



INTRODUCTION

Welcome to Salt To Saint Relay 2023!

You're about to embark on one of the hardest and most fulfilling relay events in Utah. There will be ups, and maybe a few downs...but without a doubt, you'll look back on this event as one of your all-time favorites. You've trained hard to get here, and we can't wait to see you toughing it out on the course!

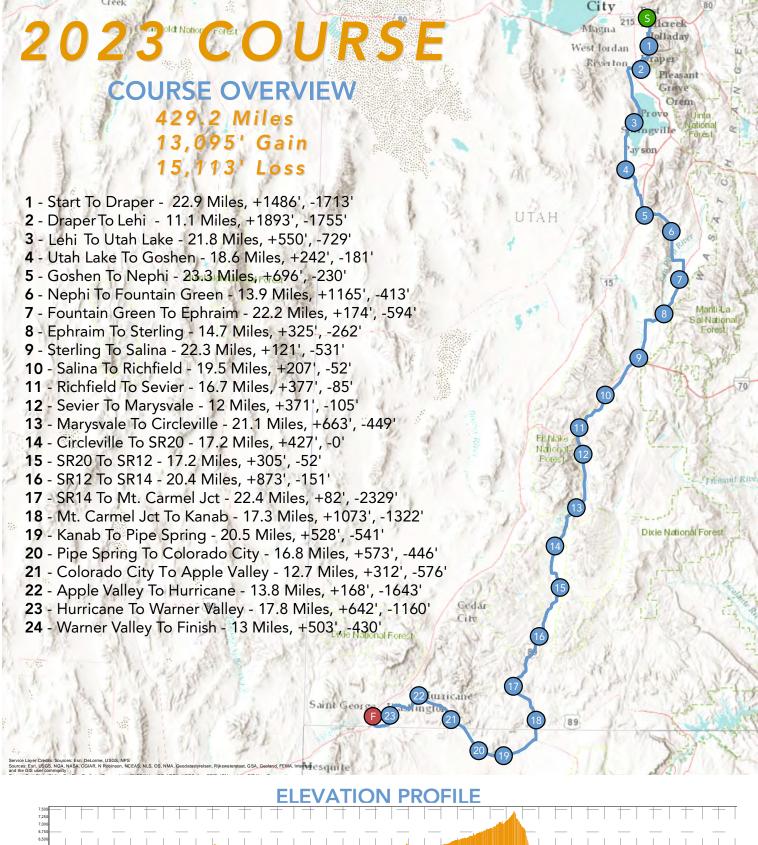
This Event Guide includes helpful information that is for the safety and benefit of all Salt To Saint Relay participants. It does not take the place of the Event Bible, and it does not include all rules. It is the responsibility of every Rider and Crew Member to read the Event Bible carefully.

We can in no way foresee all potential situations or problems and thus cannot guarantee the absence of accidents. However, with the help of all participants, volunteers, and city as well as state agencies, we are confident the Event can be enjoyed without major problems. If all riders and support crews follow the advice and recommendations included here, the potential for accidents can be significantly decreased. Team Captains are responsible for knowing and understanding all content included in the Event Guide and for educating team members on the important information. We recommend that all participants read through this Guide.

Event organizers have the authority and right to change, update or adjust these rules as they see fit. If you have any questions, concerns or recommendations after reading this Guide, please contact us.



Since 1976





SAFETY IS OUR TOP PRIORITY!

SAFETY! SAFETY! SAFETY!

Safety is the most important thing of all. Road cycling can be a dangerous sport.

There are obstacles such as rumble strips, potholes and other road damage to be aware of, and then there are those large motorized things to deal with. While riding at night time, you MUST have adequate lighting. Some will be riding a lot of miles, and fatigue can become a serious issue...But if you are aware of the potential for danger, we can work together to mitigate risk, follow the rules and use our best judgment. This way, we will all have a blast and accomplish something amazing!

The most important thing is that cyclists follow **all** road regulations.

Following the rules and guidelines will decrease the possibility of accidents. There is no need to take unnecessary risks. Any who are found not obeying road regulations are subject to disqualification from the event.

We can not tolerate the risks and hazards that come from disobeying road regulations.



"The Law" is Always Watching

Course Officials, "The Law", will be driving the course during event hours, looking for rule violators and safety hazards. They have the authority to disqualify any team or give time penalties or any pther consequence they see fit. They are there to help keep the event safe. Please treat them with respect and inform them if you see any problems. For safety purposes, we require that you follow certain guidelines. Be sure to read and understand the safety section in its entirety to avoid problems, disqualification or accidents.

GENERAL POINTS

Yes, it's a Ride, not a Race... but...

- Technically, the Salt To Saint Relay is a "Ride" not a "Race" but that doesn't mean you shouldn't give your best. However, participants who don't follow road regulations in effort to get a faster time and place better in the final standings may put our event in jeopardy of cancellation. We have worked with UDOT, local municipalities, and the UHP to make this event possible. Your adherence to our rules and guidelines is critical to the continued success of the Salt To Saint.
- As you head down the course you will find that some Transition areas are sponsored / manned by some or our great partners and sponsors. Please remember to say Thank You for their effort to support this awesome event.
- Each Transition along the route has a restroom available. Most are portable toilets, although some are park or building restrooms. See the individual leg diagrams for the locations of the restrooms.
- Start times have been based according to the estimated speed each team indicated upon registration. If a team is much faster or slower than their estimated time, they may arrive before or after a Transition or Finish is available.



THE SALTY SPOTLIGHT

Natasha Scott (Eagle Mtn, UT)

We all know that women are incredible and can do amazing things, but Natasha has taken incredible to a whole new level. As a mother of five boys, Natasha is constantly on the move. When she's not whipping up gourmet meals for hungry teens, she can be found supporting her boys at swim meets, school programs, church events, or cycling club activities to name a few. In 2022, she had the crazy idea of riding 400+ miles for her 40th birthday.

Riding Salt To Saint solo wouldn't have been possible without support from family (sister Tashina, nieces Miranda and Tioni), husband, and friends (Troy Huebner, Jessica Kline, Jason Raff, and Kirk Schroeder to name a few).

Moving time: 22 hrs 43 min Elapsed time: 28 hrs 27 min

~In her own words~

People asked me: What did you do when you wanted to give up? How did you get through the hard times?

My answer: I remembered all the people who wanted me to cross that finish line. The life lesson I learned from this experience is that we all need each other to get through life. There are many great things about our modern world—but the people in it should be at the top of that list. Taking a genuine interest in your family, friends, neighbors and even strangers is one of the most rewarding decisions you can make for yourself and those around you. I'm so thankful for all of you who cheered me on and helped me accomplish this amazing feat. Thank you for your kindness!



TRACKING YOUR TEAM

Tracking

http://www.salttosaint.com/live-tracking/



http://trackleaders.com/salt2saint23

The Salt To Saint will be using Trackleaders.com to track our teams. To clarify, this is a "tracker", not a timing chip. The tracker allows us to know where all riders are at any given point in tim... and it allows you to keep tabs on the other teams to reel them in and crush their hopes and dreams! The tracker follows riders in real time and reports back every 5 minutes. This 5-minute gap means there is a chance you will see your rider in person before you see him/her at your location on the tracker. However, it is a great to way to view the event either as a support team or as someone watching from home.



