

Tour des Trees Ride Guide

May 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](#)

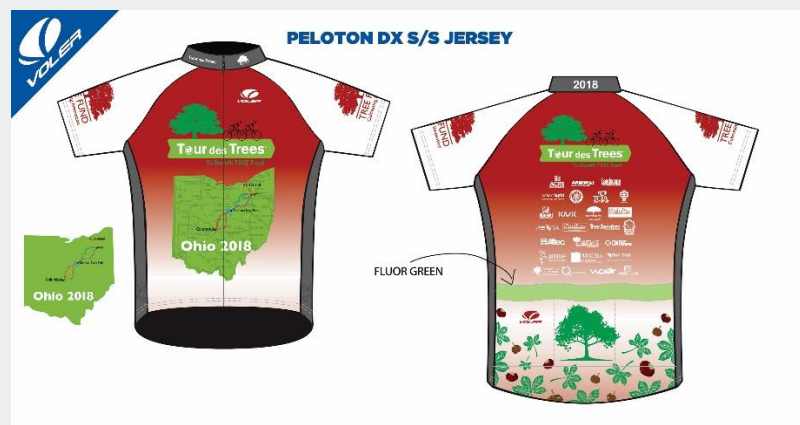
Tour Checklist

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

- **Set up your fundraising page.** You can't meet your 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.**

Order Your Jersey TODAY

All jersey orders must be placed by June 6.
Please click [HERE](#) to take care of this TODAY. Thank you!



Contact Karen if you have questions or cannot find the Voler email that zeroes out the cost of the jersey.

- **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!

- Reid Coffman, OH
- Dustin Denisiuk, IN
- Annie Kruse, MI
- Kristopher May, IN
- Dixie Russell, OH (Virtual)
- Thomas Smith, MD

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.

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

Observations from the Road

Paul Wood, Tour Director

Many of you know that I own and operate Black Bear Adventures, a cycling vacation company that specializes in adventures for "avid cyclists," such as those who choose to join us on the Tour des Trees. Unlike the Tour, a BBA trip has considerably fewer participants, so I have the opportunity to ride with my guests. I have just returned from one such adventure, and I relearned a couple valuable lessons that I wanted to share.



First I must tell you that our ride was conducted during a subtropical event that brought lots of rain and dense fog to the mountains of North Carolina. Because of this and the challenges that we faced together, the shared experience of fighting through those adverse conditions made for a really strong bond between all of the riders. This reminded me of one of the best things about the Tour des Trees: there will be numerous challenges that you will face - long days, fatigue, environmental stresses from summer heat or adverse conditions - but in those circumstances you have the opportunity to share in the rewards of overcoming those challenges with your fellow riders. In doing so, you will forge an incredibly strong bond built upon the shared efforts of those who assisted you and those you assisted in the process. But maybe the best part of persevering is the joy you'll feel and the laughter you'll share when reflecting on the experience!

Ok, back on point, we are just a bit over two months away from the 2018 Tour des Trees and it is critical to stay focused on preparing yourself for the physical challenges of the Tour. I fully understand that you have a full plate between work and family, and finding time to properly "train" can be very challenging. Here is an article that lists a few suggested workouts I thought addressed the challenges of trying to make the most of your limited time to train: <https://www.bicycling.com/training/a20047763/the-best-workouts-for-9-5-life/>.

Here is another good article that presents some important benchmarks to make sure you're prepared for the rigors of long days in the saddle: <https://www.bicycling.com/rides/a20043728/are-you-ready-for-a-century/>.

Be sure to check out our [Facebook Event page](#) where I've posted additional helpful articles on training too.

Ride On!

Fundraising Promotions

Welcome Summer Promotion June 18 - 24

This is our last Tour des Trees fundraising promotion for 2018, so be sure to take advantage of it! For each \$50 donation to the Tour during this time period, your donor earns a chance to win an Arborwear [Stretch Cambium Jacket](#), the world's first and only canvas soft shell jacket that's a true, heavy duty cotton canvas work jacket in a lightweight package. Many thanks to Arborwear for donating this *awesome* prize!



Past Promotions

Congratulations to **Jeff McMullen** and **Randy Miller**, winners of our Arbor Day fundraising promotion! Jeff won the \$100 Amazon gift card and Randy

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.

got the Black Bear Adventures (BBA) swag kit. Thank you again to **Paul Wood and BBA** for making this promotion possible.

We just wrapped up our May promotion in honor of National Bike Month that featured a pair of Arborwear Canopy Pants as the prize. Look for the winner announcement on our [Facebook Event page](#) on May 23!

Highlights of the 2018 Tour

The Ohio tree community is so excited to welcome the Tour des Trees! We will be rolling through beautiful landscapes and experiencing friendly Midwest hospitality all week. Beyond great riding, here's some of what you can look forward to experiencing:

Cuyahoga Valley National Park * Liberty Tree dedication at Ohio Statehouse * Johnny Appleseed trees * The Davey Tree Expert Company headquarters * Mohican State Park * Mitchell's hand-crafted ice cream * Arborwear headquarters * 21 Tree Campuses and Tree Cities * Cleveland's "Emerald Necklace" Metroparks * 9 Professor Pricklethorn programs * Historic Canal Fulton * Elm Restoration Program * Weaver Leather factory tour * *and much more!*

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