



RIDER GUIDE - 2019

Welcome to the 14th edition of Saint Francis Tulsa Tough Gran Fondo! 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 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 Gran 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 Gran 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 = MAGENTA)**:

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. Please use this number appropriately. Your call will be answered by someone in the 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 Fondo events, you can remove your seat post tag and dispose 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: Approx 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 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 Gran Fondos:

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

Other Key Times:

- **10:30 a.m. for the TOUGH TURN.** Mile 32.0 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.). 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 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 Gran Fondos:

- **7:30 a.m. for Medio and Piccolo** distance 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, 4 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 37.4 and 73.2.

Route Distances, Location of Rest Stops, Location of Timing Chip Start, Profiles, and Amount of Ascent/Descent: Located on the Gran Fondo page at TulsaTough.com under Gran 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 the "**View Full Route**" in the top silver bar for a more detailed and interactive look.

GPS Route Info: Located on the Gran Fondo page at Tulsa Tough.com, open the Gran 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 SFTT 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.

Medio Riders on Saturday - Heads up for a short stretch of gravel road: Around mile 37, you will encounter 0.2 miles of road that needs to be resurfaced. Take your time and pedal through this as the road becomes nice from there to Kellyville.

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 Fondo ride and subject to additional penalties including lifetime banishment from ANY future SFTT events.

FINISH

Saturday Finish Line: Approx **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 Gran 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 at the Guthrie Green, near the Gran Fondo Finish Line, inside the Crit race venue...**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 Gran Fondo Finish Line, south of the Crit race venue...**see MAPS, Sunday section below.** Your **MAGENTA WRISTBAND** is your meal ticket. **No MAGENTA WRISTBAND, no SUNDAY meal.**

AWARDS and REQUIREMENTS

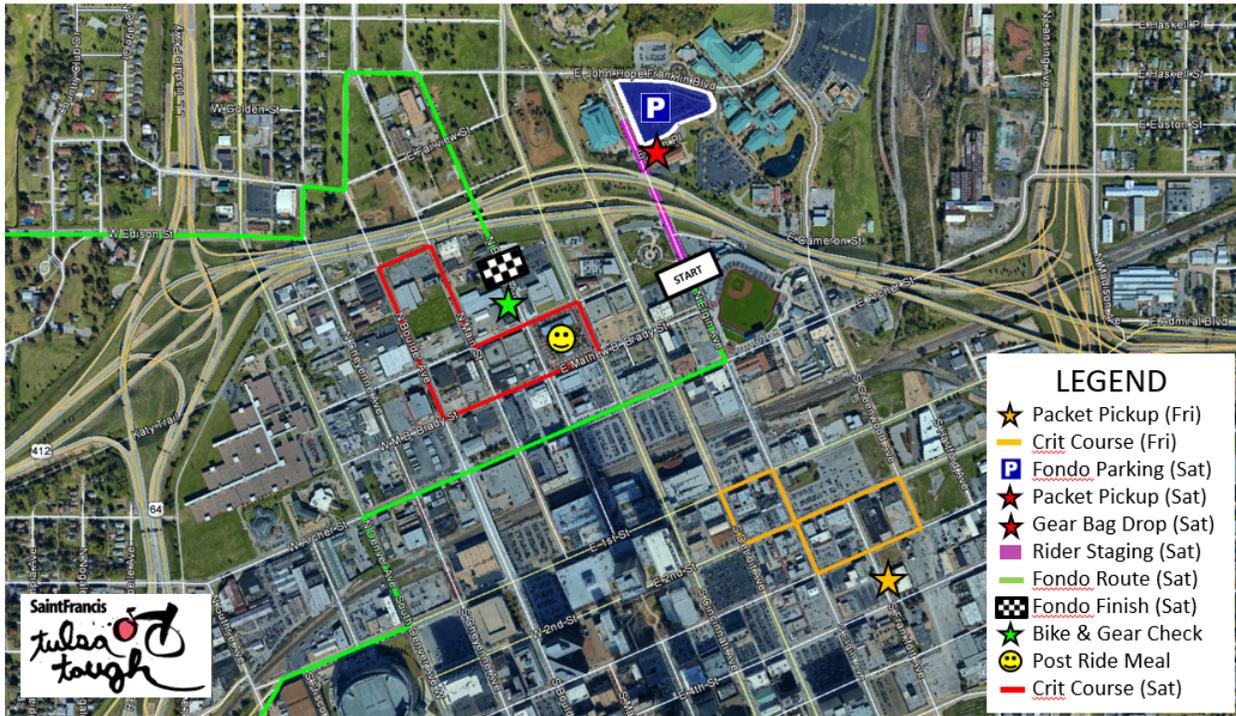
The Gran Fondo is **NOT A RACE!** But for those that require a Tulsa Tough challenge, there are several time-based awards.