The trackleaders tracking site will give you all sorts of good info like average speed, estimated arrival time, leader board, etc.

Instructions

- 1) Do not touch the buttons unless instructed to by Salt To Saint Representative
- 2) Remember to put the tracker in your jersey pocket with the SPOT logo facing out; that is where the antenna can get the best satellite reception
- 3) Hand the tracker off to the next rider and let them continue on down the course
- 4) Make sure to share your team's tracking info so everyone at home can follow you on your adventure!



CONTESTS

Best Photo

Bring your camera along, because if everyone does, we should have nearly 1000 photographers along the course route! Not only will you be able to capture unforgettable memories, but if your picture is chosen as one of our best pictures you will win some awesome prizes!

- To be entered, you must submit your photos to info@salttosaint.com in full resolution by 11:59 pm on October 1st, 2023
- Voting will take place on Facebook the following week



2022 Photo Contest Winner: Shauna Warrick

KOM / QOM COMPETITION



Advocates INJURY ATTORNEYS



Partnering with an experienced bicycle accident attorney is the best way to **prevent** insurance companies from **taking advantage** of your bicycle injury claim. With our help, you can potentially **increase** the value of your case by up to 3.5 times* compared to settling on your own.

We're here to help you cross the finish line.

*Past results are not a guarantee of future results. Every case is different and must be judged on its own merits.

GET YOUR GEAR

Add a little more STYLE to your smile!

Check out the START and FINISH lines for kit and threads that will turn heads and create miles of smiles...You'll be glad you did!





LEG 1 - STARSTITEON DRAP 22.9 Miles - 1486' Gain - 1713' Loss RIDER INFO Enter Bike Path RIDE CONDITIONS: Shoulder, Bike Lane, Path NET CHANGE: -227 RELAY MILEAGE: 0.0 - 22.9 Turn By Turn

Taylorsville

173

- 0.0 Right onto Crestview Dr
- 0.4 Right onto Wasatch Dr
- 2.2 Veer left to stay on Wasatch Dr
- 2.7 Right onto Thunderbird Dr
- 2.7 Enter Sidewalk/Bike Path
- 4.1 Right on Wasatch Blvd
- 4.6 Left to continue on Wasatch Blvd
- 9.7 Left to continue on Wasatch Blvd
- 12.9 Right to continue on Wasatch Blvd
- 18.5 Left on 1700 East
- 19.7 Left on 1300 East
- 19.9 Take 3rd Exit of Traffic Circle to Pioneer Rd t Tordan
- 21.0 Right on 2000 East
- 22.8 Transition Point on Right

SUPPORT VEHICLE INFO

RESTROOMS: At Transition GAS: Fill Up Prior To Start FOOD: Many Along Route **ROAD CONDITION:** Good TRANSITION: Parking Lot

10 10 10 10 10 a"

TRANSITION ADDRESS: 1600 Highland Dr

Draper, UT

Climb Route

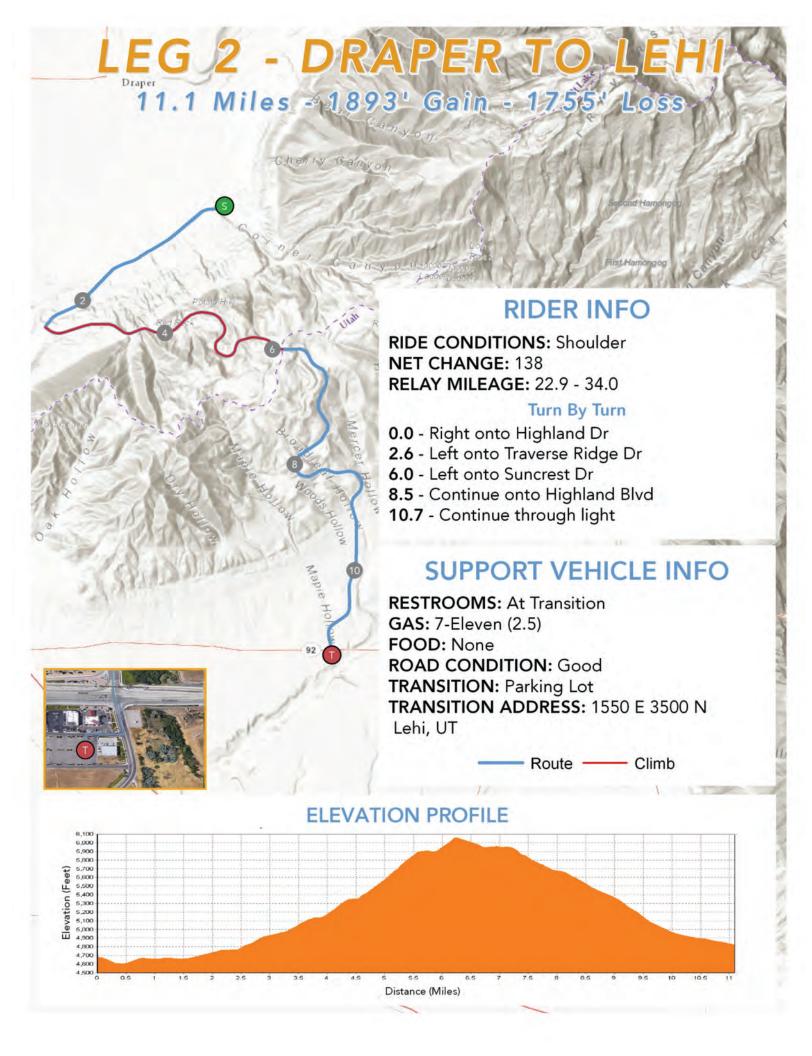


Murray

89

Holladay





3 - LEHI TO UTAH LAK .85 Miles - 550' Gain - 729' Loss Highland RIDER INFO RIDE CONDITIONS: Shoulder, Bike Lane Lehi **NET CHANGE: -179 RELAY MILEAGE: 34.0 - 55.8** Americ (145) Turn By Turn 0.3 - Continue onto E 3200 N 1.6 - Continue straight at traffic circle 2.6 - Left onto N 1200 W / N 8800 W St 3.5 - Slight right onto N 1200 W / N 880 W St atoga 3.8 - Continue onto UT-194 / W 2100 N 6.4 - Slight right onto path/Redwood tunnel 6.6 - Exit tunnel, slight right onto Redwood Rd 21.8 - Transition Point on the Left SUNSET HEIGHTS (89) ountains: HP SUPPORT VEHICLE INFO **RESTROOMS:** At Transition GAS: Multiple Along Route **FOOD:** Convenience Stores **ROAD CONDITION:** Good TRANSITION: Left Pull Out TRANSITION ADDRESS: W Side of Utah Lake 40.198459, -111.901802 Springville **ELEVATION PROFILE** 4.8k+ West

