



2024

Saturday, August 17

John's Park | Henefer, UT



EVENT GUIDE



A Cure for CF

ABOUT THE CYSTIC FIBROSIS FOUNDATION

We are driven by a dream that one day—every person with cystic fibrosis will have the chance to live a long, healthy life. Recognized globally, the Cystic Fibrosis Foundation has led the way in the fight against cystic fibrosis, fueling extraordinary medical and scientific progress. The life expectancy of someone born with CF has doubled in the last 30 years. Despite this progress, many people with CF do not benefit from existing therapies. Our vision is a cure for every person with cystic fibrosis and a life free from the burden of this disease. We will not leave anyone behind. You are an important part of our progress. Together, let's make CF stand for Cure Found.

ABOUT CYSTIC FIBROSIS

In people with cystic fibrosis, a defective gene causes a thick buildup of mucus in the lungs, pancreas and other organs. In the lungs, mucus clogs the airways and traps bacteria, leading to infections, extensive lung damage and respiratory failure. Many people with CF do not benefit from existing therapies, either because their disease is too advanced or because their specific genetic mutations will not respond. Those who can take current therapies continue to face challenging complications—leading to hospitalizations, missed school and work, and significant interruptions in their daily routine. And, many children and adults with CF still face the sobering prospect of a shortened life span.

A CURE FOR ALL

Winning this fight means working harder and faster. Genetic therapies – our best hope for curing cystic fibrosis – are more complex than anything we have ever done. Progressing a genetic therapy could cost the Foundation 10 times more than the development of a novel therapy a decade ago. The Foundation is leading the way in applying this emerging science to CF. In addition to CF, there are more than 1,000 diseases caused by this type of genetic mutation, virtually all of which have eluded researchers seeking FDA-approved therapies. While our focus is on cutting-edge research for CF, our hope is that future genetic based therapies could also benefit many others living with genetic diseases. You are an important part of our progress. Corporate donations help accelerate scientific advancements.

The Faces of CF

Lilly is a 25 year old living and working in Manhattan. She was diagnosed with cystic fibrosis when she was 10 days old and has gotten incredible benefit from the scientific breakthroughs funded by the Cystic Fibrosis Foundation, like Trikafta.



Lilly Gmelich, New York City, 25



Lindy Woodland, Sandy, UT, 44



Kayli and Kallan Drury, Eagle Mountain, UT



Event Schedule

Start/Finish Location

John's Park | Henefer, UT

Breakfast: 6:30am - 10:00am

Mileage Route Start Times

7:00am - 100 Miles

10:00am - 40 Miles

7:30am - 75 Miles

10:30am - 25 Miles

8:00am - 55 Miles

10:30am - 10 Miles

Post Ride Celebration

11:00 am - 5:00 pm

Lunch provided by Lori Tolbert Catering
Beer Garden Sponsored by Shades Brewing

Parking

Please park in the lot adjacent to the rodeo arena. Enter from E Canyon Road. Do not enter from Memorial Park Road.



Cyclist Information

Check In

PLEASE ARRIVE 30-45 MINUTES PRIOR TO YOUR START TIME. Park using the parking map located on the previous page. Grab breakfast and get ready to ride. If you did not attend packet pick up you must check in at registration and complete required documents.

Open Course Road Ride Format

Cycle for Life is an open course road ride. There will not be any road closures, cyclists must be responsible and obey traffic laws to ensure the safety of themselves and others.

Clothing Drop

It will be pretty cool in the morning, but as you get going on your ride, you may want to shed a layer of clothing. You won't need to haul it with you. Drop it off at the nearest rest stop and volunteers will keep it in plastic bag with your name on it. All clothing will be returned to the start/finish location.

Trash

Trash bins will be at each rest stop. Please discard all trash in the bins.

Cell Phone Service

There is no cell service in the canyons. We will have a HAM radio team who will have reception for any emergency that may occur.

Beer Garden

Cyclists will receive 2 beer tickets and a wristband. Beer will also be available for purchase at \$8 per 12oz serving. Limit is 2 servings. Alcohol must be consumed in the beer garden only. ID required - you will be checked.

Cyclist Checklist

- Helmet Required - Helmets are mandatory. Please make sure your helmet is securely fastened before starting your ride.**
- Bring warm clothing - It's chilly in Henefer in the early hours. Layer up and drop off clothes along the way at the rest stops for pick up at the finish line.**
- Drink plenty of fluids the day before the ride and throughout the event day to prevent dehydration.**
- Complete the emergency health contact form and emergency contact info on your bib. It's imperative that we know who to reach in case you get hurt.**
- Bicycle repair kit**
- ID for the beer garden**
- Eye and sweat protection**
- Recent tune-up? Make sure your bike is in good condition and ready to ride.**

Safety Guidelines

Signal - Notify other riders of your intentions to prevent any accidents. Click [here](#) for a quick instruction on cycle signals.

