



Presents



**2024 Saint Francis Tulsa Tough (SFTT) Fondo presented by AAON
Ace Registration, Standards and Starting, Peloton Support and Center Line
Rule, Feed Zones for Peloton & Frequently Asked Questions (FAQ)**

Updated on June 3, 2024 (subject to adjustments/modifications)

1. Saint Francis Tulsa Tough 2024 Ace Registration

- \$200 (through April 14th), or
- \$230 (April 15th through May 15th), or
- \$270 (May 16th, on-line until it closes, then in-person, walk-up registration available at Neff Brewery starting at 3p.m. on June 9th)
- **NO REGISTRATION ON RIDE MORNING**
- One day (Saturday) timed challenge of 100+ miles with chip timing
- Ace field **limited to 100 riders (1 peloton - Men and Women are combined)**
- **NO Helmet, NO RIDE**
- Only bicycles with drop type handle bars allowed...**NO tri-bikes and/or aero bars, NO fixed gear bikes, NO motors**
- Pro type experience with police and motorcycle escorts and cleared intersections for the Peloton
- Separate start ahead of other Gran Fondo riders
- Neutral wheel support provided by State Wheels following the Peloton (no support offered if you choose to ride disc brake wheels or Campagnolo groupset)
- Two Peloton Feed Zone stops with hydration and grab and go energy bars (with option for personal items to be supplied by your team - *see details below*)
- **Awarded "Ace" jersey (\$75 value) - IF you ride the timed Gran Fondo mileage on Saturday in LESS than 5 hours (men) or 5 hours, 40 minutes (women)**
- Award jerseys will be mailed to you (*see specifics regarding jersey sizing below*)
- Finishers medal to all
- Post ride meal and beer
- **NOT an individual road race.** The goal of the Peloton (and the support being provided to it) is to finish under the 5 hour mark AND keep as many people in the Peloton as possible. The impact to riders who go "Off the Front" or want to "Crush" the Peloton or "Sprint Finish" is addressed in FAQ below

2. Standards and Starting

Ace = complete the Saturday Gran 100+ timed mileage in LESS than 5 hours (men) or LESS than 5 hours, 40 minutes (women)

Men and Women ride TOGETHER

Saturday (Ace Peloton)

Ace riders will have different bib colors/numbers than regular Fondo riders

7:00 a.m. – Ace Peloton stages in front of all other riders. All riders in this group will be “confirmed” to make sure they are registered for the Ace and they have a bike that is compliant (*NO tri bikes, aero bars, fixed gear bikes, motorized bikes - see FAQ below*)

7:30 a.m. – Ace Peloton departs

7:40 a.m. – The rest of the Gran Fondo riders depart

12:00 p.m. (estimate) – While the Peloton arrival time is unknown, this is an approximate time for family, friends, etc. to arrive at the Gran Fondo finish line to ensure they see the Peloton complete the route

3. Peloton Support and Center Line Rule

While the Police and Motorcycle Support (detailed count and description below) will clear intersections and provide an escort for the Peloton, ONCOMING traffic is NOT BEING STOPPED/CONTROLLED. It is the individual OBLIGATION of EACH RIDER to remain **RIGHT of the CENTER LINE!**

- This rule is in place for the safety of each rider, the Peloton, and all of the Peloton Support vehicle drivers/passengers. **PLEASE OBEY THIS RULE!**
- If **ANY** rider(s) decides to ignore this rule, someone in an event vehicle or motorcycle (referenced below) may tell that rider(s) to pull off the road and from that point on will be subject to “Rules of the Road” (*see more info about this term in FAQ below*). This pulled rider(s) may **NOT** rejoin the Peloton, gives up the opportunity for any award jersey, and remains subject to additional penalties. **Oklahoma Highway Patrol Motos have made it clear that they will NOT allow this!**

To ensure the safety of everyone, PERSONAL Support vehicles/motorcycles of ANY kind are NOT ALLOWED IN FRONT OF, AROUND, OR BEHIND THE PELOTON

