: [PDF](#) or [RideWithGPS.com](#)

- **30-MILE from SALT LAKE** - Ride through the northeast side of the Salt Lake valley for a turnaround point at Southwood Park in Murray, then back to finish where you started.

Start time: 8:00 AM

Total Miles: 30

Course Maps: [PDF](#) or [RideWithGPS.com](#)



EVENT SCHEDULE

PACKET PICK-UP:

THURSDAY, JUNE 14:

● **For all H140 distances**

Where: Huntsman Cancer Institute — 2000 Circle of Hope, Salt Lake City (farthest south building)

When: 4:00 to 8:00 PM

Who: All H140 Distances

SATURDAY, JUNE 16:

● **For Delta Starters**

Where: H140 Delta Start Line — Droubay Chevrolet, 348 West Main Street, Delta

When: Packet pick-up starts at 5:30 AM

Who: Only individual and relay cyclists riding from Delta

● **For Salt Lake Starters**

Where: 140 Finish Line — 200 S. Fort Douglas Blvd.

When: Packet pick-up starts at 5:30 AM

Who: Only cyclists riding from Salt Lake

H140 START TIMES — SATURDAY, JUNE 16

A limit of 100 cyclists per start group will be maintained for each distance. Start groups will be separated by 5-minute intervals.

● **Start Line — Delta, UT, Droubay Chevrolet** — 348 West Main Street

140-mile ride to Salt Lake - 6:30 AM

● **Start Line — Salt Lake, Fort Douglas** — Still Will Field/Officer's Circle, approx. 200 S. Fort Douglas Blvd.

140-mile out-and-back - 6:30 AM

75-mile out-and-back - 7:00 AM

55-mile out-and-back - 7:30 AM

30-mile out-and-back - 8:00 AM

H140 FACTS AND TRIVIA

- 2018 will be the eighth annual Huntsman 140
- The Huntsman 140 is a ride, not a race
- The H140 offers multiple course distances and options for individual and 2 to 4-person relay team cyclists
- One finish line in Salt Lake City at Fort Douglas on the U of U campus
- The Huntsman 140 is a fundraising bike ride that benefits Huntsman Cancer Institute
- 100% of all donations raised go directly to cancer research at Huntsman Cancer Institute
- In 2017, the Huntsman 140 (in combination with the Huntsman Heroes 5k) raised just over \$625,000 for cancer research!
- Our goal is \$700,000 for 2018!



FEED ZONE, RELAY TRANSITION ZONE, AND WATER STOP LOCATIONS

All Feed Zones will be stocked with food, ice water, Skratch energy drink, ClifBar products, bananas, orange slices, various snacks, and of course volunteer support. Food selection may vary by location.

140-MILE course from DELTA (Individual and Relay Riders)

- Mile 24: Lynndyl Feed Zone — Sinclair gas station parking lot, Highway 6, Lynndyl — **RELAY TRANSITION ZONE**
- Mile 49: Silver City Feed Zone — Rest Area, mile post 127, Silver City
- Mile 70: Elberta Feed Zone — L.D.S. Church Park/Pavillion, Elberta — **RELAY TRANSITION ZONE**
- Mile 88: Utah Lake Water Stop — Pullout on Hwy. 68, 18 miles north of Elberta Feed Zone
- Mile 101: Saratoga Springs Lunch Stop — Westlake High School, 99 N. Thunder Blvd., Saratoga Springs — **RELAY TRANSITION ZONE**
- Mile 111: Bluffdale Water Stop — Arrow Trailhead, 1300 West and Jordan Basin Lane, Bluffdale
- Mile 119: Sandy City Feed Zone — Sandy City Promenade, Segoe Lily Drive (9800 South), Sandy
- Mile 131: Crestview Water Stop — Crestview Elementary, 2100 East Lincoln Lane, Salt Lake

140-MILE out-and-back from SALT LAKE

- Mile 27: Bluffdale Water Stop — Arrow Trailhead, 1300 West and Jordan Basin Lane, Bluffdale
- Mile 37: Westlake High Feed Zone — West Lake High School, 99 N. Thunder Blvd., Saratoga Springs
- Mile 70: Elberta Feed Zone — L.D.S. Church Park/Pavillion, Elberta
- Mile 87: Utah Lake Water Stop — Pullout on Hwy. 68, 18 miles north of Elberta Feed Zone
- Mile 101: Saratoga Springs Lunch Stop — Westlake High School, 99 N. Thunder Blvd., Saratoga Springs
- Mile 111: Bluffdale Water Stop — Arrow Trailhead, 1300 West and Jordan Basin Lane, Bluffdale
- Mile 119: Sandy City Feed Zone — Sandy City Promenade, Segoe Lily Drive (9800 South), Sandy
- Mile 131: Crestview Water Stop — Crestview Elementary, 2100 East Lincoln Lane, Salt Lake

