



## RIDER GUIDE - 2023

Welcome to the 17<sup>th</sup> edition of Saint Francis Tulsa Tough Gran Fondo presented by AAON! We're so glad you've chosen to be with us to help celebrate bicycle riding and Tulsa. Please read through the important information below. Have a great ride!

### EQUIPMENT

Please perform a thorough inspection of your equipment BEFORE event day. Our website encouraged you to take your bicycle to your favorite LBS (local bike shop) for a tune up so you would arrive at the AAON Fondo start line with a smooth functioning machine. The last thing you need is a bad wheel or your brakes to fail, turning you into a two-wheeled projectile. For your safety and the safety of everyone around you, check your equipment and don't forget your helmet. **No Helmet, NO RIDE!** Mechanics will be at the start each day and located along the course to assist with basic roadside repairs. Remember that a little self-sufficiency is a good trait of a real cyclist - be capable of fixing a flat, and bring your own tubes, tire levers and air.

### PARKING

**Where do I park for Saturday AAON Fondos?** OSU-Tulsa parking lot D (approx 500 E. John Hope Franklin Blvd...see MAPS, Saturday section below). Enter the parking lot from the north since North Elgin Ave. will be closed for Fondo rider staging.

**Where do I park for Sunday AAON Fondos?** In one of the 5 surface lots near 18th Street and Boulder Ave (see MAPS, Sunday section below). Then ride to the Fondo Rider staging area going south on 18th Street, turning right onto Riverside Drive and heading north to 15th.

### GEAR CHECK (Pre-Ride)

Bring something comfy to change into after your ride. You don't want to walk around in the race festival venue in that sweaty spandex and cleated shoes.

On Saturday (before you ride), bring a bag to Gear Check located north of the Start Line in the check-in/packet pick-up area (see MAPS, Saturday section below). Our volunteers will use tie-on tags to identify your bag and issue you a claim receipt. While you are riding, your bag will be moved to the Bike and Gear Check location near the Finish Line. To reclaim your bag, see the POST RIDE section below for more details.

On Sunday (before you ride), bring a bag to Gear Check located near the Start Line in the check-in/packet pick-up area (see MAPS, Sunday section below). Our volunteers will use tie-on tags to identify your bag and issue you a claim receipt. Your bag will remain there while you are riding and can be picked up when you finish. See POST RIDE section below for more details.

### RIDER IDENTIFICATION (Bib and Wristbands)

Numbered **BIBS** and **WRISTBANDS** identify you as a paid participant. You **MUST** have BOTH of these on to receive support services on the course. Without them, support services **WILL BE DENIED**. **Wear the proper COLOR on the proper DAY!**

Additional reasons to **WEAR your WRISTBAND** (Saturday = **ORANGE**, Sunday = **BLUE**):

1. It will have a rider's hotline phone number (see RIDER EMERGENCY NUMBER section below), and
2. The **CORRECT** Wristband is **REQUIRED** to get your post ride **MEAL** (see POST RIDE, Food and Beverage section below)

Pin your **BIB** in a **VISIBLE** location on your jersey, above your waist, on your **BACK**. Use a safety pin in each of the four corners. Ace riders have Bibs numbered 001-100; all other riders have 201 and up.

### RIDER EMERGENCY NUMBER (On your Wristband) - (918) 901-9658

If you are unable to reach a SAG driver or need Emergency Only assistance, you may call this number during your ride. This is the old school way. **The new school way is with the TraQ Cental app (see below)**. Please use this number appropriately. Your call will be answered by someone in the AAON Fondo command center who will be able to dispatch assistance. Be prepared to identify yourself with your name and bib number and give your location and the nearest cross streets and/or major landmarks.

