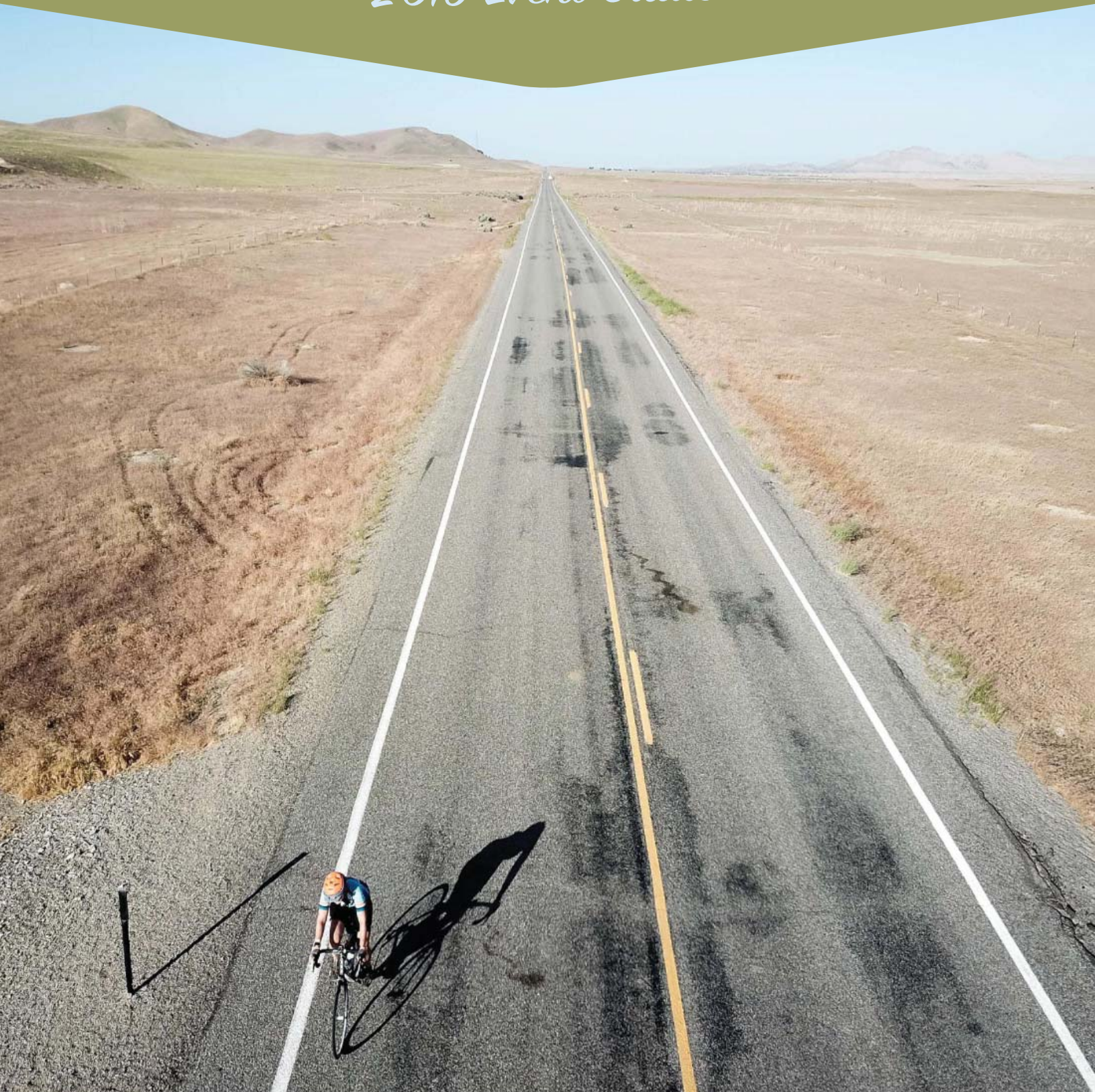


PRELIMINARY EDITION

HUNTSMAN 14

2019 Event Guide



Saturday, June 15 | Delta to Salt Lake - 140 miles | Salt Lake Out-And-Back - 140, 100, 75, 50, and 25 miles

ABOUT THE RIDE

The Huntsman 140 is a non-competitive fundraising ride with multiple routes, all of which finish near the Huntsman Cancer Institute in Salt Lake City. The original route was inspired by Jeff Warren, a cancer survivor and former patient of Huntsman Cancer Hospital. The out-and-back routes from Salt Lake are new in 2019. They will provide a more scenic and safe ride through Davis and Weber counties and will eliminate riding through the middle of the Salt Lake valley. This year's ninth annual H140 will be held on Saturday, June 15.

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.

EVENT SCHEDULE

PACKET PICK-UP:

THURSDAY, JUNE 13:

● For all H140 distances

Where: Huntsman Cancer Foundation — 500 Huntsman Way, Salt Lake City

When: 4:00 to 8:00 PM

Who: All H140 Distances

SATURDAY, JUNE 15:

● For Delta Starters

Where: H140 Delta Start Line — Rob Droubay Chevrolet, Delta UT

When: Packet pick-up starts at 5:00 AM

Who: Only individual and relay cyclists riding from Delta

● For Salt Lake Starters

Where: 140 Start/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 15

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, Rob Droubay Chevrolet — 348 West Main Street, Delta, UT

140-mile ride to Salt Lake - 6:00 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

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

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

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

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

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: 6:00 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, north along the scenic Legacy Parkway Trail, out to Antelope Island, and then back to Fort Douglas.

Start time: 6:30 AM

Total Miles: 140

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

- **100-MILE from SALT LAKE** - Same as the 140 mile route, without the Antelope Island leg.

Start time: 7:00 AM

Total Miles: 100

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

- **75-MILE from SALT LAKE** - Same as the routes above, without the Antelope Island leg and the Weber County loop.

Start time: 7:30 AM

Total Miles: 75

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

- **50-MILE from SALT LAKE** - Ride from Fort Douglas north to our feed zone in Farmington, then back to finish/start line.

Start time: 8:00 AM

Total Miles: 50

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

- **25-MILE from SALT LAKE** - Basically, its a ride along Wasatch Blvd to a turnaround point in Cottonwood Heights, and then back.

Start time: 8:30 AM

Total Miles: 25

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

***PDF maps coming soon!**

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
- Any earned fundraising incentives
- Sponsor goodies!

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 (**801.581.3332**) 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 key feed zones along the ride route. SAG may be subject to delayed returns.

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 restrooms and/or portable toilets available at every feed zone. Please wait, and use these toilets. Cyclists should not “relieve” themselves before reaching a feed zone, out of respect for the communities we travel through.

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 FACTS AND TRIVIA

- 2019 will be the ninth 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 2018, the Huntsman 140 (in combination with the Huntsman Heroes 5k) raised over \$700,000 for cancer research!

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: Each year, several hundred cyclists participate in the 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 2019 may 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 event nears. Route detours may be necessary. 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.