Potential Obstructions - Be on the lookout for potholes, debris, gravel, rocks, etc. If you do notice any obstacles, please be courteous to point them out to other riders.

Hold Your Line - Stay straight on the road, avoid swerving, and please ride single file and do not take up an entire lane. When stopping for a rest **MOVE OFF ROAD**. This allows Henefer residents to move about their town safely and allow us to come back year after year.

No headphones/earbuds - Please do not plug in while on the road. If you are unable to hear others or upcoming traffic, it puts you and others at risk.

First Aid Kits - First Aid kits will be available at each rest stop. Cuts and bruises happen, but we've got you covered.

EMT/Ambulance - North Summit Fire District will be on site for any potential emergencies that may occur.

Signage - Be on the lookout for these signs along your route. They will all be yellow and attached to a road sign pole.



What if I want to switch to a different route length than what I selected at registration? Or what if I am too tired to finish?

If you want to go on a longer or shorter ride, just be sure to not deviate from the marked routes. If you are too tired to turn around, stop on the side of the road and a volunteer bike marshal or SAG driver will be along to assist you and get someone to pick you up.

My friends would like to join my team, but online registration has closed. Can they still ride?

We strongly encourage people to register online ahead of time, but they can register on event day. The same-day registration fee increases to \$200 per person. Please arrive 30 minutes earlier to complete required documentation and to pick up tickets for lunch and the beer garden.

What will be at the rest stops?

Rest stops will be every 10-12 miles and will have portable toilets, a sink station, sunscreen, self-serve water and sports drink, and volunteers handing out fruit and snacks.

How much water should I have with me?

Bring at least one water bottle you can carry with you on the ride. You will have the chance to refill at the rest stops.

What happens in case of inclement weather?

It has rained on event day and cyclists usually continue on. However, if conditions feel unsafe, get to the nearest rest stop and a HAM radio operator will be able to arrange a pick-up.

Can I bring my family?

Absolutely! Spectators are welcome. Lunch will be available for purchase at \$30 per person. Please RSVP by August 8th to lhadley@cff.org.

What type of gear do I need?

Helmet, eye protection, repair kit, GPS or device with downloaded map (optional), padded shorts, jersey or breathable shirt, water bottle or hydration pack, long-sleeve shirt or windbreaker (for the morning).

What if I get hurt?

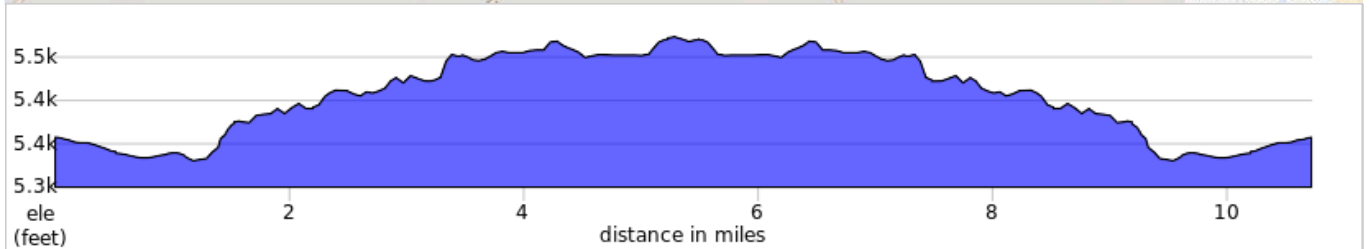
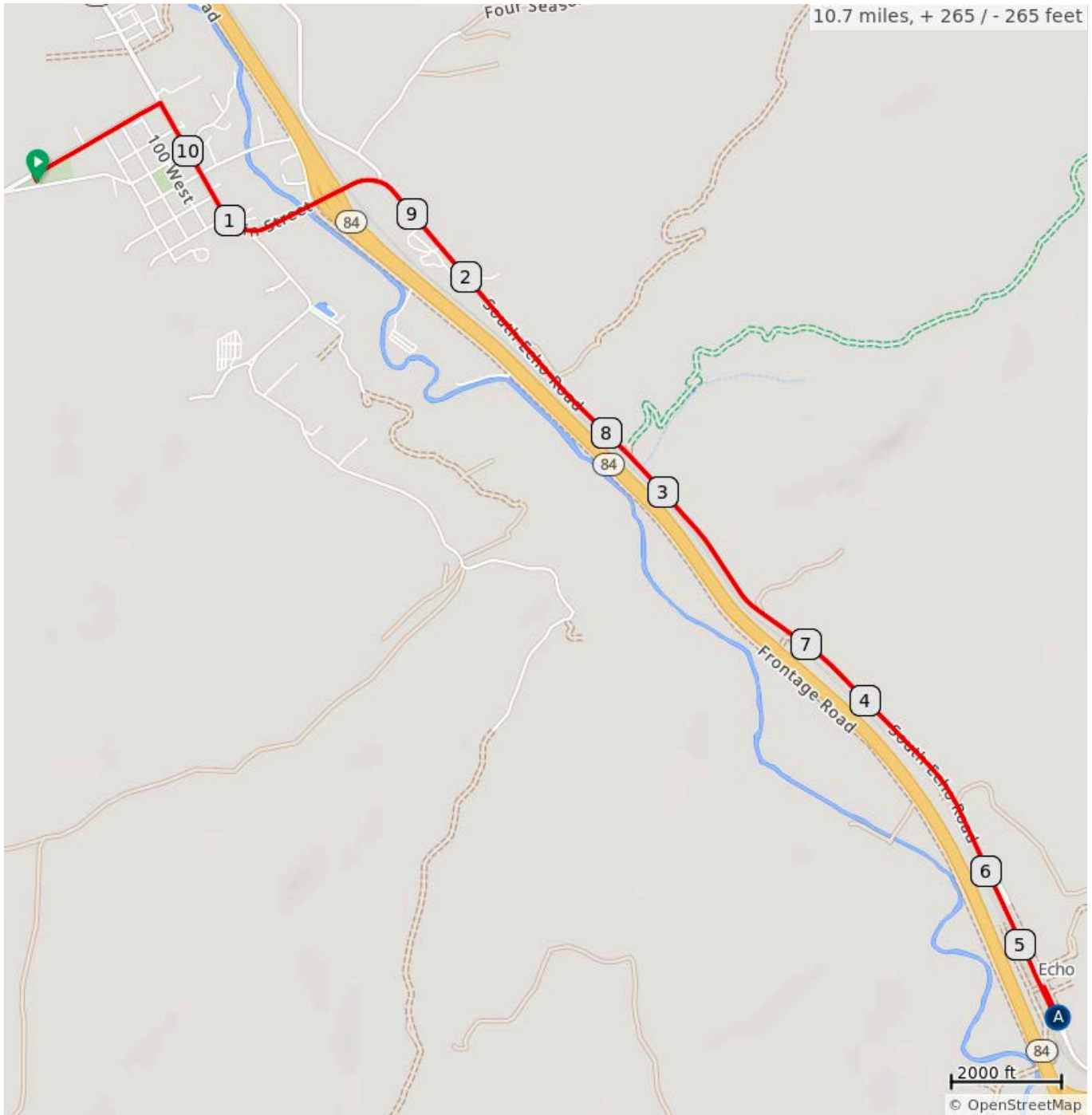
Your emergency contact information will be on your bib and we will also have a copy of that information at the registration table in order to notify someone in case you are hurt.