## TIMING

All riders will be timed. A seat post tag with a disposable timing chip is issued to each rider in your registration packet. You **MUST attach the tag to your bicycle seat post** according to the example in the picture to the right. Each seat post tag is pre-assigned to your bib number. Do NOT exchange seat post tags with other riders. Roadside antennas placed strategically along the course will automatically register your seat post tag when you pass. If you are participating both days, you will use the SAME TAG. Once you have completed your participation in all AAON Fondo events, you can remove your seat post tag and dispose of it.

**What happens if I lose my seat post tag?** You won't be timed, but you won't pay a financial penalty for losing it. These tags are very sticky and they have proven to be effective even when used by cyclists riding on wet roads. Be diligent in your application of the tag to your seat post and you won't have any problems.



## START

**Saturday Start Line:** Approximately **300 North Elgin Ave.** (next to Reconciliation Park); enter the rider staging area from the north. Elgin Avenue will be closed to vehicles from Archer Street to John Hope Franklin Blvd...**see MAPS, Saturday section below.**

**Saturday Staging at the Start:** If you registered for the Ace (only bibs 1-100), stage in the designated area at the very front. For all other AAON Fondo participants (Gran, Medio, Piccolo), please situate yourself in the rider staging area according to your realistic skill level and pace. Look for the signs. If you know you can sustain 18+ mph, head toward the front. If you're taking your time and getting your money's worth, please stick to the back.

**Start Time for Saturday AAON Fondos:**

- **7:30 a.m. for Ace** contenders together in a rolling enclosure. **ACE REGISTRANTS – SEE SPECIAL INSTRUCTIONS EITHER EMAILED TO YOU OR IN YOUR PACKET.**
- **7:40 a.m. for all other AAON Fondo riders (Gran, Medio, Piccolo)** together in a mass start.

**Other Key Times:**

- **10:30 a.m. for the TOUGH TURN.** Mile 32.7 for Gran distance riders (Hickory and 171st South). If you arrive at this point AFTER 10:30am, you should take the Medio route by continuing west on 171st St, and follow the Medio route to the Finish.
- **5:00 p.m. - The Finish Line CLOSES for ALL riders.** Rest Stops close accordingly (close times are based on a rider maintaining a pace to finish by 5 p.m.). For example, Beggs will close at noon and Slick will close at 1pm. Make sure you pick your ride distance according to your realistic ability and training pace the past couple of months. If it appears that a rider will not reach the Finish Line by 5 p.m., a sweep vehicle driver will advise the rider of their option to continue unsupported or SAG to the Finish Line. Riders opting to continue unsupported will relinquish their timing chip to the sweep vehicle driver.

**Sunday Start Line:** **South of 15th Street and Riverside Drive...see MAPS, Sunday section below.**

**Sunday Staging at the Start:** All AAON Fondo participants (Medio, Piccolo), please situate yourself in the rider staging area according to your realistic skill level and pace. Look for the signs. If you know you can sustain 18+ mph, head toward the front. If you're taking your time and getting your money's worth, please stick to the back.

**Start Time for Sunday AAON Fondos:**

- **7:30 a.m. for Medio and Piccolo** distance AAON Fondo participants

**Other Key Times:**

- **2:00 p.m. - The Finish Line CLOSES for ALL riders.** Rest Stops close accordingly (close times are based on a rider maintaining a pace to finish by 2 p.m.). Make sure you pick your ride distance according to your realistic ability and training pace the past couple months. If it appears that a rider will not reach the Finish Line by 2 p.m., a sweep vehicle driver will advise the rider of their option to continue unsupported or SAG to the Finish Line. Riders opting to continue unsupported will relinquish their timing chip to the sweep vehicle driver.

## ROUTE DETAILS

**Rest Stops:** Full service rest stops are on all courses, spaced about every 10 to 15 miles. They'll have water and Gatorade, assorted fruit, cookies, snacks, and some will have PBJ. There will be mechanics, medics, and communication with civilization.

Piccolo - 3 stops on Sat, 2 stops on Sun; Medio - 6 stops on Sat, 5 stops on Sun; Gran - 8 stops on Sat.