75-MILE out-and-back from SALT LAKE

- Mile 27: Bluffdale Water Stop — Arrow Trailhead, 1300 West and Jordan Basin Lane, Bluffdale
- Mile 37: Saratoga Springs Lunch Stop and Turnaround — West Lake High School, 99 N. Thunder Blvd.
- Mile 47: Bluffdale Water Stop — Arrow Trailhead, 1300 West and Jordan Basin Lane, Bluffdale
- Mile 55: Sandy City Feed Zone — Sandy City Promenade, Segoe Lily Drive (9800 South), Sandy
- Mile 67: Crestview Water Stop — Crestview Elementary, 2100 East Lincoln Lane, Salt Lake

55-MILE out-and-back from SALT LAKE

- Mile 27: Bluffdale Water Stop and Turnaround — Arrow Trailhead, 1300 West and Jordan Basin Lane, Bluffdale
- Mile 35: Sandy City Feed Zone — Sandy City Promenade, Segoe Lily Drive (9800 South), Sandy
- Mile 47: Crestview Water Stop — Crestview Elementary, 2100 East Lincoln Lane, Salt Lake

30-MILE out-and-back from SALT LAKE

- Mile 14: Southwood Park Water Stop and Turnaround — 6150 South 725 East, Murray



CYCLIST INFORMATION

WHAT'S IN YOUR RIDER PACKET?

Everyone will receive the following in their rider packet:

- A bib number and pins - to be worn on your back
- A wristband - to be worn on either wrist to get you in to the feed zones, water stops, and lunch stop.
The band also includes the event command center contact number.
- USA Cycling waiver – all cyclists are required to complete and sign prior to H140 participation
- UDOT waiver – all cyclists are required to complete and sign prior to H140 participation
- A jersey – for those that either fundraised or purchased one*
- Sponsor goodies!

*We cannot guarantee your jersey on event day if you registered after April 1

WRISTBANDS

Each rider will receive a wristband with the phone number of the H140 Command Center. Should you need any assistance, please call this number (801.587.0700) and a SAG vehicle will be deployed to you. For emergencies, always call 911 first.

COURSE SUPPORT

H140 organizers will provide feed zone/water stops, medical, mechanical, and SAG support for all distances. Professional bike mechanics will be available at the Elberta, Westlake High, and Sandy feed zones as well as at the Salt Lake Start Line. SAG may be subject to delayed returns.

CUTOFF TIMES

H140 ride organizers reserve the right to ask "behind time" participants to SAG forward (no exceptions). Cut-off times for the feed zones and water stops are as follows:

- | | | |
|----------------------------|---|----------|
| • Feed Zone 1, Lynndyl | - | 9:00 AM |
| • Feed Zone 2, Silver City | - | 11:00 AM |
| • Feed Zone 3, Elberta | - | 1:00 PM |
| • Feed Zone 4, Westlake | - | 3:00 PM |
| • Bluffdale Water Stop | - | 4:00 PM |
| • Feed Zone 5, Sandy City | - | 5:00 PM |
| • Crestview Water Stop | - | 6:00 PM |

DROPPING FROM THE RIDE

While we don't like to consider it, some cyclists will not finish the Huntsman 140. If you drop out, please either notify the Command Center (phone number on wristband), a feed zone volunteer, or a SAG/HAM radio vehicle. Tell them your bib number. We want to be sure we account for everyone on course or leaving the H140 ride route.

TRASH AND RECYCLING

There will be trash and recycling bins at all feed zones, water stops, and at the start/finish lines. Please discard trash in the appropriate container. We need your help to keep the H140 tidy throughout the event.



CYCLIST INFORMATION — continued

PORTABLE TOILETS

Public urination is a common issue at cycling events and jeopardizes the permit process for ride organizers around the country. The H140 will have portable toilets placed at every feed zone and water stop. Please do your best to wait to use these toilets. For the few cyclists that must “relieve” themselves before reaching a feed zone/water stop, please do so discreetly, outside city/town limits, and out-of-view of homes/businesses, vehicle traffic, and volunteers.