10 Mile Route

[Download the map here: https://ridewithgps.com/routes/47735660](https://ridewithgps.com/routes/47735660)

REST STOPS:

A. Echo Post Office



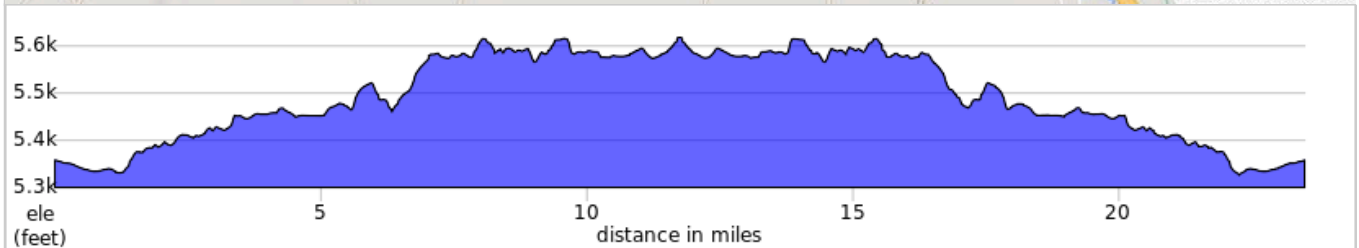
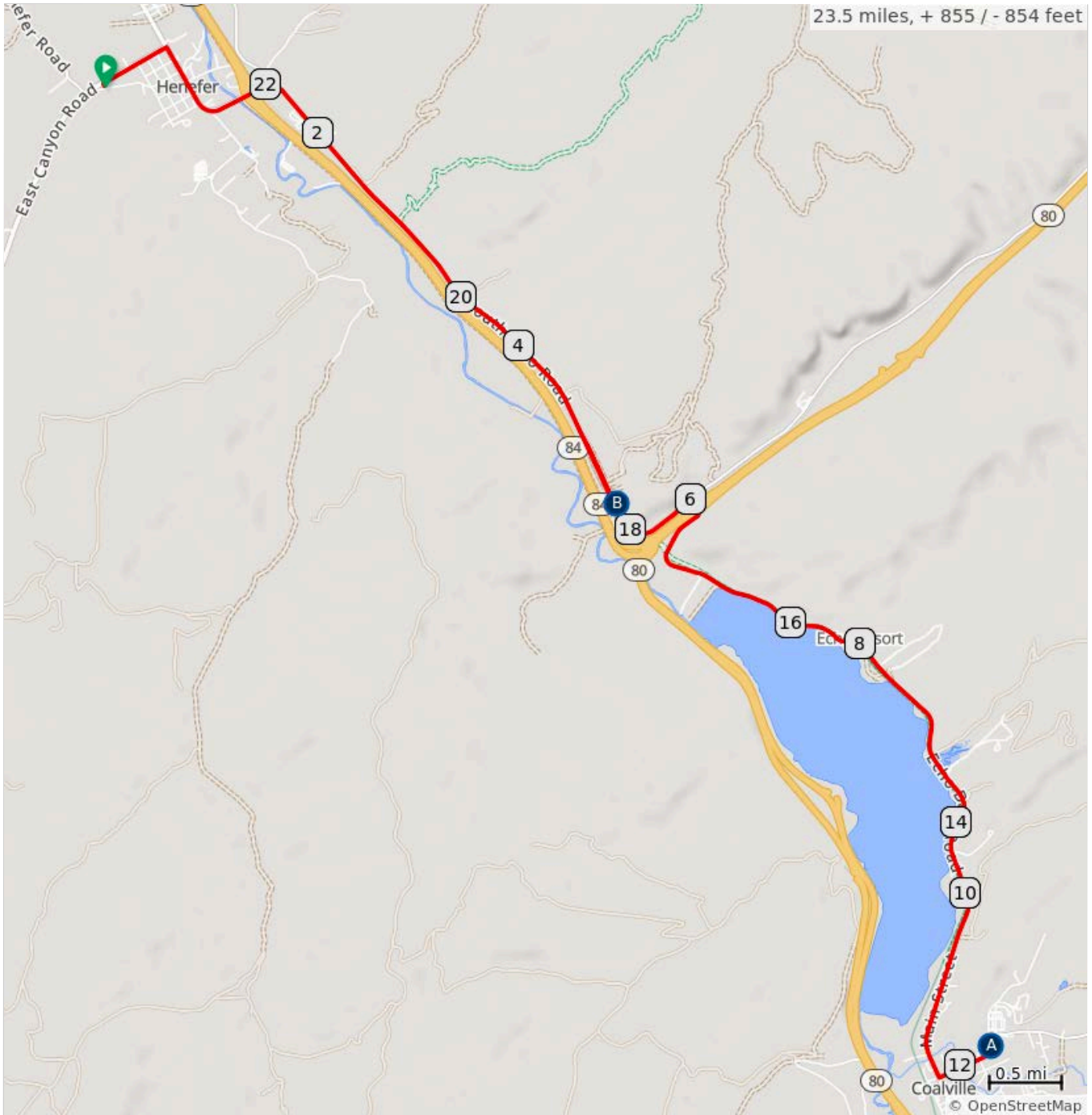
25 Mile Route

Download the map here: <https://ridewithgps.com/routes/47736109>

REST STOPS:

A. Summit County Search & Rescue

B. Echo Post Office



40 Mile Route

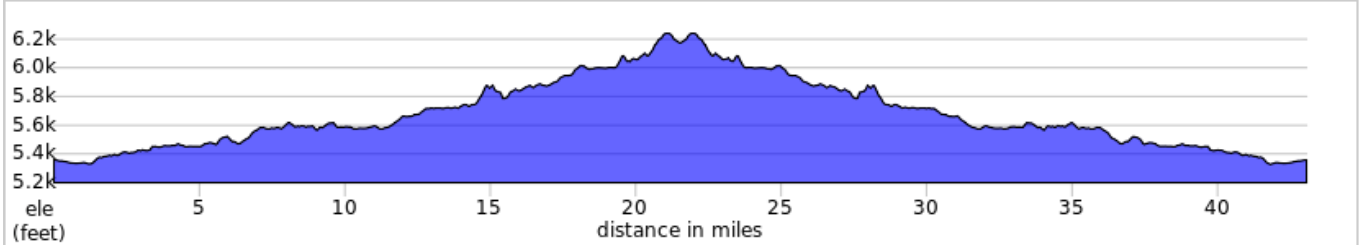
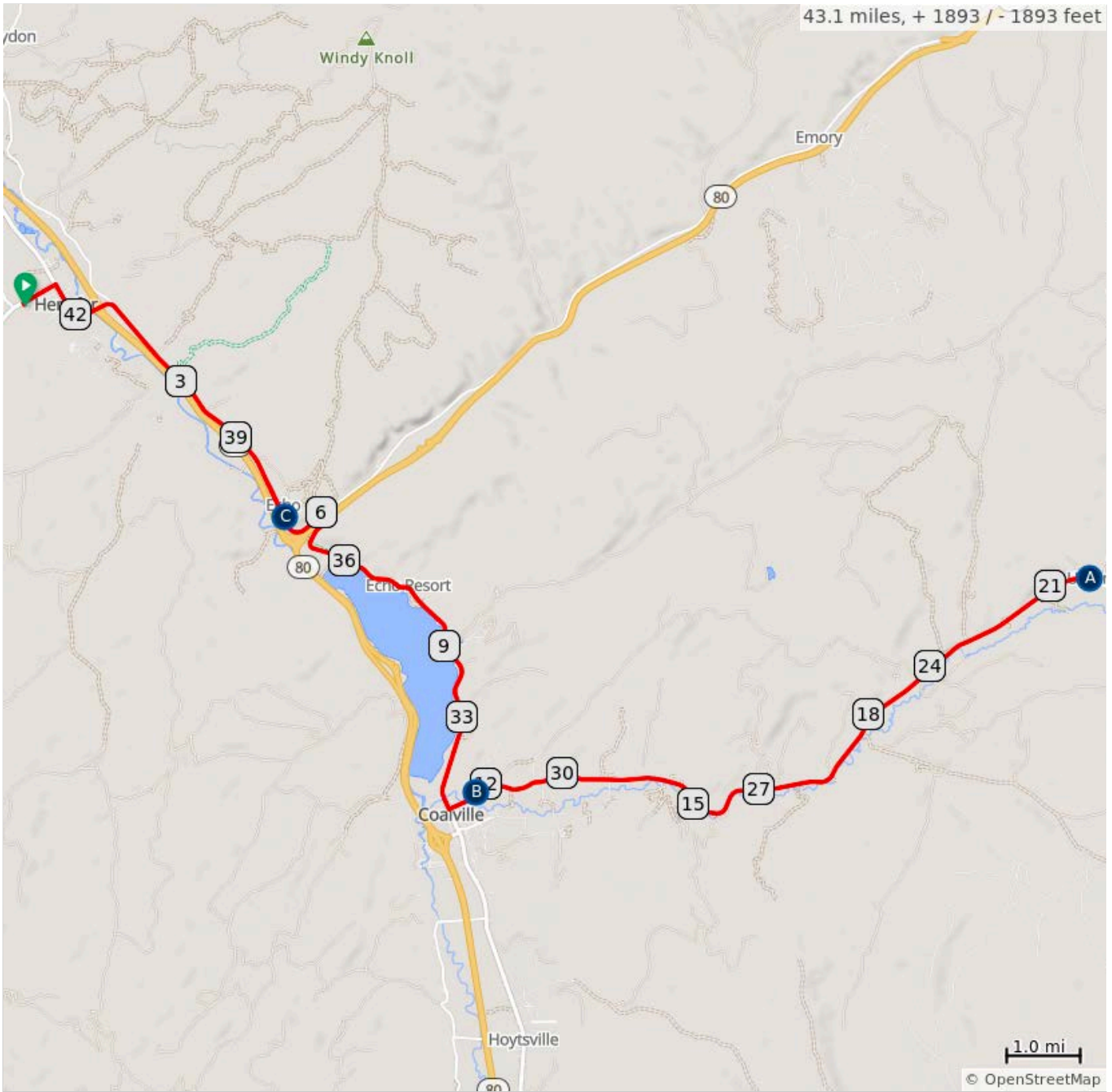
Download the map here: <https://ridewithgps.com/routes/47736210>

REST STOPS:

A. Upton LDS Church

C. Echo Post Office

B. Summit County Search & Rescue

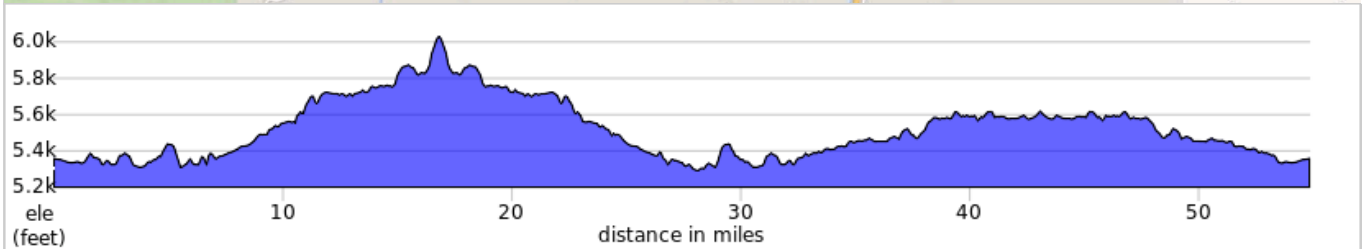
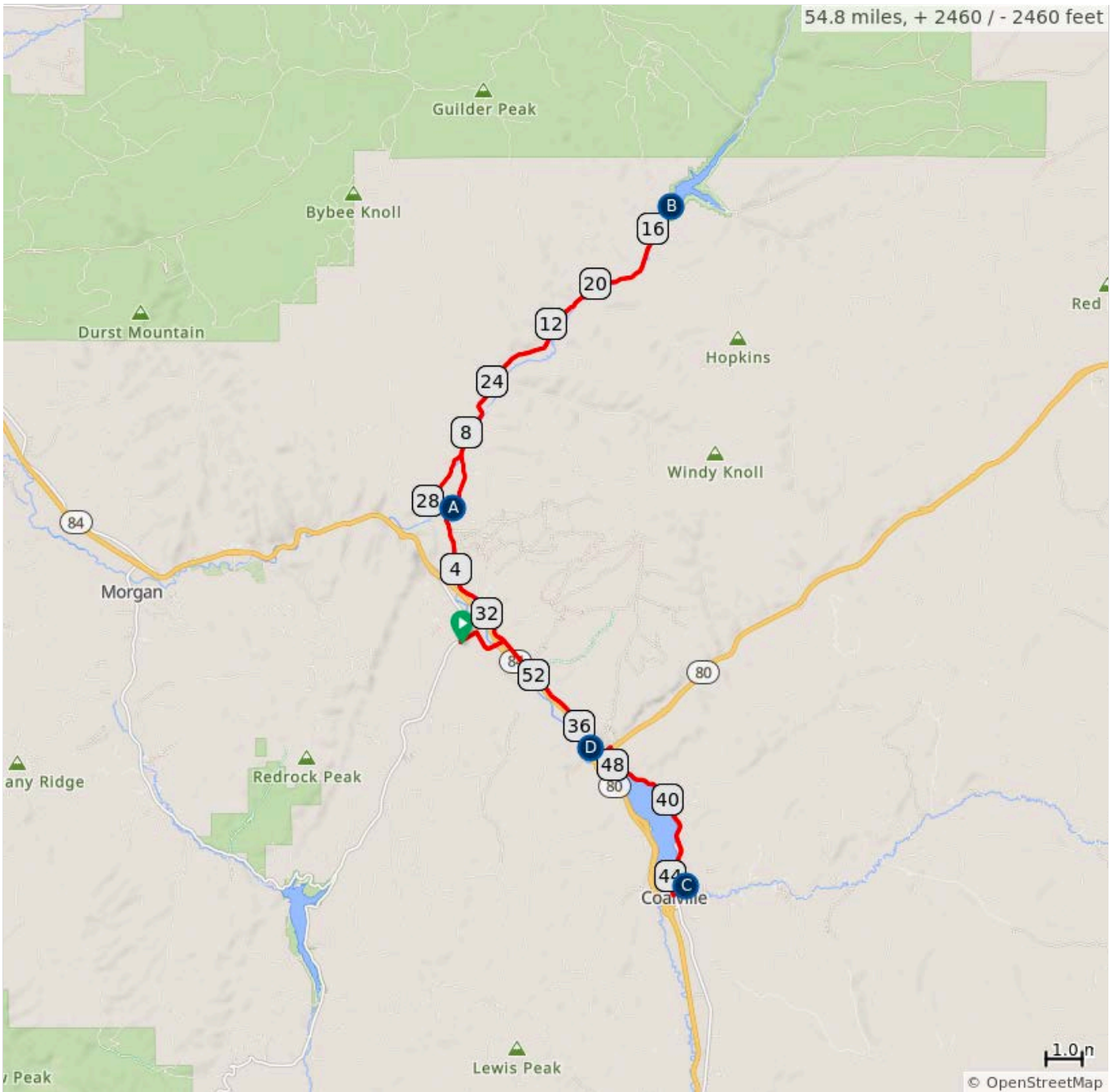


55 Mile Route

Download the map here: <https://ridewithgps.com/routes/47736263>

REST STOPS:

- | | | | |
|----|----------------------|----|-------------------------------|
| A. | Croydon City Park | C. | Summit County Search & Rescue |
| B. | Lost Creek Reservoir | D. | Echo Post Office |