Ace follows the Gran course on Saturday. Saturday official Feed Zones for Ace will be at miles 38 and 74.

**Route Distances, Location of Rest Stops, Location of Timing Chip Start, Profiles, and Amount of Ascent/Descent:** Located on the AAON Fondo page at TulsaTough.com under AAON Fondo Maps. Click on the Day/Route you are riding to pull up the proper map. The profile is displayed at the bottom and includes the total ride distance and feet of climbing/descending. Click "**View Full Route**" in the top silver bar for a more detailed and interactive look.

**GPS Route Info:** Located on the AAON Fondo page at Tulsa Tough.com, open the AAON Fondo map you're riding, click the pink "**Celebrate your geek**" link, when the map opens, click "EXPORT" in the upper right corner.

**Centerline Rule:** Although there will be some road closures, some intersection controls, and some police escorts, **ALL AAON Fondo Riders are responsible for staying RIGHT of the Yellow Centerline.** When we say ALL that also includes the Ace Peloton riders. A Fondo bicycle rider is considered traffic. Parts of the routes mean you will encounter rural drivers. Parts of the routes mean you will encounter vehicles at highway speed. So, be SMART! You are riding as "Rules of the Road". Follow the strict centerline rule and ride to the right of the centerline at all times. Ride two-abreast. **Act like your life depends on your own common sense - because it does!**

**Are Intersections Blocked? NO** (other than a few during the roll out). **You must follow the Rules of the Road at all times.**

**What do you mean "Rules of the Road"?** It means you are a vehicle on an open public road and must obey all traffic laws.

**The FINAL Ride With GPS Routes:** various roads have been repaved over the past year, so the roads are generally in decent shape. That doesn't mean there are not potholes or seams that you need to be prepared to encounter/avoid. Last year, a water main broke on the morning of the ride and required a reroute. Follow the GPS routes, but pay attention to the signs. **Please go to [tulsatough.com](http://tulsatough.com) and review/download the updated and FINAL routes.**

**Medio and Piccolo Riders on Saturday - Heads up for the Ace Peloton:** As mentioned above, the Ace Peloton is sent off BEFORE the mass start of the Gran, Medio, and Piccolo riders on Saturday...so there is no issue with them overtaking you at the start. But depending on your pace as a Medio rider or a Piccolo rider, the Ace Peloton might catch you (and pass you) toward the end of your ride. If this happens, you will hear and/or see the lead motorcycle come up beside you, which means the riders in the Ace Peloton are about to pass you (along with the trailing support vehicles and motorcycles). DON'T PANIC! The safest thing to do is remain/get as far to the right side of the road as possible, single up your group and continue pedalling and holding your line. DO NOT STOP ON THE ROAD! The entire group will be past you before you know it. If you have a place on the right where you can COMPLETELY pull off the road, that is acceptable too. DO NOT attempt to join into the Ace Peloton or sit on the back. If you are seen attempting this, you are subject to immediate removal from the AAON Fondo ride and subject to additional penalties including lifetime banishment from ANY future SFTT events.

## FINISH

**Saturday Finish Line:** Approximately **300 North Boston Ave.** next to KOTV (north of the Crit course), **closes at 5pm...see MAPS, Saturday section below.**

**Sunday Finish Line:** South of **15th Street and Riverside Drive** (south of the Crit course), **closes at 2pm...see MAPS, Sunday section below.**

## POST-RIDE

**Gear Check:** If you were smart and gave us a bag as described in the Gear Check (Pre-Ride) section above, it will be waiting for you near the Finish Line BOTH days...**see MAPS section below.** Men's and women's changing tents will be available nearby. Don't lose your claim receipt! Gear Check **closes at 6pm** on **Saturday - claim your bag or lose it!** Gear Check **closes at 6pm** on **Sunday - claim your bag or lose it!**