LOST AND FOUND (DROPPED ITEMS)

Dropped and/or lost and found items will be taken to the closest feed zone. Unclaimed items will be taken to the finish line by the H140 sweep vehicle. Items of more value than a water bottle will be held at HCF offices for one month and then donated to good will.

FINISH LINE FESTIVITIES

Our finish line will be entertaining for both riders and their families! There will be music, sponsor booths, food and drink vendors (free for H140 cyclists), and other festivities. It's sure to be a huge celebration!

H140 FOUNDER AND CANCER SURVIVOR JEFF WARREN (CENTER) LINES UP AT THE START WITH THE REST OF THE 2016 RIDE FROM RENO TEAM





RELAY TEAM INFORMATION

- Cyclists that want to “relay” the Huntsman 140 have the option of riding as 2, 3 or 4 person teams.
- Relay team transitions are **ONLY** allowed at the locations noted below and within the designated transition area. Please see course maps for driving directions and location of vehicle parking.
- Relay transitions must occur while both cyclists are stopped and off the road. Cyclists should use extra caution when re-entering the road.
- Relay team vehicles should access transition zones by driving on roads **NOT** used by cyclists. The three relay transition zones (Lynndyl, Elberta, and Westlake High School in Saratoga Springs) are all accessible using Interstate 15 as the main north-south travel route.

Vehicle Access Map: [RideWithGPS.com](https://www.ridewithgps.com)

- Transition zone locations and leg mileage:

- LEG 1: Delta to Lynndyl

Leg Miles: 24
Leg Finish Location: Lynndyl
Vehicle Access: Northbound from Delta on US Highway 6
Vehicle Exit: Northbound on SR132 to Nephi
Course Map: [RideWithGPS.com](https://www.ridewithgps.com)

- LEG 2: Lynndyl to Elberta

Leg Miles: 46
Leg Finish Location: Elberta
Vehicle Access: Northbound on SR132 from Lynndyl to Nephi
North on I-15 to Santaquinn (exit 244)
West on US Highway 6 to Elberta
Vehicle Exit: Same as access
Course Map: [RideWithGPS.com](https://www.ridewithgps.com)

- LEG 3: Elberta to Saratoga Springs

Leg Miles: 32
Leg Finish Location: Westlake High School, Saratoga Springs
Vehicle Access: I-15 to American Fork (exit 278)
West on SR145 to Westlake H.S.
Vehicle Exit: Same as access
Course Map: [RideWithGPS.com](https://www.ridewithgps.com)

- LEG 4: Westlake High School to Finish Line

Leg Miles: 38
Leg Finish Location: Fort Douglas, H140 Finish Line
Course Map: [RideWithGPS.com](https://www.ridewithgps.com)



CYCLIST SAFETY GUIDELINES

PLEASE TAKE THE TIME TO READ THE SAFETY GUIDELINES IN THEIR ENTIRETY. MOST CRASHES ARE AVOIDABLE AND EACH RIDER IS RESPONSIBLE FOR HIS OR HER OWN SAFETY AND THE SAFETY OF THOSE RIDING AROUND YOU.

OPEN COURSE EVENT: The Huntsman 140 is an open course road ride. There are potholes, obstacles, cattle guards, automobiles, traffic lights, signs, and road construction, etc.

OBEY THE RULES OF THE ROAD: All cyclists are asked to obey all the rules of the road, including, but not limited to stopping at all traffic lights and stops signs, etc.. Cyclists are not to ride more than two abreast and must not impede traffic if doing so.

HELMETS MANDATORY: All riders must wear a protective, securely fastened helmet that meets either the US DOT helmet standards or the U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.

POINTING OUT OBSTRUCTIONS AND SIGNALING TO ONE ANOTHER: This is extremely difficult because one man's obstruction is another man's pebble. Please help point out to other riders around you: rocks, manholes, potholes, debris, and gravel. It's not just about courtesy but, more importantly, it's about safety.

SIGNALING YOUR INTENTIONS TO RIDERS BEHIND OR BESIDE YOU: Be sure to signal your intentions to those around you. Especially if you are at high speeds and in large groups, sudden braking or shifting around the road could harm not only yourself, but others around you.