- If **ANY** rider(s) decides to ignore this rule, someone in an event vehicle or motorcycle (referenced below) may tell that rider(s) to pull off the road and from that point on will be subject to “Rules of the Road” (*see more info about this term in FAQ below*). This pulled rider(s) may **NOT** rejoin the Peloton, gives up the opportunity for any awards jersey, and remains subject to additional penalties. **Oklahoma Highway Patrol Motos have made it clear that they will NOT allow this!**
- Feed Zone Support for a team or Feed Zone “group” is allowed in the 2 designated Feed Zones if they have registered to do so (*see details below*). We strongly encourage **ALL** registered Feed Zone Support vehicles to stay off the Gran Fondo route to the greatest extent possible. These registered vehicles should find alternate driving routes between the Start Line, Ace Feed Zone 1, Ace Feed Zone 2 and the Finish Line

OHP State Troopers/Police Motorcycles - 4 or 5

- Used to lead Ace Peloton, close intersections and provide safe rolling closure

Event Motorcycles – USAC Motor Officials - 1 or 2

- Motor 1 – lead Ace Peloton
- Motor 2 – Serve as marshals for the lead Peloton, help guide them along the route and follow tail of the Ace Peloton

SAG/HAM Tail Vehicle = 1 vehicle

- Tail vehicle will travel at the back of the Peloton and report to SAG/HAM on riders that fall off the pace of the Peloton
- When a rider falls off the back more than 1 minute, SAG/HAM will inform Net Control of rider bib number
- The rider will be told they are now more than 1 minute off-the-back and subject to “Rules of the Road” (*see more info about this term in FAQ below*).

Wheel Vehicle (Neutral Support) = 1 vehicle

- Neutral Support only – riders DO NOT provide spare wheels for the wheel vehicle. Sometimes they will accept participant wheels but no guarantees they will take them...and find them and get you changed with your wheels if you flat
- Note that disc brake wheels and/or Campagnolo groupsets WILL NOT be supported! If you elect to ride disc brake wheels and/or Campagnolo groupset, see Section 5 FAQ below
- Wheel vehicle will travel behind Motor 2 and in front of SAG/HAM tail vehicle
- The wheel support vehicle will provide “best efforts” to a rider with a flat.
- Certain circumstances may mean a rider is unable to get a wheel change and/or rejoin the Peloton following a flat (timing of a flat, speed to swapping wheels, volume of Peloton flats, etc.)
- It is advised that each Ace rider carry a spare tube and CO2 or mini pump - in the event you fall off-the-back, you can support yourself

4. Feed Zones for Ace Peloton

Two Locations

- Stop 1 - approximately mile 30 - in the North Point United Pentecostal Church parking lot in Sperry
- Stop 2 - approximately mile 66 - in the First Baptist Church parking lot in Skiatook

Set Up

- Any team (or individuals that have bundled together to form a Feed Zone “group”) may provide ONE support vehicle and TWO crew to hand out their own water bottles and food at the designated Feed Zones. Some riders do this so they have their own personal nutrition and beverage items available
- We **STRONGLY** encourage teams and “groups” to join together leading up to the event so we can reduce the number of team Feed Zone Support vehicles at the Feed Zones

- You **MUST REGISTER your Feed Zone support vehicle and two crew members** so they have permission to be at the Feed Zones (see details below in FAQ). Please get this **completed by June 5th**
- **Unregistered** support vehicles and crew members will **NOT be allowed in the Feed Zones. NO FEED ZONE VEHICLE SUPPORT REGISTRATION ON RIDE MORNING**
- As noted above, a team Feed Zone Support vehicle is **ONLY** allowed at the Feed Zones. **ANY** attempt to provide/receive assistance outside the Feed Zone area will result in the disqualification of any rider(s) associated with this act
- Neutral support will be provided at the Feed Zone to any rider without a team or “group” described above.
- Neutral support will include pre-filled water or electrolyte bottles, gels and sport bars (nothing more)
- Neutral support riders will NOT be allowed to provide their own personal nutrition or beverage items to the event for Feed Zones. You must use what we provide
- Feed Zone signs – there will be signs leading up to and just after a Feed Zone – look for: *Feed Zone 1 mile to go, Feed Zone 500 meters, Begin Feed, End Feed*