**Bike Check:** A secure bike check will be available to ride participants near the AAON Fondo Finish Line BOTH days...see **MAPS section below**. Take your bike to the attendant and follow their instructions. Don't lose your claim receipt - we won't give you a bike without it! Bike Check **closes at 6pm on Saturday - claim your bike or lose it!** Bike Check **closes at 6pm on Sunday - claim your bike or lose it!**

**Food and Beverage:** At the end of the ride on **Saturday**, a meal and drink will be waiting for you in a tent near the AAON Fondo Finish Line...see **MAPS, Saturday section below**. Your **ORANGE WRISTBAND** is your **Saturday** meal ticket. **No ORANGE WRISTBAND, no SATURDAY meal.** At the end of the ride on **Sunday**, a meal and drink will be waiting for you in a tent near the AAON Fondo Finish Line, south of the Crit race venue...see **MAPS, Sunday section below**. Your **BLUE WRISTBAND** is your meal ticket. **No BLUE WRISTBAND, no SUNDAY meal.**

## AWARDS and REQUIREMENTS

The AAON Fondo is **NOT A RACE!** But for those that require a Saint Francis Tulsa Tough challenge, there are several time-based awards.

- **DOUBLE TOUGH Jersey** – you **HAD TO REGISTER** for the Saturday Gran 100+ mile route **AND** the Sunday Medio 65+ mile route **DURING SIGNUP**...then **COMPLETE BOTH** routes before AAON Fondo Course Closure **EACH DAY** to earn this!
- **ACE Jersey** – you **HAD TO REGISTER** for the Ace **DURING SIGNUP**...then **COMPLETE** Saturday's Gran 100+ mile **TIMED DISTANCE** in under 5 hours for men or under 5 hours and 40 minutes for women to earn this!

If you meet the requirements for a jersey (spelled out above), **CONGRATULATIONS!** We have changed suppliers for 2023...please go to the **MUMU Tent** in the SFTT Expo immediately (**as in THAT day**) to try on samples and confirm your jersey size (you provided it at registration. A MUMU representative can help confirm the size you entered will work for you (and the mailing address you provided during registration is correct). Your jersey will be shipped to you in approximately 8-10 weeks. Note that the jerseys for the Ace will be the MUMU race cut and the jerseys for the Double Tough will be the MUMU sport cut (not as snug at the Race cut, but tighter than a club cut). MUMU can also direct you on how to order Tulsa Tough bibs to match your award jersey.

## RIDER TRACKING/ASSISTANCE via **TraQ Central app**

### **PREFERRED WAY TO GET RIDER SUPPORT IN 2023**

We tried this out last year and it worked well for many of you. It can be used to many things:

- Displays the routes and your location
- Request assistance with the click of a button
- Receive notifications from Tulsa Tough (like road conditions and weather warnings)
- Share your ride with family and friend - they can search and find you by going to <https://cc.traq-central.com/tracker>