HOLD YOUR LINE: Swerving is a recipe for disaster. There is a need for all riders to keep your lines straight and true. Just like in a vehicle, there's nothing more disconcerting than being the behind a person who's constantly moving from right to left and back again. Quick side-to-side or swerve movements around a manhole cover or other minor obstruction can hurt you or others and/or put you in the way of approaching vehicles.

DON'T CROSS WHEELS WITH THE BIKE IN FRONT OF YOU: It goes without saying but, this is the cause of nearly all crashes. Please be aware of rider's speeds and watch for signaling that they may be slowing down or moving over.

RIDE AT YOUR OWN PACE: Please remember that the Huntsman 140 is a ride NOT a race. If you find yourself struggling to keep up with a group of riders that may be a little bit faster and you're hammering just to hold your position at the back of the pack or, worse, to hold on in the middle of the pace line, consider dropping off the back. Please don't put yourself into a position where you could hurt yourself, or worse, hurt a fellow rider.

NO HEADPHONES/EARBUDS ALLOWED: Please know that headphones are not allowed in the Huntsman 140. Riding in a group can be tricky and if you are unable to be heard or hear, it puts you and others at risk.

NO AEROBARS ALLOWED: Using Aerobars riders tend to have less steering control, and are dangerous when riding near other cyclists, especially in larger groups.

PACING: There will be several hundred cyclists participating in the 2018 Huntsman 140. You may find a new great group of friends that will be riding at your pace. If you are riding at a pace that is comfortable to you, you'll find the day more enjoyable and everyone will finish without incident.



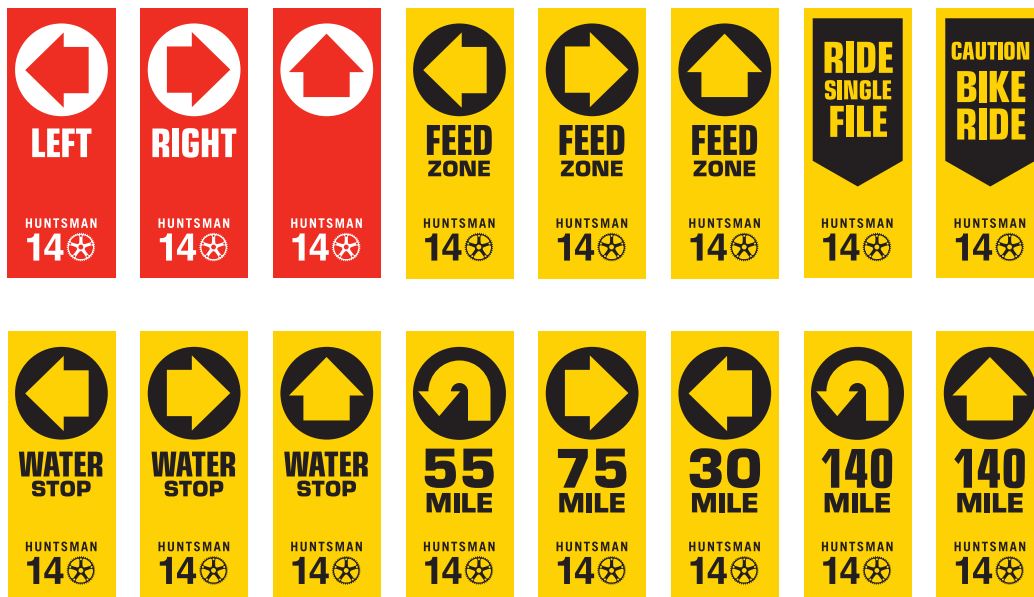
COURSE INFORMATION

ROAD CONSTRUCTION

The road construction schedule for 2018 will likely affect some roads that are traveled by H140 cyclists. The details of these projects, and how or if they will affect the currently planned H140 course, will be clearer as the construction season begins in early spring of 2018. We will update this Event Guide with construction details as soon as we received accurate information from the local and state agencies overseeing these various road projects. It is important to note, the course maps currently published are subject to change due to road construction.

COURSE SIGNS

Cyclists should look for the following event signs as they ride the Huntsman 140. All turns are marked with at least one directional arrow and the corners are spray chalked if possible (vehicle traffic concerns may prevent some corners from being marked with chalk). Feed zones, water stops, and turnaround points will also be identified as shown below. Signs are 12" wide by 30" tall.





HUNTSMAN 140 

2017 SPONSORS