LEG 4 - UTAH LAKE TO GOSHEN

18.6 Miles - 242' Gain - 181' Loss

RIDER INFO

RIDE CONDITIONS: Rural, Narrow Shoulder

NET CHANGE: 61

RELAY MILEAGE: 55.8 - 74.4

Turn By Turn

3.8 - Veer left and continue

18.4 - Continue through intersection

SUPPORT VEHICLE INFO

RESTROOMS: At Transition

GAS: None FOOD: None

ROAD CONDITION: Good TRANSITION: Parking Lot

TRANSITION ADDRESS: 12800 W Street

Elberta, UT

Route — Climb



ELEVATION PROFILE



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G 5 - GOSHEN TO NEPH 23.3 Miles - 696' Gain - 230' Loss RIDER INFO RIDE CONDITIONS: Rural, Narrow Shoulder 15 **NET CHANGE: 466 RELAY MILEAGE: 74.4 - 97.7** Turn By Turn 2.9 - Left onto 17600 S 4.1 - Left onto Sandhill Rd 5.2 - Left staying on Sandhill Rd 5.7 - Veer right onto Triangle Ranch Rd 6.9 - Right onto Goshen Canyon Rd 14.9 - Right onto Main St 20.3 - Right onto UT-28 22.6 - Left onto 100 N SUPPORT VEHICLE INFO **RESTROOMS:** At Transition GAS: None FOOD: Little Caesars (21.8) **ROAD CONDITION:** Good TRANSITION: Park **TRANSITION ADDRESS: 98 N 600 E** Nephi, UT Route -Climb THEURNER IN BOG **ELEVATION PROFILE** 5.400 5,300 5,200 5,100 \$ 4,700 4.600 Distance (Miles)

LEG 6 - NEPHI TO FOUNTAIN GREEN

13.9 Miles - 1165 Gain - 413 Loss

RIDER INFO

RIDE CONDITIONS: Rural, Shoulder

NET CHANGE: 752

RELAY MILEAGE: 97.7 - 111.6

Turn By Turn

11.6 - Right onto Big Springs Loop Rd

12.6 - Left onto Big Spring Rd

12.9 - Continue onto 500 W

13.1 - Left onto 400 N

13.4 - Right onto 400 W

SUPPORT VEHICLE INFO

RESTROOMS: At Transition

GAS: Chevron (0.25), Fast Gas (0.6) FOOD: Wendy's, Arby's (0.25)

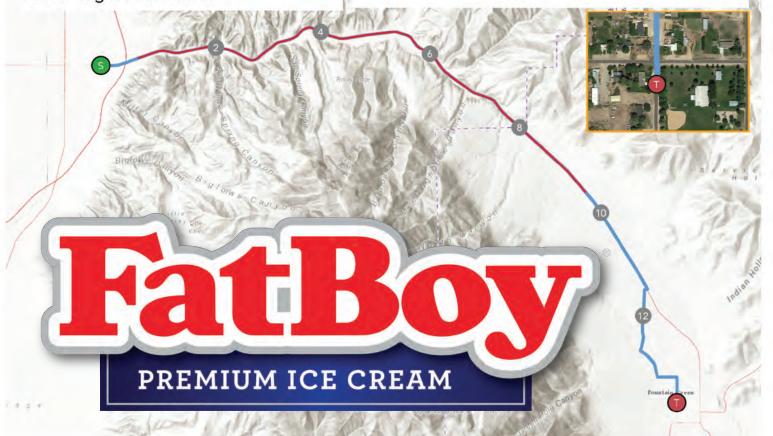
ROAD CONDITION: Good

TRANSITION: Park

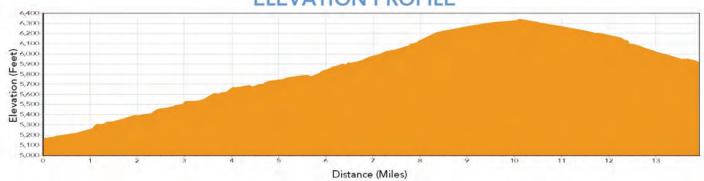
TRANSITION ADDRESS: 300 W Center

Fountain Green, UT

Route - Climb



ELEVATION PROFILE



LEG 7 - FOUNTAIN GREEN TO EPHRAIM 22.2 Miles - 1741 Gain - 594" Loss

RIDER INFO

RIDE CONDITIONS: Rural, Shoulder

NET CHANGE: -420

RELAY MILEAGE: 111.6 - 133.8

Turn By Turn

- 0.1 Right onto 100 S
- 0.2 Left onto 500 W
- 0.5 Continue onto West Side Rd
- 7.4 Continue onto 200 W
- 9.8 Left onto 200 N
- 10.0 Right onto State St
- 14.7 Right onto UT-132
- **18.5** Right onto US-89

SUPPORT VEHICLE INFO

RESTROOMS: At Transition

GAS: None

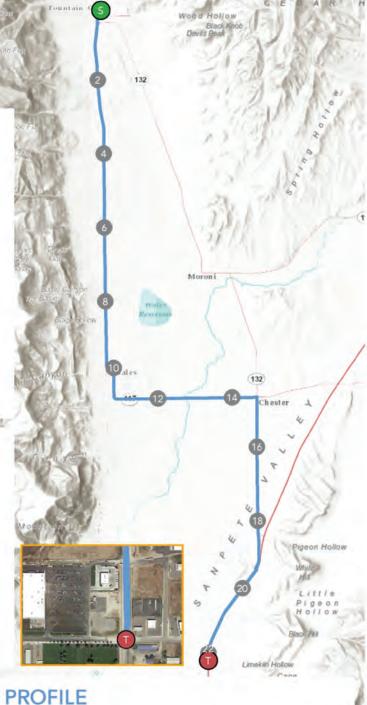
FOOD: Walmart (13.9) ROAD CONDITION: Good TRANSITION: Shoulder