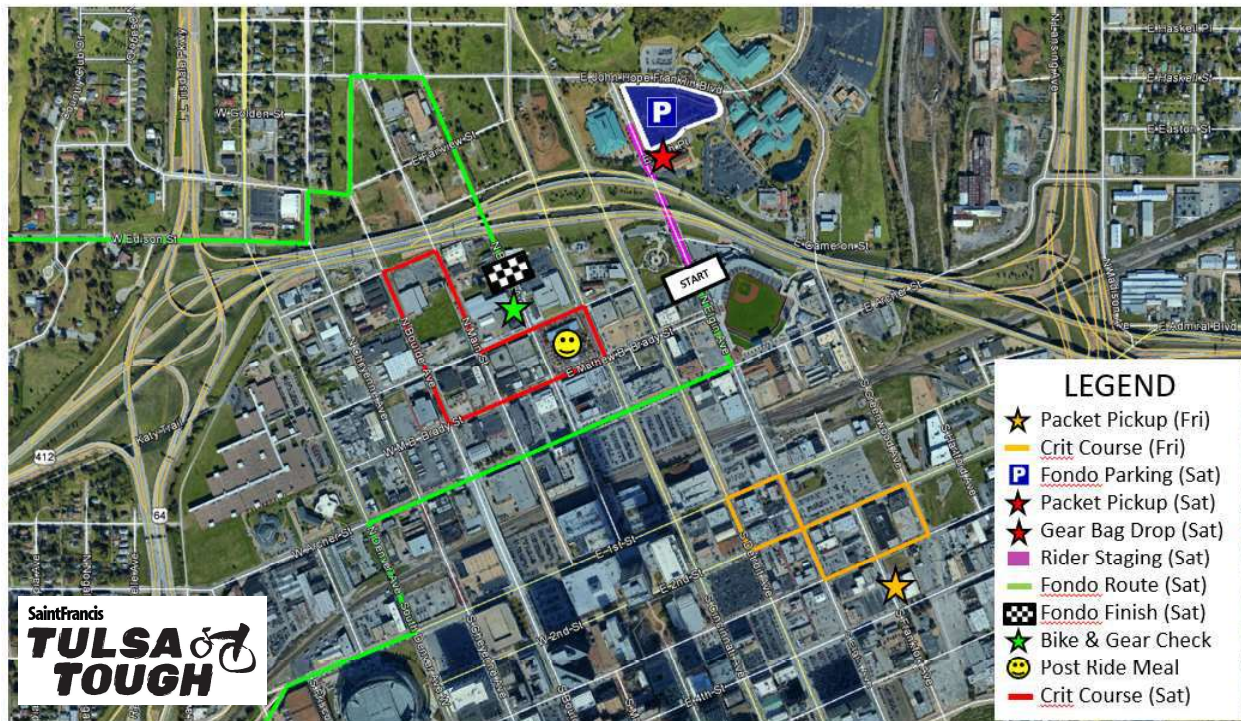
Download the Free App! <https://traq.cc/app> or Scan this QR to download



