



WELCOME & THANK YOU

Welcome to the H140 Volunteer Team!

This year's H140 will be held on Saturday, June 16th. In the last eight years, the ride has grown from a few dozen riders to almost 1000 expected this year. We believe this incredible growth is due in large part to the amazing team of volunteers that return each year to tirelessly serve H140's cyclists. Over 200 volunteers keep the event organized, positive, and most importantly safe.

We ask the following commitments from our volunteers:

- Volunteer long enough to complete the assignment given
- Be available to attend a pre-event training meeting if necessary
- Be prepared for all weather conditions -- it can be hot, cold, and wet all in the same day
- Work hard, be positive, and have fun!

In addition to the great experience, we'd like to express our heartfelt thanks for your help, and a t-shirt to commemorate your time with us.

We will be working hard to serve the H140 cyclists. We look out for their safety, give directions, and provide the energy and fuel they need to cross the finish line. YOU are the key to a safe and successful H140. So take your job seriously but always remember to have fun!

Please read these next few pages carefully. They cover a few things to help you get better prepared to help at H140.

Thank you!

Sincerely,

Your Friends at Huntsman Cancer Foundation





JOB SUMMARIES FOR SATURDAY COURSE ASSIGNMENTS — 1 of 2

COURSE SIGN SETUP

- Marking the course and placing signs for cyclists or support vehicles to follow
- Job involves two or more people per team
- Signs and supplies provided by H140
- Truck or SUV is helpful but not mandatory

COURSE/CORNER MARSHAL

- Ensures safety on the course by standing at key points/corners
- Reassures cyclists they are going the right direction
- Warns cyclists of upcoming obstacles and/or traffic
- Communicates and assists with any problems, injuries, or accidents
- Observes and reports DNF riders
- Provides encouragement and enthusiasm

FEED ZONE MARSHAL

- Maintains a clear roadway to ensure safety and allow cyclists to pass through freely
- Moves bikes as required, making more room for arriving cyclists
- Reflects a positive attitude and keeps the fun levels high

FOOD AND WATER TABLES

- Understands that nutrition and hydration are key for cyclists to be safe and performing their best
- Keeps tables stocked with plenty of food and ice-water
- Cuts fruit for fruit bowls to match demand (not all before)
- Sets out dry snacks to match demand (not all at once)
- Wipes down and cleans the tables regularly
- Keeps wipes, Kleenex, and paper towels out for the riders use
- Assists riders with filling their bottles with water
- Assists riders with ice scoops/ice chests — do not allow riders to scoop ice with bottles!

TAKE-DOWN / CLEAN-UP

- Pickup trash, discarded bottles, etc.
- Retrieves road signs, sign stands and other equipment
- Inventory and load remaining food into trucks
- Use extra ice and water to rinse coolers and water jugs
- Pack-up 5-gallon jugs, coolers, tables, signs, canopies, etc. into trucks/trailers



JOB SUMMARIES FOR SATURDAY COURSE ASSIGNMENTS — 2 of 2

START (DELTA OR SALT LAKE)

- Provide encouragement and enthusiasm
- Set up equipment (tables, signs, fences) neatly to ensure smooth start operations
- Help riders check in and pick up their packets
- Direct traffic (foot, car, bicycle) to ensure safety and ease of access to important locations
- Give H140 cyclists information pertaining to the specific course they intend to ride
- Give vendors, sponsors, and partners the information and resources they need to be successful and have a great experience
- When event is over (in Delta), help clean up equipment, signs, and remove trash
- Leave the area cleaner than we found it

FINISH

- Direct traffic (foot, car, bicycle) to ensure safety and ease of access to important locations
- Keep energy and enthusiasm levels high and make it a good experience for everyone
- Keep main pathways clear of bicycles and debris
- Help riders access the food tables, restrooms, and other needs as they come off the course
- Keep the finish area as clean and neat as possible
- Help take down equipment (tables, signs, fences, etc.)
- Leave the finish area cleaner than we found it