TRANSITION ADDRESS: 700 N + Hwy 89

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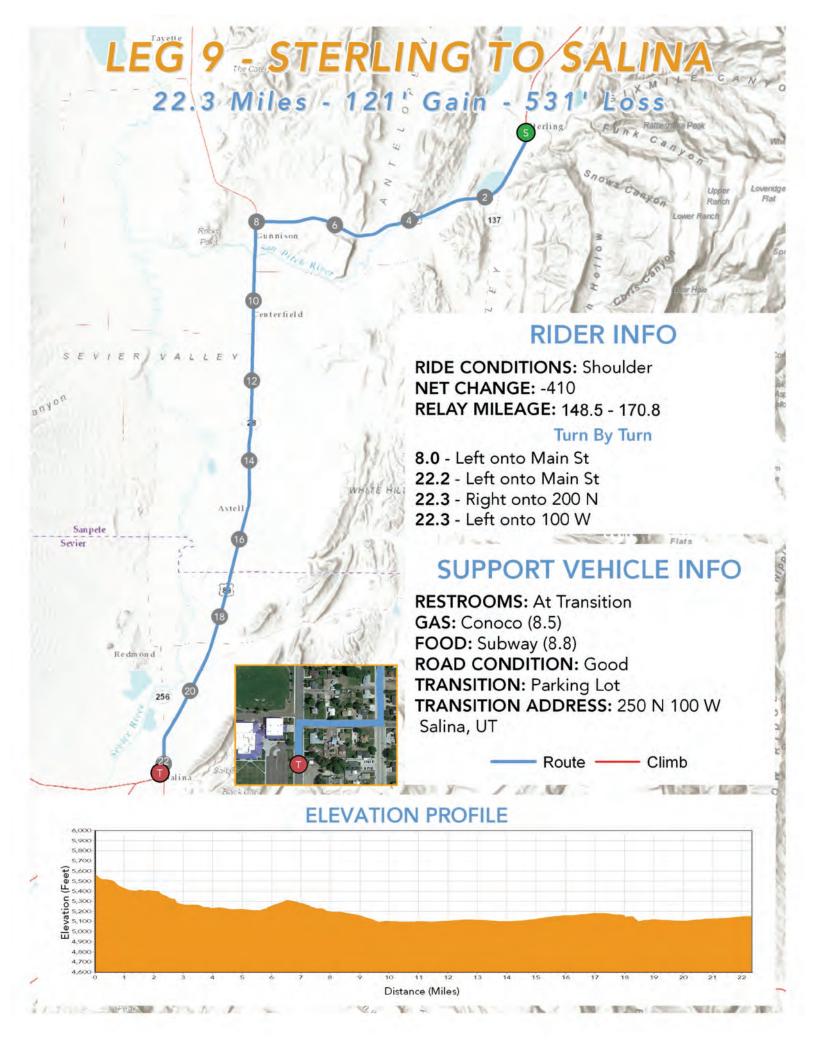
Ephraim, UT

- Climb Route -





LEG 8 - EPHRAIM TO STERLING 4.7 Miles - 325' Gain - 262' Loss RIDER INFO Cane Valley **RIDE CONDITIONS: Shoulder** Ephraim **NET CHANGE:** 63 **RELAY MILEAGE: 133.8 - 148.5** Turn By Turn 0.0 - Continue South on US-89 SUPPORT VEHICLE INFO **RESTROOMS:** At Transition GAS: Maverik (0.8), Chevron (7.8) FOOD: Sodalicious (0.3), Subway (0.5) **ROAD CONDITION:** Good TRANSITION: Parking Lot TRANSITION ADDRESS: 95 S Main St Manti Ridge Sterling, UT Climb Route -Gunnison rrauerse **ELEVATION PROFILE** 6.200 6,100 6,000 5,900 S 5,700 5,600 \$ 5,500 5,400 5,300 Distance (Miles) 2



LEG 10 = SALINA TO RICHFIELD

19.5 Miles - 207' Gain - 52' Loss

RIDER INFO

RIDE CONDITIONS: Shoulder

NET CHANGE: 155

RELAY MILEAGE: 170.8 - 190.3

Turn By Turn

0.2 - Right onto Main St

0.8 - Veer left onto UT-24

9.0 - Continue onto UT-118

18.5 - Left onto Main St

SUPPORT VEHICLE INFO

RESTROOMS: At Transition

GAS: Maverik (0.25), Maverik (19.3)

FOOD: Lin's Market (19.3) ROAD CONDITION: Good TRANSITION: Parking Lot

TRANSITION ADDRESS: 360 S Main Street

Richfield, UT

Route - Climb



W.