**REMEMBER TO START THE APP BEFORE YOU BEGIN YOUR RIDE!**

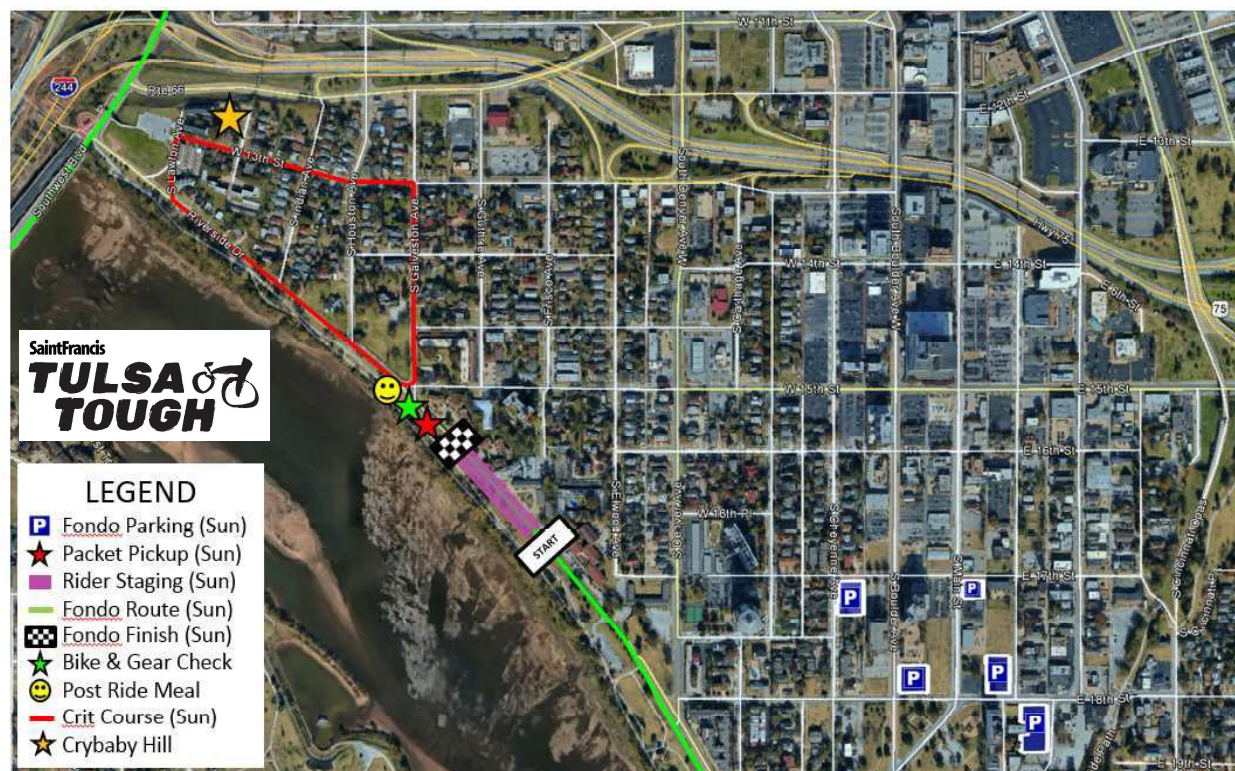


# SATURDAY Fondo Pre & Post Ride Planning



Images from Google Earth

# SUNDAY Fondo Pre & Post Ride Planning





*Presenting Sponsor*



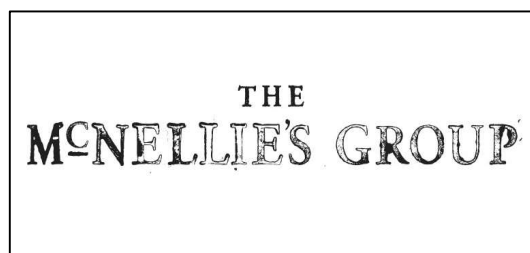
*Title Sponsor*



*Packet  
Pick Up*



*Post Ride  
Meal*



*Post Ride  
Beer*



*SAG Vehicles*



*Start Line  
Parking*



*Finish Line Concierge*



*Participant T-Shirt  
& Merchandise*



*WaterMonster  
Supplier*



*Cycling Clothing  
Supplier*



*Ace Peloton  
Traffic Control*



## Sunday Rest Stop Volunteers

# 1 – Serving **Piccolo**, **Medio**,  
**Piccolo**, **Medio**



# 2 – Serving **Medio**, **Medio**



**Downtown  
Tulsa  
Lions Club**

# 3 – Serving **Piccolo**, **Medio**



### Others Aiding with Rest Stops

Sat RS1



Sat RS4



Sat RS6



Kellyville

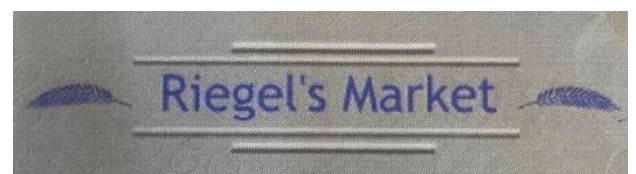
Sat RS3



Sat RS5

**On Ur  
Way  
Slick**

Sun RS2



## Saturday Rest Stop Volunteers

# 1 – Serving **Piccolo**, **Medio**, **Gran**



# 2 – Serving **Piccolo**, **Medio**, **Gran**



# 3 – Serving **Medio**, **Gran**



# 4 – Serving **Medio**, **Gran**



# 5 – Serving **Gran**



# 6 – Serving **Medio**, **Gran**



# 7 – Serving **Medio**, **Gran**



# 8 – Serving **Piccolo**, **Medio**, **Gran**