Protocol

- **BOTH** Feed Zone locations will have a scheduled **STOP for 5 minutes with 2 of those minutes not counted against you**...allowing some spacing to get fluids and food replenished. **Your ride will have a TOTAL of 10 minutes of stop time with 6 minutes being on the clock**
- All motorcycles and support vehicles **WILL STOP** for 5 minutes at a Feed Zone while riders from the Peloton stop and replenish food & beverages (as described above, either through Neutral support OR team support)
- Motor 1 will be the timekeeper and call time when 5 minutes is up
- Motor 1 will begin a slow roll out at maximum 15mph so that the Peloton can reform, once the Peloton reforms a higher pace may begin
- Any rider wishing to skip a scheduled Feed Zone may continue to ride on at their own pace and will be following “Rules of the Road” (*see more info about this term in FAQ below*) **and will not have the Peloton support** during this time. Any “Rules of the Road” rider must stop at all traffic lights, stops signs and obey traffic laws. If a rider that skips a Feed Zone is later caught by the Peloton, the rider may rejoin and continue with the Peloton
- **No service from a moving car or motorcycle will be allowed** – If **ANY** rider(s) decides to ignore this rule, someone in an event vehicle or motorcycle (referenced below) may tell that rider(s) to pull off the road and from that point on will be subject to “Rules of the Road” (*see more info about this term in FAQ below*). This pulled rider(s) may NOT rejoin the Peloton, gives up the opportunity for any awards jersey, and remains subject to additional penalties. **This is dangerous - don't do it!**

5. Frequently Asked Questions (FAQ)

Is this an individual road race?

NO! READ THIS VERY CAREFULLY Regardless of the results from the timing chip, there is **NOT** a recognized “winner” or a recognized “Top 3” podium finisher list for the Ace event. Bragging that you “won” the Ace by finishing first or top 3 would be a lie. **However, there is the opportunity to beat the time limit as described above and “win” an award jersey!** EVERYONE that beats the time limit EARNs their jersey (it can’t be bought). Completing the Ace is an amazing achievement. It doesn’t matter if you beat the time limit by 30 minutes or by 1 second - the Ace jersey you earn will be the same. The SFTT Ace Peloton presents the unique cycling opportunity to ride for/with each other in a pro type experience. The focus of the riders in the Peloton (and the support being provided) should be delivering as many riders as possible across the Finish Line together...under the time limit

I understand the Peloton format described above and plan to follow the rules as outlined. Do I get to cut loose for a sprint finish at the end?

NO! READ THIS VERY CAREFULLY The Gran Fondo finish area is **NOT** designed to accommodate sprint finishes. Attempting a Gran Fondo sprint finish is dangerous to you and others around you - and makes zero sense since you can’t be the “winner” of the Ace event (see above). If you feel the need to show off your sprinting stuff, go enter one of USA Cycling’s many sanctioned road races and crush it! Any rider(s) that ignores this safety directive give up the opportunity for any awards jersey, and remains subject to additional penalties. **Don’t do this!**

Are tri bikes allowed?

NO. For safety reasons, no bicycles will be allowed in the Ace Peloton with time trial bars. All bicycles in the Ace Peloton should have drop style road handlebars. **ALL** Ace bikes will be checked in the staging area before the start to make sure they are compliant. If your bike is **NOT** compliant, you will **NOT** be allowed to ride in the Ace Peloton. There is no prohibition against time trial bars in the Gran Fondo. However, even in the Gran Fondos when around other riders, we ask that you not ride in a laid out position on the time trial bars.

Are fixed gear bikes allowed?

NO. For safety reasons, no bicycles will be allowed in the Ace Peloton that are fixed gear. All bicycles in the Ace Peloton should have free hubs, shifters and brakes. **ALL** Ace bikes will be checked in the staging area before the start to make sure they are compliant. If your bike is **NOT** compliant, you will **NOT** be allowed to ride in the Ace Peloton.

Are bikes with motors allowed?

NO. We seriously received this question. The only motor allowed is the energy your body provides to your legs.