256

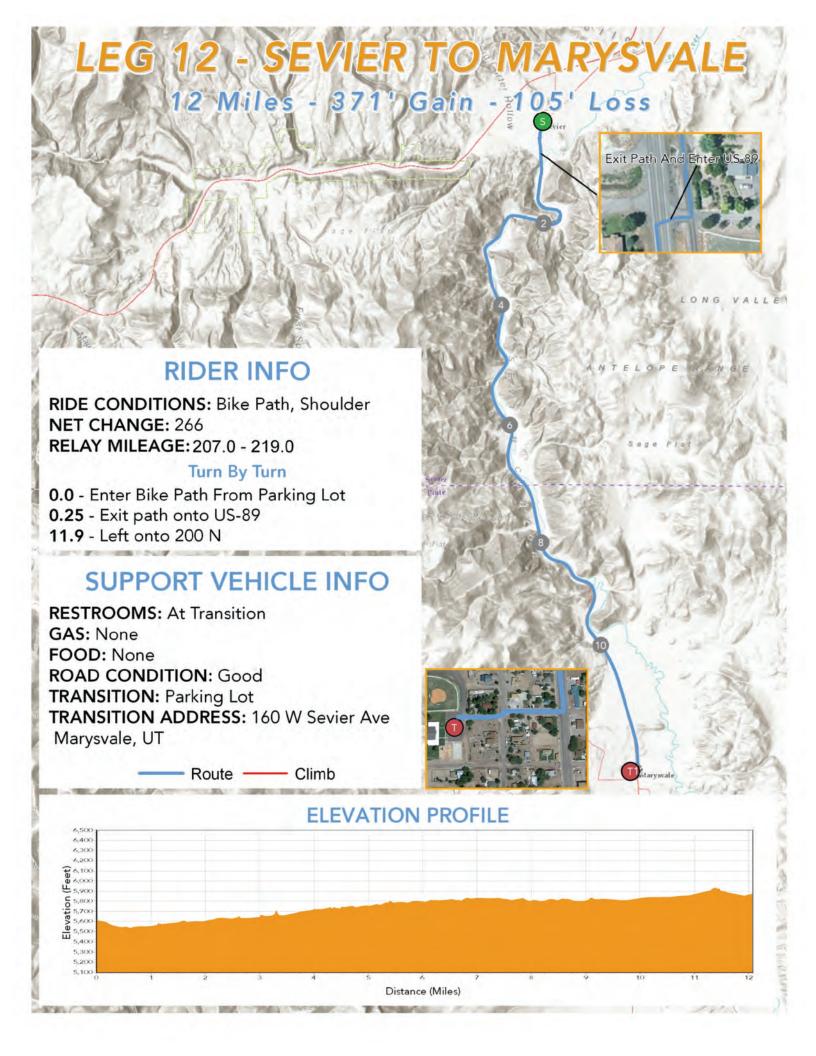




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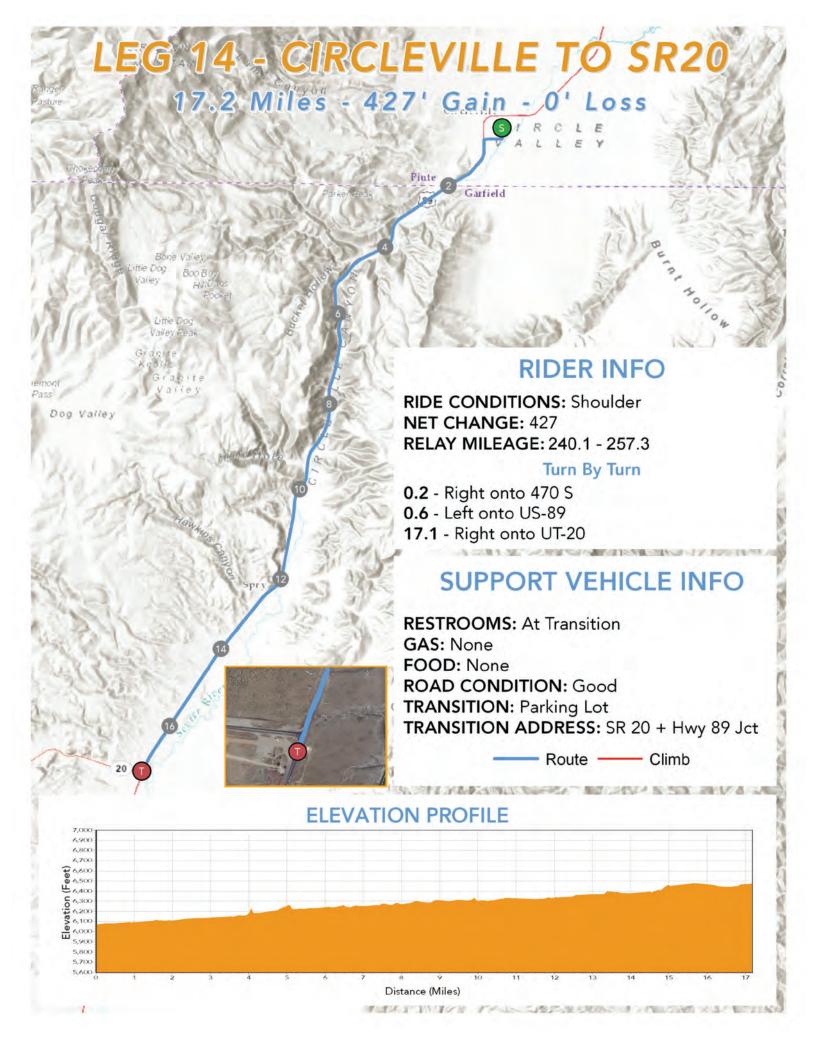
11 - RICHFIELD TO RIDER INFO RIDE CONDITIONS: Shoulder, Bike Path **NET CHANGE: 292 RELAY MILEAGE: 190.3 - 207.0** Turn By Turn 5.6 - Continue onto UT-258 7.4 - Left onto 300 W 7.5 - Continue onto Sevier Hwy Or Enter Path 12.8 - Continue on State St 16.7 - Left into Parking Lot SUPPORT VEHICLE INFO **RESTROOMS:** At Transition GAS: Silver Eage (7.5) FOOD: Walmart, Little Caesars (1.0) **ROAD CONDITION:** Good TRANSITION: Parking Lot - Restricted TRANSITION ADDRESS: Sevier Hwy + Hwy 89 Jct Route - Climb **ELEVATION PROFILE** 5,600 5,200 5,100

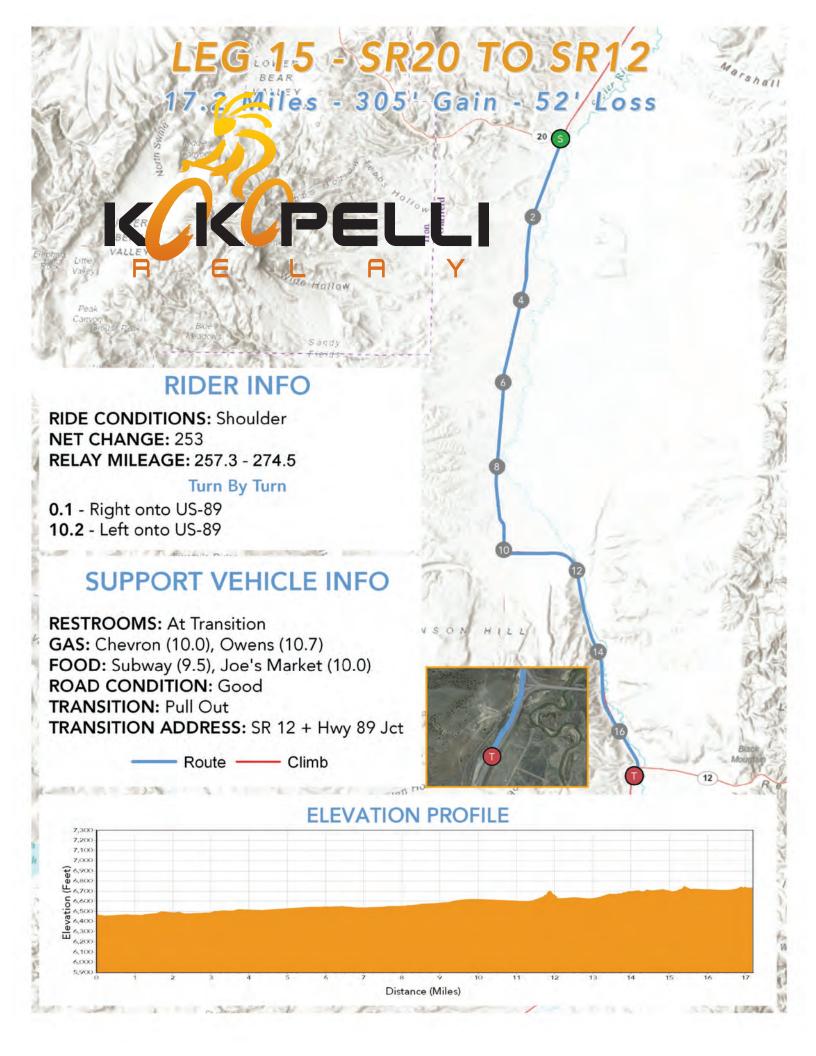
Distance (Miles)