SATURDAY ASSIGNMENT LOCATIONS AND SCHEDULE

LOCATION:	MILEAGE FROM:		VOLUNTEERS NEEDED:	
	DELTA	SALT LAKE	START	END
DELTA - START (Rob Droubay, Droubay Chevrolet)	0	N/A	5:30 AM	7:15 AM
LYNN DYLL - FEED ZONE 1	24	N/A	6:30 AM	9:15 AM
SILVER CITY - REST AREA - FEED ZONE 2	48.5	N/A	7:30 AM	11:15 AM
ELBERTA - SAN ISIDRO MISSION - FEED ZONE 3	69	71	8:15 AM	1:15 PM
UTAH LAKE WATER STOP (HWY. 68) - 10 MILES SOUTH OF FZ4	88.5	51.5	7:30 AM	2:45 PM
WEST LAKE H.S. - FEED ZONE 4 (LUNCH)	101.5	37.5	8:00 AM	4:00 PM
WEST LAKE H.S. - WATER STOP	N/A	37.5	7:00 AM	10:30 AM
CORNER MARSHAL - 14400 S. AND REDWOOD ROAD	110	30	7:00 AM	5:00 PM
ARROW TRAILHEAD (BLUFFDALE) - 55-MILE TURN-AROUND	111	29	6:30 AM	5:00 PM
SANDY CITY - CENTENNIAL PKWY - FEED ZONE 5	119	21	9:00 AM	5:45 PM
SOUTHWOOD PARK - 30-MILE TURN-AROUND	125	14	9:00 AM	11:15 AM
CORNER MARSHALS - RODEO/6400 SOUTH/1300 EAST	14	13	8:45 AM	11:15 AM
CRESTVIEW ELEMENTARY - WATER STOP	132	7	9:30 AM	6:45 PM
AM CORNER MARSHALS - HOGLE ZOO/WASATCH	N/A	2	5:30 AM	10:45 AM
PM CORNER MARSHALS - NEAR SUNNYSIDE/FOOTHILL	138	N/A	9:45 AM	7:15 PM
FORT DOUGLAS - START/FINISH LINE	140	0	5:30 AM	7:15 PM
FOOTHILL ZONE SIGN SETUP	135 - 140	0 - 5	4:30 AM	7:15 PM
CRESTVIEW ZONE SIGN SETUP	129 - 135	5 - 11	4:45 AM	7:15 PM
MURRAY ZONE SIGN SETUP	126 - 128	12 - 14	4:45 AM	6:30 PM
SANDY ZONE SIGN SETUP	116 - 122	18 - 24	4:45 AM	6:00 PM
BLUFFDALE ZONE SIGN SETUP	110 - 115	25 - 30	5:15 AM	5:00 PM
WEST LAKE ZONE SIGN SETUP	100 - 103	37 - 40	6:00 AM	4:00 PM



PERSONAL EQUIPMENT CHECKLIST

SURVIVE THE ELEMENTS

- ☐ Bike tools and bicycle pump (dual head)
- ☐ Hat
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Camp Chair
- ☐ Jacket/Coat (expect all types of weather)
- ☐ Umbrella or Poncho (you never know)
- ☐ Food and Water
- ☐ Cooler (to keep ice in)

SUPPLEMENTAL COURSE EQUIPMENT

- ☐ Box Cutter, Wire Cutters and/or Pocket Knife (something to break down boxes and cut zip-ties)
- ☐ Work Gloves
- ☐ Cutting knife and board (if working food table)

ENTERTAINMENT (WHO NEEDS ENTERTAINMENT WHEN THERE IS A BIKE RIDE GOING ON?)

- ☐ Cell Phone (also for emergency situations)
- ☐ Tablet PC/Laptop
- ☐ Music/Book

OTHER EQUIPMENT THAT'S HELPFUL

- ☐ Head Lamp and/or Flashlight
- ☐ Blanket (a cyclist may need it)
- ☐ Stiff Push Broom (for course marshals)
- ☐ Bike tools and bicycle pump (dual head)