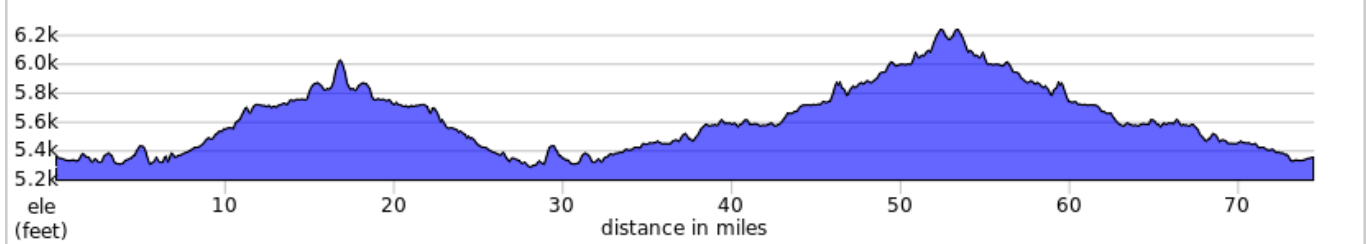
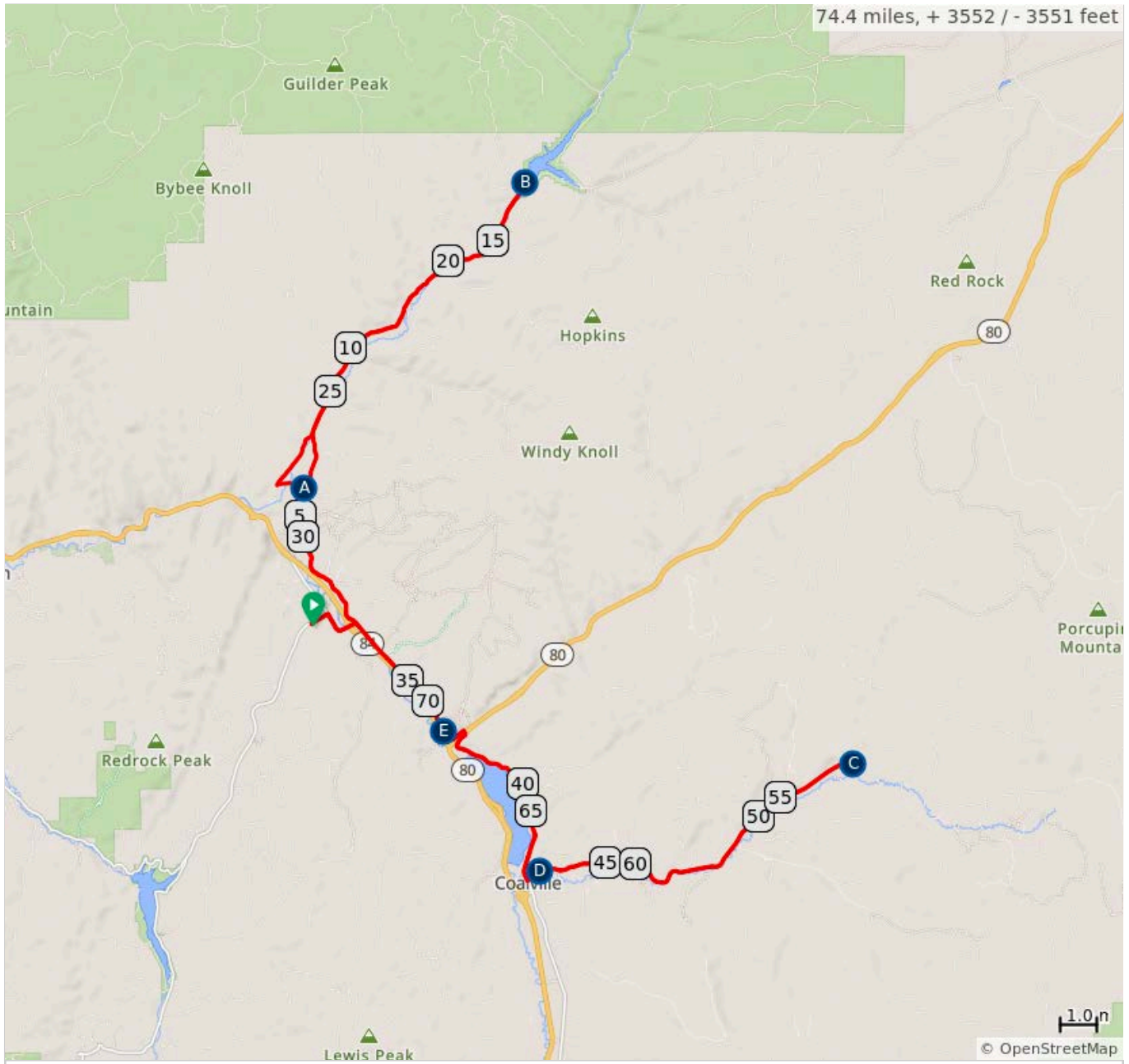


75 Mile Route

Download the map here: <https://ridewithgps.com/routes/47735824>

REST STOPS:

| | | | |
|----|----------------------|----|-------------------------------|
| A. | Croydon City Park | D. | Summit County Search & Rescue |
| B. | Lost Creek Reservoir | E. | Echo Post Office |
| C. | Upton LDS Church | | |