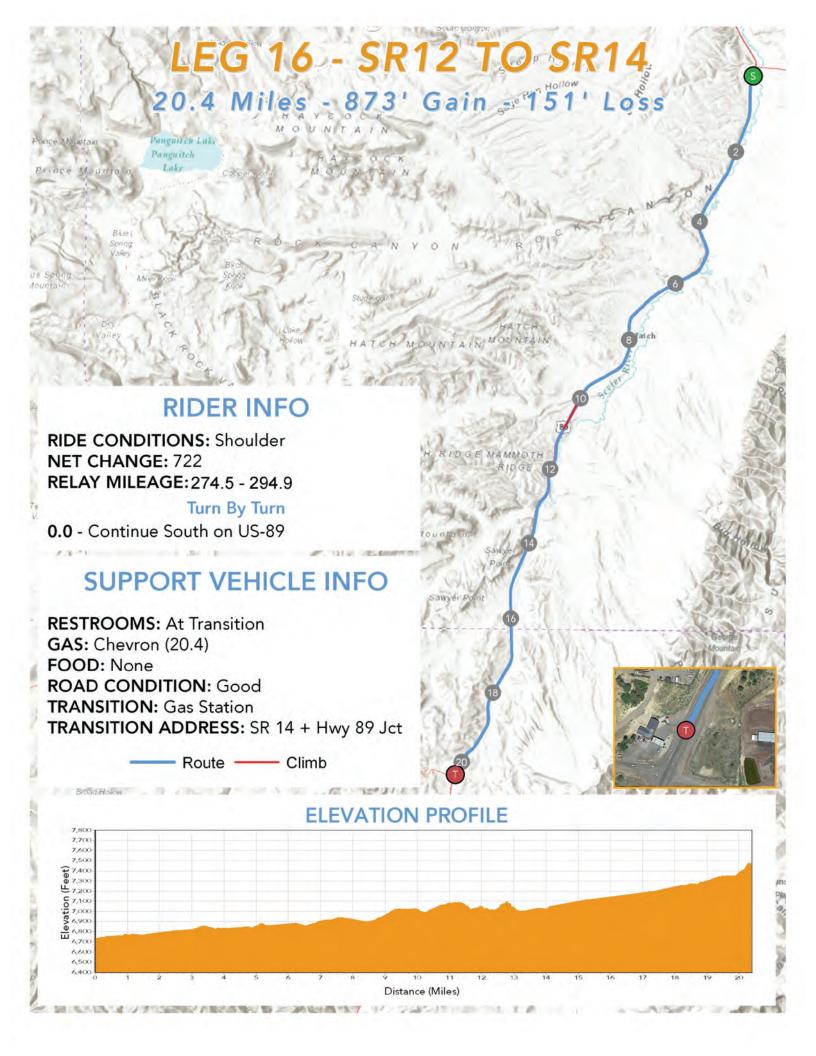


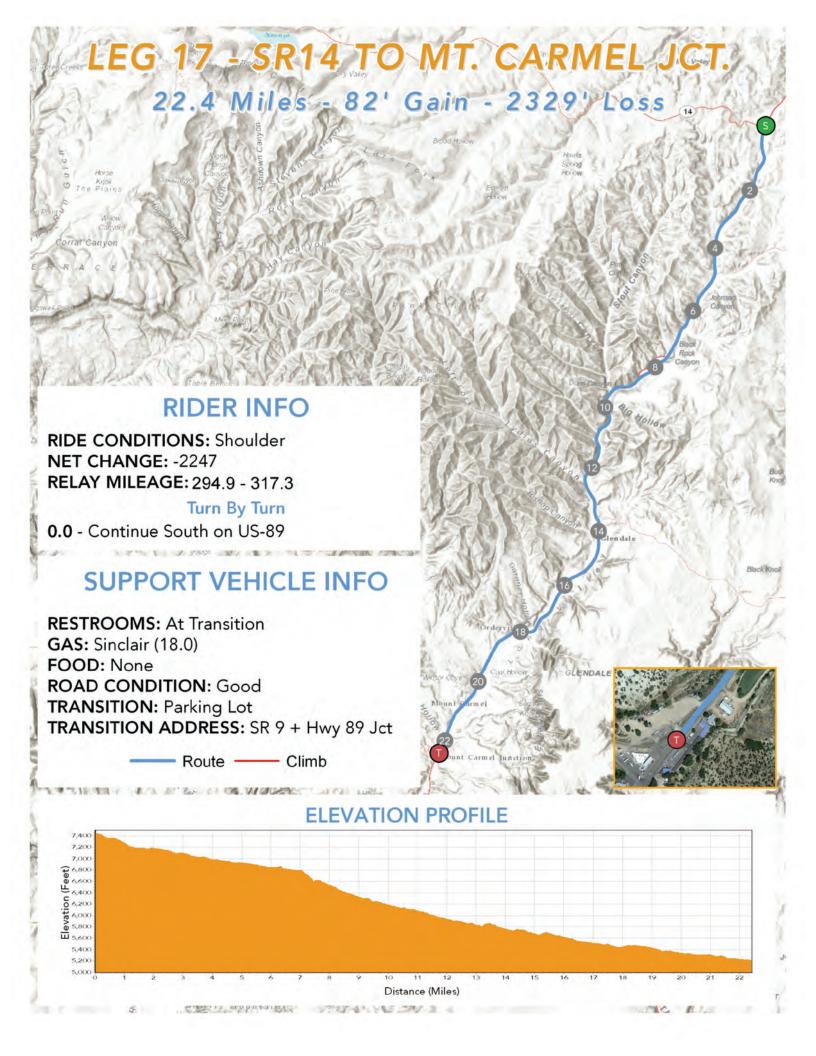
21.1 Miles - 663' Gain - 449' Loss SCC TECH RIDER INFO **RIDE CONDITIONS: Shoulder NET CHANGE: 214 RELAY MILEAGE: 219.0 - 240.1** Turn By Turn 0.0 - Continue South on US-89 20.9 - Left onto Center St SUPPORT VEHICLE INFO **RESTROOMS:** At Transition GAS: Tugs One Stop (0.1) FOOD: None **ROAD CONDITION: Good** TRANSITION: Parking Lot TRANSITION ADDRESS: 220 S Center St Circleville, UT Climb Route • A Ties of Man / A Proposition of the Land **ELEVATION PROFILE** 6,600 6,400 6,100 6,000 5,900 5.800 5,700 5,600

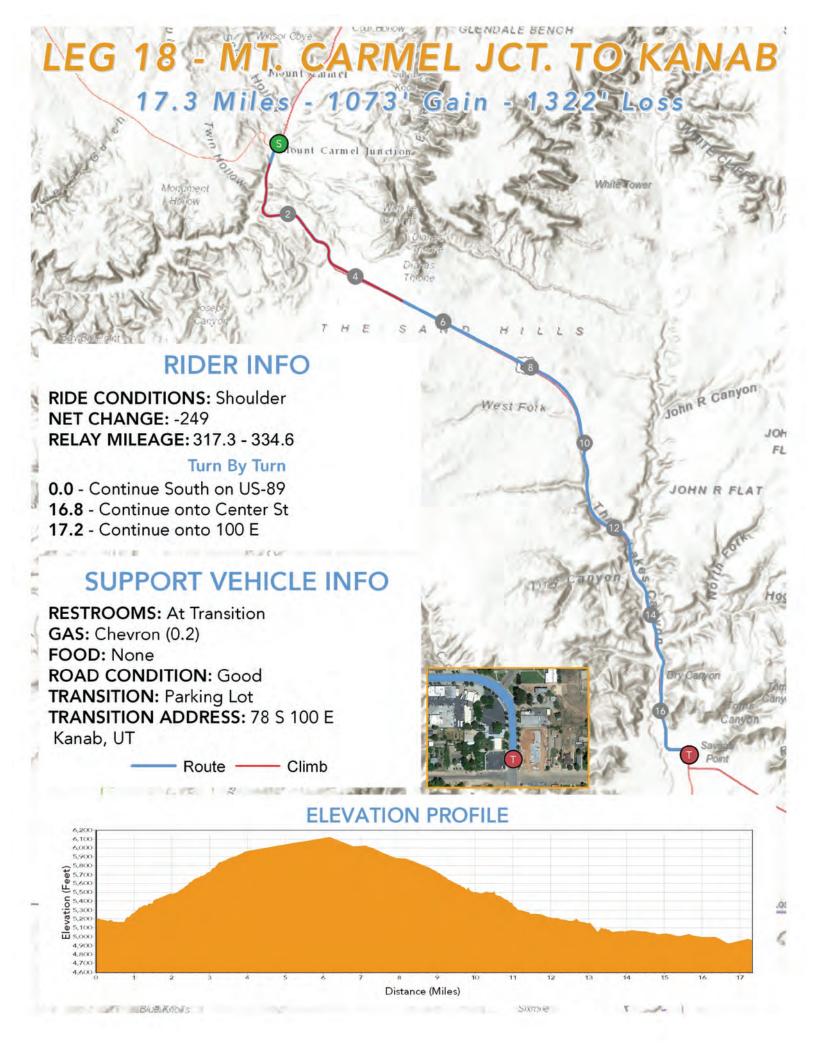
Distance (Miles)