Is there a limit to the number of Ace riders?

YES. There will be a group limit of 100 riders.

When do I sign up?

NOW! Once the field limit of 100 riders is reached, registration for the Ace will close.

Is the Double Tough Challenge the same as The Deuce Challenge?

NO. The Deuce Challenge has NOT been offered since 2015. The Double Tough Challenge still exists (see the specifics on the SFTT web site regarding that Challenge). The Ace Challenge on Saturday is the ONLY “pro type experience” being offered in 2024.

Can I try for the Ace Challenge AND the Double Tough Challenge?

YES. But you must select BOTH challenges during REGISTRATION to be eligible for the opportunity to earn both jerseys...and you must meet the riding/time requirements for any jersey to earn it!

What time do I need to stage?

7:00 a.m. There will be different bibs for Ace riders. Staging for the Ace will be at the FRONT. You must have your bib number on your jersey. All riders in this group will be “confirmed” to make sure they are registered for the Ace and they have a bike that is compliant (*NO tri bikes, fixed gear bikes, or motorized bikes - see above*)

What happens if I get dropped from the Peloton?

Once you are off-the-back by a time gap of 1 minute, you may continue the ride at your own pace and be following “**Rules of the Road**” (*see term below*) and will **NOT have Peloton support during this time**. Any “Rules of the Road” rider must stop at all traffic lights, stops signs and obey traffic laws. You will also be responsible for changing a flat tire if you experience one. If a dropped rider catches up to the Peloton (for example at a Feed Zone), the rider may rejoin and continue with the Peloton.

How will I know I’m off the back by 1 minute?

An event official will inform you that you have reached a time gap of 1 minute from the main Peloton.

How do I register my team support vehicle and person(s) so my personal food & drinks are allowed at the Feed Zones?

After you have registered for the Ace, **Please have your team support person contact Angie** at 614-805-8523 or angiedietz85@gmail.com and they will receive Feed Zone support registration instructions. **Please take care of this by June 5th. Feed Zone support registration is NOT available on ride morning!** Your support person will be required to sign a volunteer waiver in order to be allowed access to the Feed Zones. Team support vehicles may only park at the two designated Ace Feed Zones. **Feeding support may not take place anywhere else!**

Should I deliver spare wheels to the Wheel Vehicle?

NO. A Wheel Vehicle (Neutral Support) will be located near the staging area and will provide neutral wheels (Shimano and SRAM groupset compatible) for use in the event of a flat or wheel issue on the road (as long as you are still part of the Peloton).

I understand the support being provided, but still want to ride a bike with disc brake wheels and/or Campagnolo groupset. What can I do?

If you are concerned the Wheel Vehicle will not have wheels compatible with your bike, you may ask them prior to the start. If they don't have what you need, you may furnish your own wheels (if the Wheel Vehicle has space and both parties are comfortable that finding unique wheels won't cause others problems during the event). Even if the Wheel Vehicle accepts your wheels, they may not be able to find unique wheels in a quick manner on Ace day! Do NOT get mad at the support people for your choice to be unique.

If I get a wheel change from the Wheel Vehicle, will it pace me back to the Peloton?

NO. After the wheel change, the Wheel Vehicle (Neutral Support) will resume its support position with the Peloton and you will be responsible for pacing yourself back to the group. If you are 1 minute or more off-the-back of the Peloton, you will be subject to "Rules of the Road." It would be wise to talk with other Ace riders in the staging area before the start of the ride to decide how you/your team/the Peloton plans to handle flat tires of other riders (do riders intend to drop back, wait, slow down the Peloton, or is everyone "on their own" if they flat).

If I get a wheel change from the Wheel Vehicle, how do I get my wheel back (and return the loaned wheel)?

The Wheel Vehicle (Neutral Support) will follow the Peloton to the Finish Line (or close by). You should find the Wheel Vehicle near the Finish Line (or close by) IMMEDIATELY after you complete the Gran route to exchange wheels. It is possible (likely) that the Wheel Vehicle will be from outside the Tulsa area...and ready to head home after the ride is completed. If you fail to exchange wheels before the Wheel Vehicle departs the SFTT, any costs associated with exchanging wheels (shipping, etc.) will be the responsibility of the rider.