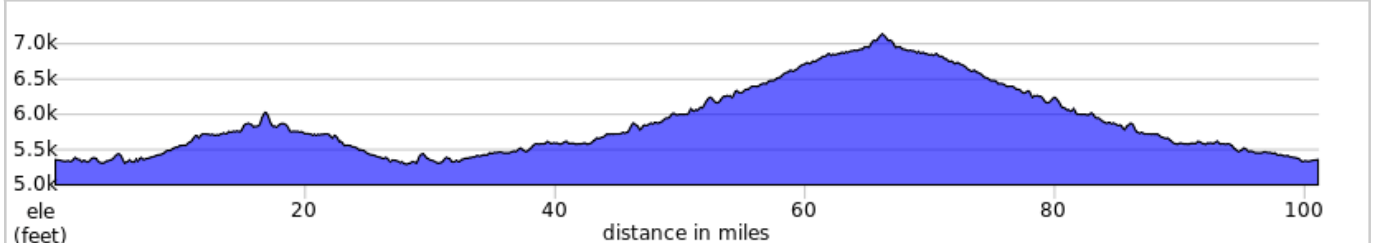
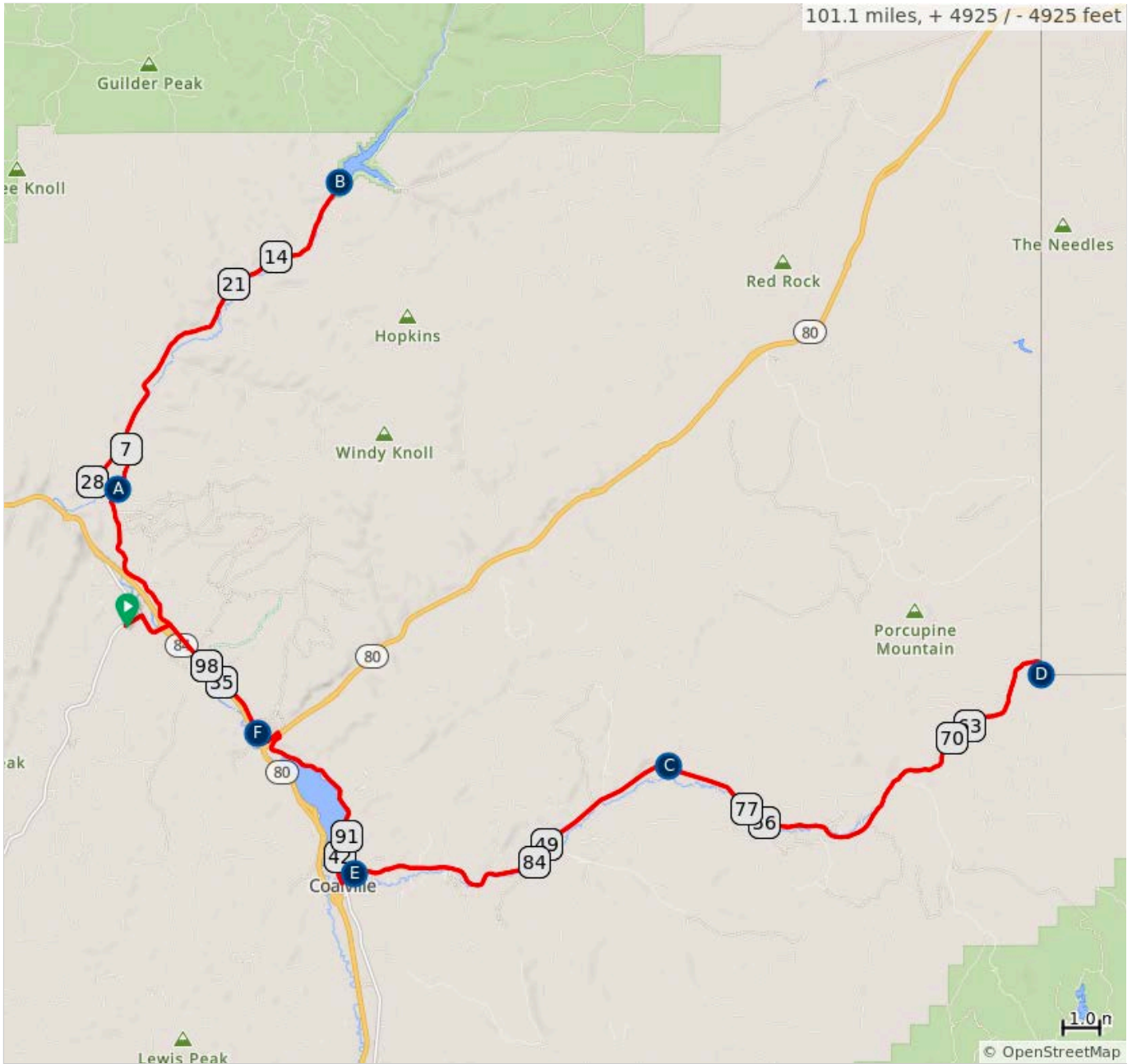


100 Mile Route

Download the map here: <https://ridewithgps.com/routes/47735975>

REST STOPS:

| | | | |
|----|----------------------|----|-------------------------------|
| A. | Croydon City Park | D. | Utah/Wyoming Border |
| B. | Lost Creek Reservoir | E. | Summit County Search & Rescue |
| C. | Upton LDS Church | F. | Echo Post Office |



Thank You

RADIO COMMUNICATIONS

UtahSAG does such a fantastic job and keep our riders safe. Thank you to this amazing crew who donate their time and expertise to this event every year.



VOLUNTEERS

Thank you to the wonderful volunteers who have donated their time, money, and resources to ensure the success of this event.

- Melissa Wallentine
- Matt McKinney
- Charlie Davis
- Goldenwest Credit Union
- Rest stop volunteer families

Local Sponsors

