

Tour des Trees Ride Guide

April 2018



Welcome! We're glad you're joining us for this year's Tour des Trees. This monthly e-newsletter contains Tour updates, and it highlights what you need to know as you prepare for the ride.

Quick Links

[Tour Website](#)
[Donate Now](#)
[Contact Karen](#)
[Contact Paul](#)

Tour Checklist

To have the most successful Tour possible, there are a few items you should attend to:

- **Order your jersey** before June 6. Topless riding is prohibited!
- **Set up your fundraising page.** You can't meet your

Getting Back in the Saddle

Paul Wood, Tour Director

We are a little over 14 weeks out from the 2018 Tour des Trees, and I know for many of you spring hasn't exactly been cooperating with your plans to properly prepare for the rigors of the Tour, but the time is here to begin in earnest. Trust me, your body will thank you if you do incorporate a "plan" to get yourself ready.



Here is an article I thought provided a good no-nonsense approach to preparing for a multi-day ride like the Tour: [16 Week Training Plan for a Multi-Day Ride](#). There simply is no substitute for time in the saddle. Your contact points (hands, feet and bum) will thank you!

In addition to saddle time and including some high intensity training (in the form of fast group rides or intervals) you need to strengthen the muscles that support this prolonged unnatural position. By incorporating a few simple bodyweight exercises you can ensure that you'll arrive at the finish line without a fatigued back, neck, shoulders or triceps. I would recommend the

goal if people can't donate to you!

- **Join a team.** (Log in to your fundraising page and choose a team). **Your fundraising won't show up on the team roster unless you've joined it.**
- **Make travel arrangements** for you and your bike.
- **Participate in our Tour des Trees Event Page** on Facebook. The ride is more fun when it's social!

Welcome New Participants

Please help us in welcoming the new riders and virtual participants who have registered so far!

- Christopher Ballard, OH
- Kathryn Johnson, CO
- Kevin Weber, PA
- Jeff Wilson, IL (Virtual)

Say "hello" to them in the discussion section of our new Tour des Trees Event Page on Facebook.

Social Media Users: Your Help is Needed

Many thanks to The Davey Tree Expert Company for providing public relations support for the 2018 Tour des Trees!

If you have a social media presence and would like to help, Davey has requested that you send your Twitter, Facebook and Instagram handles (for instance @daveytree) to Jennifer Lennox at jennifer.lennox@davey.com.

During the Tour, Davey's team will monitor your accounts to see if they can re-post or re-tweet any of your Tour posts, pictures, etc. They'll also be doing their own posts too, so you can follow Davey and share their content as well.

following exercises (The Only 4 Exercises You Really Need) plus some form of upper body pulling, such as a bent row.

Ride On!

Shifting Your Fundraising into High Gear

If you haven't already begun, NOW is the time to kickstart your Tour fundraising. We're offering incentives for both you and your donors to get things rolling.

April 23-29 ONLY, in honor of National Arbor Day

Each \$50 donation to the Tour earns your donor one chance to win a \$100 Amazon gift card (\$100 earns two chances, etc.). Let your donors know about this great prize!

AND...

For each \$50 Tour donation you raise during this same period, you earn a chance to win a Black Bear Adventure (BBA) cycling gift pack. You'll be the envy of the Tour with your BBA-branded cycling backpack, jersey, water bottle and other cool swag. Many thanks to Tour Director Paul Wood and Black Bear Adventures for making this promotion possible!



Next Fundraising Promotion

May 14-20, in honor of National Bike Month

For each \$50 donation to the Tour during this time period, your donor earns a chance to win Arborwear's Canopy Pants - perfect for working hard or playing hard outdoors!

Products that Promote Safe Riding

Paul Wood, Tour Director

Research has shown that DRL's (daytime running lights) and what you wear makes a big difference in your personal safety on the road. If you're not already doing so, I would encourage you to:

- **Use front and rear lights, day and night.** Trek/Bontrager have been at the forefront of daytime running lights, and I am a real fan of their products. The set I like is their Flare rear and lon front. It is quite pricy, but they also have a full array of lights to fit most budgets.



Please direct any questions on this to Jennifer, and thank you for your support on this initiative.

Fundraising Opportunity

Did you know you can sell items on the TREE Fund Store at squareup.com/store/treefund and proceeds can go towards your Tour ride?

If you have items to sell, contact Karen Lindell and we'll get them out there as soon as possible. TREE Fund will promote new store merchandise each month in the TREE Press newsletter.

NOTE: TREE Fund reserves the right to decide if an item is appropriate to include in the TREE Fund Store.

- **Highlight your body's moving parts with contrast to make you "conspicuous."** Defeet has the most comprehensive line of [Hi-Vis socks and accessories](#).

Of course, there are many brands and products out there; these are just some of my personal favorites. If you have others, I'd love to hear about them. Post them on the [Tour des Trees Event page](#) on Facebook so we can all benefit from each other's knowledge.

Ride on!

Get Tour des Trees information - including previous *Ride Guides* - at treefund.org/tourdestrees.