If I feel like taking a flyer "Off the Front", will one of the event motorcycles lead me and provide Peloton Support?

NO. As stated above, this is NOT an individual race. You can NOT "win" the Ace ride. Making that claim to others after the ride would be a lie. You can only beat the clock and earn the jersey. If you go "Off the Front", the Peloton Support will remain with the Peloton. You will be in front of the Peloton Support and subject to "Rules of the Road" (see term below). **You are STRONGLY discouraged from doing this and STRONGLY encouraged to remain with the Peloton**

I want to show everyone how strong I am (or a small group of riders) by ramping up the pace and “Crushing” the Peloton (essentially breaking the Peloton up into multiple groups). Will one of the event motorcycles lead me/us in a breakaway group and provide Peloton Support?

NO. As stated above, this is NOT an individual race. You can NOT “win” the Ace ride. Making that claim to others after the ride would be a lie. You can only beat the clock and earn the jersey. If you “crush” the Peloton, the Peloton Support will remain with the larger Peloton as long as it is on time to beat the time limit. You will be in front of the Peloton Support and subject to “Rules of the Road” (*see term below*). **You are STRONGLY discouraged from doing this and STRONGLY encouraged to remain with the Peloton**

How will I know if I made the time cut for an Ace jersey?
Results will be posted as soon as possible at the finish venue

If I made the Ace time cut on Saturday, how do I get my jersey?
Congratulations! You gave a jersey size and an address when you registered...and that is what will be shipped to you 6-8 weeks after the event. You are free to go to the Pedal Mafia Tent in the SFTT Expo to try on samples to confirm your jersey size and confirm your shipping address. They can also tell you if/how bibs could be purchased/ordered to complete your kit.

What does “Rules of the Road” mean?

READ THIS VERY CAREFULLY It means you are subject to the traffic laws set forth by the great state of Oklahoma! You must stop at traffic lights and stop signs; ride single or double as allowed. Here’s a summary of some of the Rules of the Road applicable to cyclists in Oklahoma. ¹

A bicyclist is granted all the rights and subject to all the duties applicable to the driver of a vehicle [*with some exceptions*]. *47 Okla. Stat. § 11-1202.*

Bicyclists may lawfully ride two abreast. *47 Okla. Stat. § 11-1205*

When overtaking and passing a bicycle proceeding in the same direction, a person driving a motor vehicle shall exercise due care by leaving a safe distance between the motor vehicle and the bicycle of not less than three (3) feet until the motor vehicle is safely past the overtaken bicycle. *47 Okla. Stat. § 11-1208*

Every person operating a bicycle or motorized scooter upon a roadway at less than the normal speed of traffic at the time and place and under the conditions then existing shall ride as close as is safe to the right-hand curb or edge of the roadway, except under any of the following situations:

1. When overtaking and passing another vehicle proceeding in the same direction;

¹ This is a summary only. It is not a verbatim or complete listing. For exact language go to Okla. Statutes, Title 47, Chapter 11, <http://tinyurl.com/mdgkerz>

2. When preparing for a left turn at an intersection or into a private road or driveway;
3. When reasonably necessary to avoid conditions and while exercising due care, including but not limited to:
 - a. fixed or moving objects,
 - b. parked or moving vehicles,
 - c. pedestrians or animals,
 - d. surface hazards, or
 - e. any time it is unsafe to continue along the right-hand curb or edge of the roadway.
4. When riding in the right-turn-only lane.

Any person riding a bicycle . . . upon a one-way street . . . with two or more marked lanes of travel may ride as close as is safe to the left-hand curb or edge of the street or highway. *47 Okla. Stat. § 11-1205*

47 Okla. Stat. § 11-1205 applies to bicycles and says, "Persons riding two abreast shall not impede the normal and reasonable flow of traffic and, on a laned roadway, shall ride within a single lane." (*The phrase "normal and reasonable flow of traffic" has not been defined by the Oklahoma legislature*).