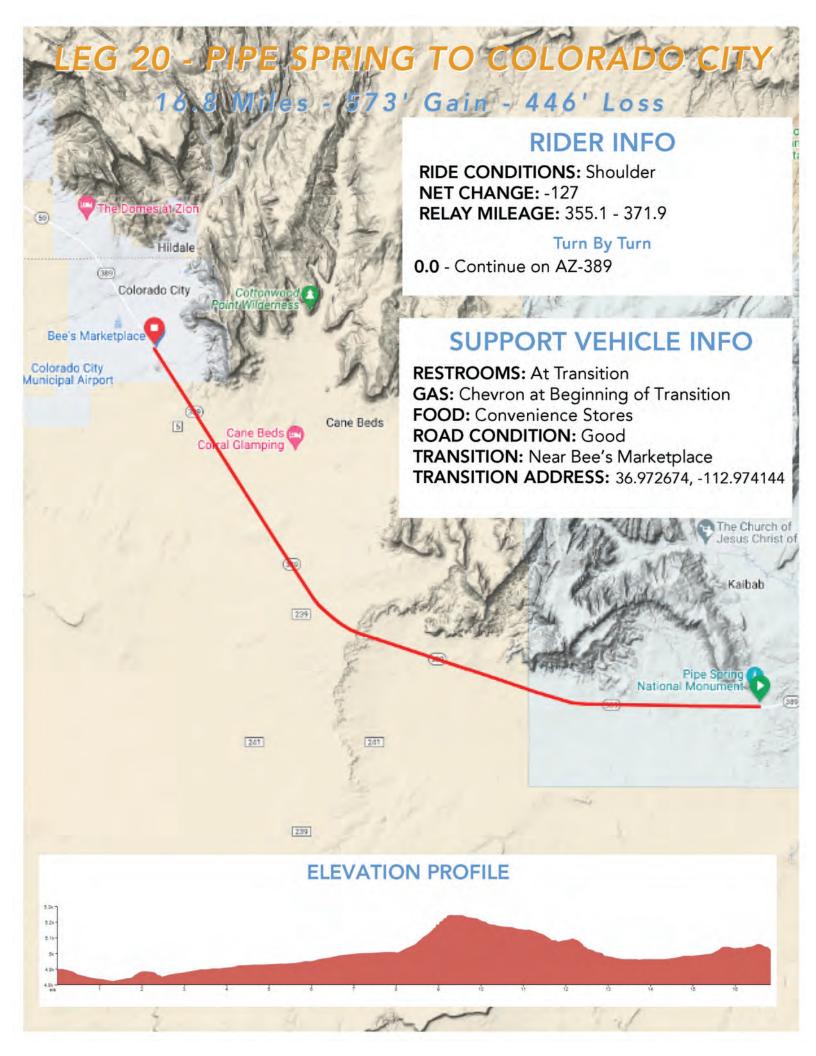


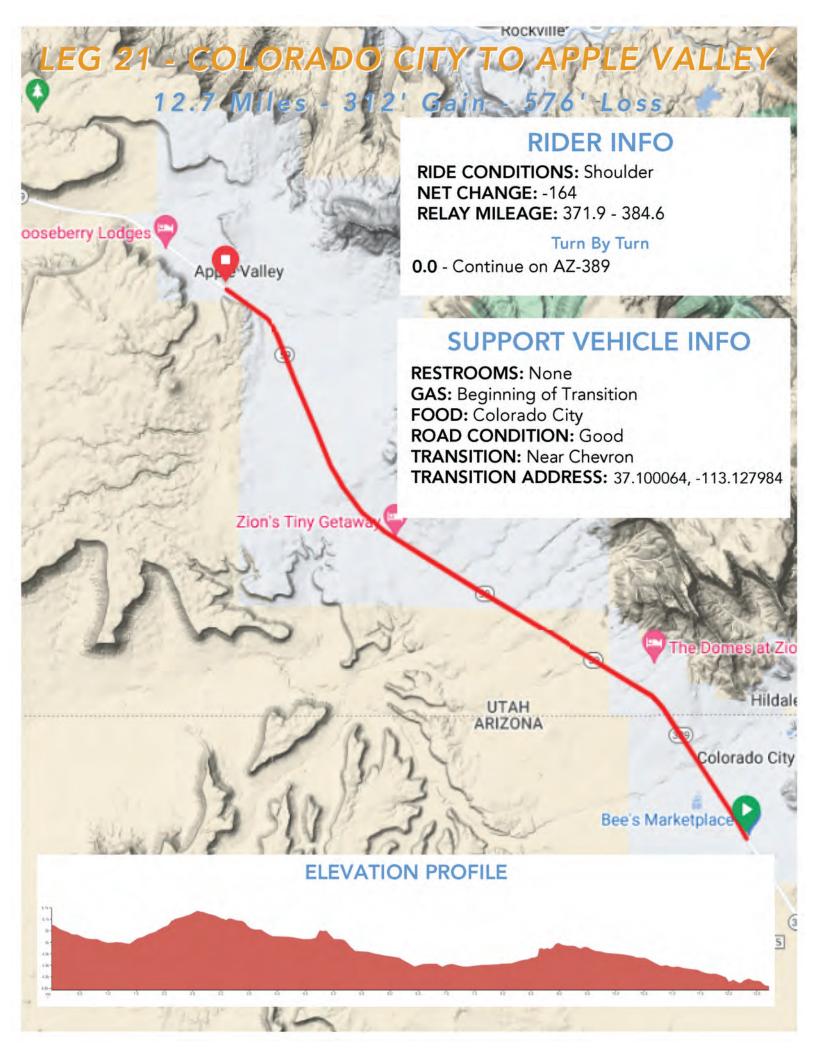


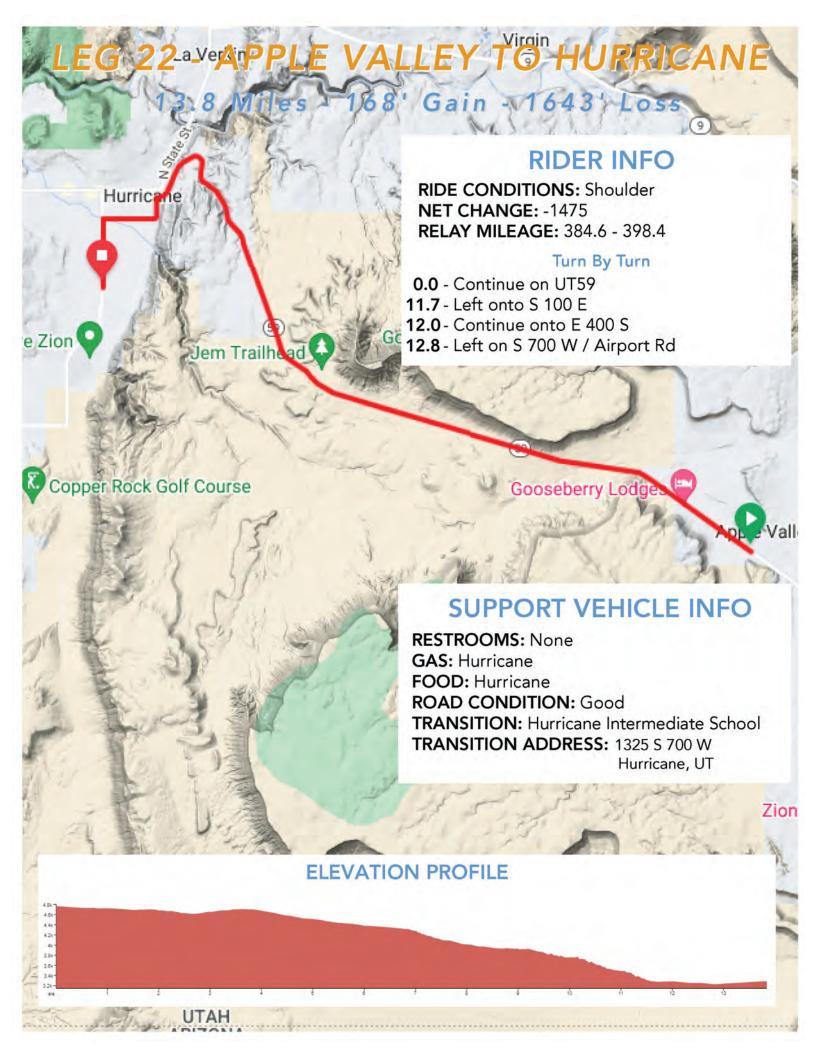


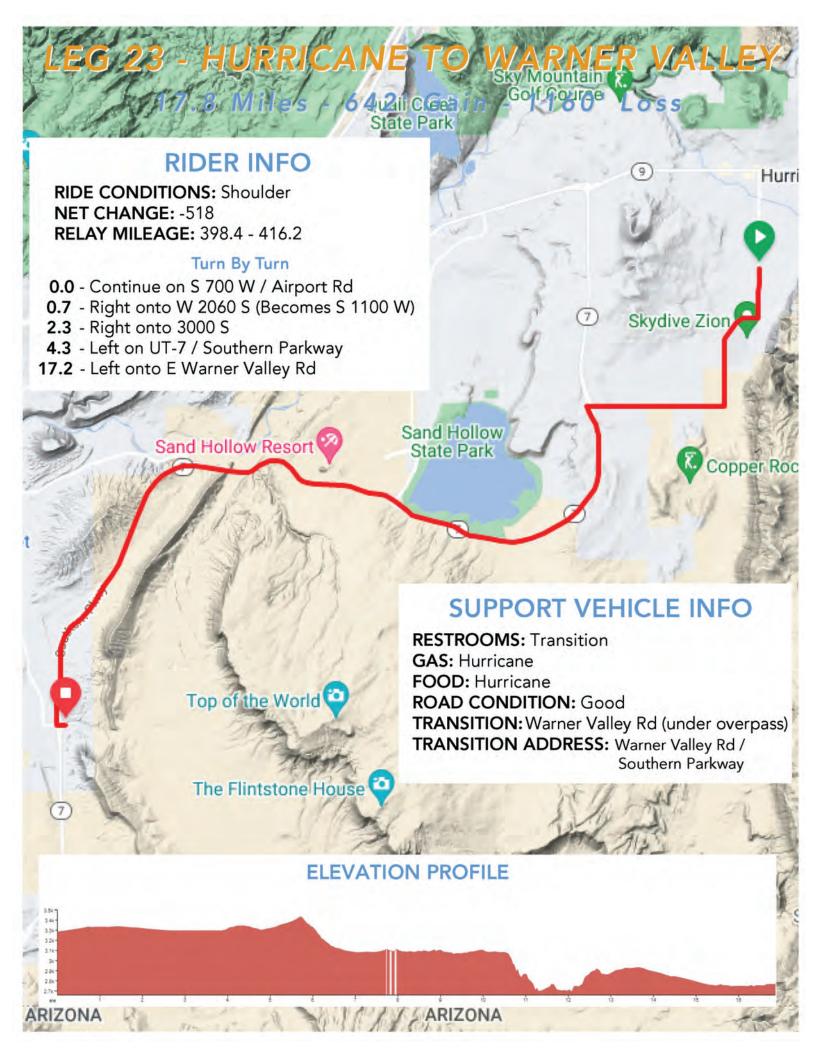


9 - KANAB TO PIPE SPR 20.5 Miles - 528" Gain - 541" RIDER INFO RIDE CONDITIONS: Shoulder, Wide Shoulder NET CHANGE: -13 RELAY MILEAGE: 334.6 - 355.1 Turn By Turn 0.0 - Continue south on US-89 6.8 - Right onto AZ-389/Pratt St SUPPORT VEHICLE INFO **RESTROOMS:** At Transition GAS: Chevron (0.25) FOOD: McDonald's, Subway (0.25) **ROAD CONDITION: Good** Fredoni TRANSITION: Gas Station TRANSITION ADDRESS: 2 N Pipe Spring Rd Fredonia, AZ Route - Climb Dobson Bench Riggs Flat Flat Tops **ELEVATION PROFILE** 5.500 5,400 5,000 4,900 4,800 4,700 4,600 Distance (Miles)









LEG 24 WARNER VALLEY TO FINISH 13 Miles Sain 5.0,3' Gain - 430' Loss

RIDER INFO

RIDE CONDITIONS: Wide Shoulder

NET CHANGE: 73

RELAY MILEAGE: 416.2 - 429.2

Turn By Turn

0.0 - Continue on Southern Pkwy

10.4 - Cross under I-15

10.6 - Right onto Pioneer Rd

12.6 - Left onto Man O War Rd

SUPPORT VEHICLE INFO

RESTROOMS: At Transition

GAS: None FOOD: None

ROAD CONDITION: Good

TRANSITION: Park

TRANSITION ADDRESS: 670 Man O War Rd

St George, UT

Climb Route -







