

SaintFrancis

# TULSA TOUGH

The 2023 Saint Francis Tulsa Tough is almost here. The 2023 Ace route is the same as the original 2022 Ace route (the actual 2022 route had a minor detour through a Sand Springs neighborhood because of a water main break on the morning of the ride). For confirmation of the route go to the Tulsa Tough website [2023 Sat ACE - \(updated 5/19\) - A bike ride in Tulsa, OK \(ridewithgps.com\)](#)

The 2022 Ace Rules that have been on the site are the SAME for 2023. I am attaching the 2023 Ace Rules...only thing that has changed is clarity on how to confirm your Ace jersey size/shipping info at the MUMU tent.

You are registered for the Ace and will be starting in the rolling enclosure peloton at 7:30am on Saturday. The group appears to be 86+ riders (before any walk up traffic additions on Friday night). You have all been training hard all spring (plus)...and it is now time to go earn a jersey for yourself AND the other riders with you at the start line. You are ONE GROUP, it is not an individual race (regardless of how the timed rankings end up at the end)! You either make the cut under the time limit to get an Ace jersey or you don't. There are no 1st, 2nd or 3rd places for individuals...so leave that mindset at home. I can't be out there to keep a leash on the folks with a desire to average 23mph + on this ride...BUT I do ask if you are one of those riders...to show some leadership and choke your throttle back. Help the group stay together at a 21mph moving average and get as many in as possible. Choose to ride for the benefit of someone else on Ace day!

**ROAD CONCERNS - SLOW DOWN AND BE SAFE** ...based on previous results, there is sufficient time to back off the speed of the group (to 10 - 12 mph) and get everyone through a few locations of dangerous roads that require safety over speed:

1. **Wooden Bridge on 145th W prior to 71st S - mile 87**

**FEED ZONE CLARITY FOR 2023.** Our timing at the stops the past 2 years has worked out well...so we will do that again this year. Each Feed Zone has a **5 minute mandatory stop** to allow for sufficient time for all riders to get items from the SFTT Pop Up Feed Zone. This plan also helps accommodate the majority of the field getting items from the Feed Zone vs. their own support vehicle pop up coolers. Please note that 2 of those minutes are "off the clock", **so each stop is really 3 minutes "on the clock"**. So...

## **2022 ACE OFFICIAL TIME LIMITS:**

**Men: 5 hours and 4 minutes or less**

**Women: 5 hours and 44 minutes or less**

The OHP motorcycles, officials, and support staff are out there to provide you with a unique experience...but they will not make any compromises for safety. Obey the CENTER LINE RULE! Obey the race officials! Heed the advice of the leaders of the peloton. Talk to each other and call things out. A glance through the roster of registrants reveals a large majority of you have earned an Ace jersey in the past. That experience is critical for a successful journey. The sage veterans will provide the required leadership and show the teamwork needed for a sub 5 hour ride. The front of the peloton is typically led by a small pod of 8 to 10 riders rolling in a pace line. Two riders sit directly behind that pod holding the gate with everyone else 2 x 2 behind them. That front pod will work for 5 to 10 minutes, then rotate out for a fresh set of 8 to 10 riders. Every once in a while, a few rock stars stay up and haul the group without rotating. When the peloton hits climbs like 91st toward Hwy 97, etc. 2 riders typically hold the front steady and keep the peloton together but on pace (for example something like 10 to 12mph). History has shown there is no benefit of flying up the climbs and stringing out the group. Manage the climbs effectively...then roll fast on the flats (this route has a lot of that). Don't be alarmed if some of the veterans get vocal...and provide some needed direction to the peloton. They know how to get it done. Remember, your 5 hour countdown starts when you cross the timing chip location at mile 4.0...not when you leave the start line. You will be timed on 99.1 miles. I suggest you use those 4 miles for a warm up and kick the throttle on as you go through the final tunnel of Gathering Place. Note the time on your Garmin/Wahoo or watch when you cross the timing chip location at 33rd and Riverside. I am attaching a time table like I have done for you in the past (it gives you marks to finish with a 10 minute cushion). Assuming 6 minutes of stop time "on the clock" (3 minutes at each Feed Zone), men will need to average a minimum of 20.3 mph while riding to beat 5 hours (21mph to finish with a 10 minute cushion). **Don't panic if you are barely above that 20.3mph average...the jersey is the same if you come in with 10 minutes or 1 minute to spare. Keep the group together - earn the jersey for each other.**

In 2019 the Ace Peloton rolled this course at a very fast pace and 59 of the 65 riders that started earned a jersey. Note that the winds were low and the temps were moderate in 2019. The 2021 Ace Peloton had a similar pace and got 74 of



91 registrants in. 2022 results were similar. It would be great to see that type of teamwork again in 2023. If you leave the staging area on time at 7:30am...and guessing you will cross the timing chip area at 7:42am for the clock to begin, it means finishing around 12:46pm or less for the jersey. Again...don't panic, check your location, time marks and work together.

Women get 40 extra minutes. But there is only one peloton (everyone starts together).

If anyone falls off you are Rules of the Road and will likely need to hit the general Fondo Rest Stops as the Ace Pop Up Feed Zone will be gone. There is a regular stop in Beggs and a regular stop in Kellyville

**Feed Zone 1 is on the main road in Mounds - Mile 38**

**Feed Zone 2 is in the parking lot of the Kellyville Holiness Church - Mile 74**

The Ace Rules and Regulations are attached (see note above...the 2022 rules have been posted on the web site for the previous year). READ THEM...learn it...live it.

I am also attaching pics of the Ace Pop Up Feed Zones that were used in both Mounds and Kellyville previously. Some riders will be fueling off their own coolers, with the rest off the SFTT Feed Zone tables. Please thank Matt in Mounds and Laura in Kellyville for volunteering to run that Feed Zone for you!

**AWARDS JERSEY UPDATE** back to the old way with a twist...new vendor for 2023 (MUMU Apparel). When you registered on-line, you provided an address AND a jersey size. If you earn the jersey, that is the size you will be sent (to the address you provided) in approximately 9 weeks. I would encourage you to go to the MUMU tent post ride...where you can confirm your size...and they should be able to confirm your shipping address. If interested, they can also help you order some Tulsa Tough bibs to go with the 2023 Ace award jersey (if earned).

If you average 21mph while moving (and assuming a total stop time of 6 minutes on the clock), the top tube time table below will give you 10 minutes to spare. If a woman falls off the back of the peloton, but averages approximately 18mph while moving, she should make the cut.

ACE 2022 SFTT	This or LESS		
	Mark	To Go	Hr M
FINISH	0	4	54
23rd & SW Blvd	3.4	4	44
Chandler Park entry	6.4	4	35
129th W & 41st S	12	4	19
Sapulpa Golf Course	21.6	3	52
5 min Stop	29.2	3	30
Feed Z 2	29.2	3	25
211th & Slick Rd	35.6	3	6
Slick Store	42.6	2	46
Callidus Tech	50.6	2	23
Turn off Alt 75	55.7	2	9
5 min Stop	65	1	42
Feed Z 1	65	1	37
Hickory & 171st	70.7	1	21
Lake Sahoma	81.4		50
91st S & 49th W	89.2		28
CHIP START	99.1		
Rollout	103.1		