- **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 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!** Go to the Eliel Tent in the SFTT Expo immediately (**as in THAT day**) to try on samples and confirm your jersey size. An Eliel representative will confirm your size and mailing address. Your jersey will be shipped to you in approximately 8-10 weeks.

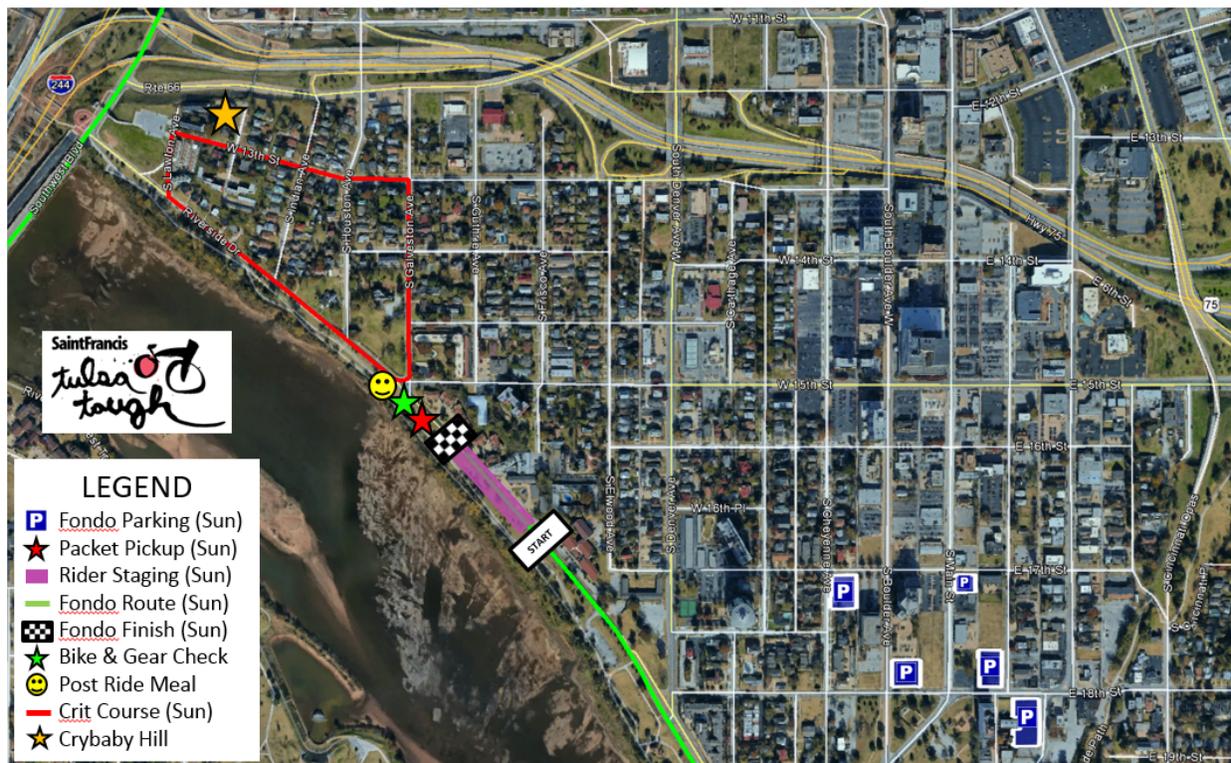
MAPS

SATURDAY Fondo Pre & Post Ride Planning



Images from Google Earth

SUNDAY Fondo Pre & Post Ride Planning



Special thanks to the following companies, organizations, groups for their support in helping Tulsa Tough, Inc. put on the 2019 Gran Fondo:

Title Sponsor



Packet Pick Up



Post Ride Meal



Post Ride Beer



SAG Vehicles



Start Line Parking



Finish Line Concierge



Participant T-Shirt & Merchandise



Ace Award Jersey



WaterMonster Supplier



Cycling Clothing Supplier



Ace Peloton Traffic Control



Saturday Rest Stop Volunteers

1 – Serving *Piccolo, Medio, Gran*



TULSA | BROKEN ARROW

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*



Sunday Rest Stop Volunteers

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



2 – Serving *Medio, Medio*



**Downtown
Tulsa
Lions Club**

Others Aiding with Rest Stops

**Betty's Store
(Lake Skiatook)**



**PDQ 3
Slick**



Kellyville