



# Tour des Trees

## Ride Guide

Volume 3, Issue 2

APRIL 2019



## Welcome!

We are so glad you are joining us for the 2019 Tour des Trees.

This monthly e-newsletter contains Tour updates and highlights what you need to know as you prepare for your ride.

## Rubber, Meet Road: Important Tour Details from our Director

### Pre- and Post-Tour Lodging at the [Millennium Maxwell House Nashville Hotel](#)

- There are a limited number of rooms available 3 days prior to the Tour start date on September 15th and 3 days after the Tour's last included hotel stay on September 20th. The group rate is \$135 + 15.25% occupancy tax.
- You may use any of the following methods to reserve your pre and/or post Tour room:
  - Link - [Direct Link to Reserve](#)
  - On-line - [Reserve Your Room](#) then under Codes and Options use the code: **1909TDTREE**
  - You may also call the Reservations Line at (800) 457-4460, Monday through Friday 7:00am to 7:00pm and use the group code **Tour des Trees**

### Getting to and Departing from the Tour

- Recommended airport for flying into Nashville: [Nashville International Airport \(BNA\)](#)
- Published recommendation guide for getting to/from airport: [Ground Transportation](#)
- While in Nashville we will be staying at the [Millennium Maxwell House Nashville](#) at 2025 Rosa L Parks Blvd., Nashville, TN 37228

### Driving to the Tour

- [Driving Directions](#)
- I was to able to negotiate free parking for our Tour participants at the Millennium Maxwell House for the duration of our event

### Getting your bike to the Tour

- Helpful info: <https://www.bikeflights.com/Pack>
- Ship via FedEx to: Millennium Maxwell House Nashville Hotel (address above)
- Label your bike box with your name and "TREE Fund Tour des Trees - Paul Wood"
- Time your shipment to arrive between September 11-13th
- I recommend using [Bike Flights](#) to ship your bike. It is simple and very cost effective.
- There is a \$25 per box fee for receiving and storage of your bike box at the hotel
- There will also be an option to ship your box to a local affiliate for storage before the tour, more details regarding this option are yet to come.



Ride On!  
Paul Wood - Tour Director



**Tour des Trees®**

To Benefit TREE Fund

## Welcome First-Time Riders!

Please help us in welcoming the following first-time Tour des Trees riders who have registered so far:

**Lindsay Darling, IN**  
**Brandon Gilbert, CA**  
**Christy Grimm, OR**  
**Joey Hampton, KY**  
**Nan Jernigan Danforth, VT**  
**Jonathan Lupton, IN**  
**Neville Mann, TX**  
**Alison Morrison, ON**  
**Jonathan Perkins, KY**  
**Ben Rickenbacker, CO**  
**Matthew Searels, GA**  
**Isaac Taylor, CT**

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

## Fundraising Secrets from a Professional Tree Lover

- Spin at your annual conference. Especially if you have a trade show. Place your bike/booth at the entryway so you can see/harass everyone as they come and go. Create a sticker for donor name tags so you can shame those that don't have one, and, even more important, so you don't accidentally try to hit your donors up again. Have subgroups compete (e.g. commercial, utility, municipal arborists, etc.) and mark their progress on a big chart so you can use that as a carrot. There are lots of possibilities for other competitions like having them guess how fast you can go or how many miles you can ride during the conference, etc.
- If you ask for a pledge instead of an on-the-spot donation, you can often get a much bigger donation, though you have to do the work of billing/reminding them later.
- Create a team of fundraisers to help you (not a team of riders, but fundraisers who are not riding). Recruit folks that have a lot of connections – company owners, exhibitors, elder states people; or recruit friends or students who want to meet some of the connected people.
- Make it personal for the donor. Sell them on why this cause is not only crucial to urban forestry, but also to them at a personal level!



*Secrets from  
**Dick Rideout.**  
A 16 (soon to be  
17) time Tour  
des Trees rider!*

# Training Guidance

- Here is a podcast that provides some good information about preparing for a Haute Route (which is similar to the Tour) - [VeloNews Fast Talk](#)
- Spring has arrived, so you should shift your focus with the time you have available to train from cross training to riding your bike...yay! But don't neglect strength training to maintain your core and counteract the imbalances that cycling imposes on your body.
- There are so many good points made during the VeloNews Podcast but a few of the ones that resonated with me are:
  - A key component to proper preparation is consistency.
  - Another is to try as best you can to mimic the demands of the Tour both in the daily demands and those posed by riding long distance for consecutive days.
- In an upcoming Ride Guide I will provide more detail about the 2019 TdT route to give you a glimpse of what is in store for you this year.
- A critical strategy in completing the Tour successfully and enjoyably is to "ride within yourself". Don't be tempted to overextend yourself. Pacing and paying attention to refueling/hydration is vital!
- There is a responsibility of riding predictably when cycling within a group or pack. Along with riding predictably it is very important to communicate effectively within your pack.
- Arrive at the Tour with your body, mind and bike prepared!



Ride On!  
Paul Wood - Tour Director

## A Fundraising Opportunity in Honor of Arbor Day!



Get ready for the fundraising promotion of the year! Have you heard of **That Tree**: a photo compilation of a year in the life of a Bur oak tree by Mark Hirsch? Well we have great news!

**For every donation of \$50 or greater, you and your donors will be entered into a drawing to each win a copy of That Tree, signed by (and donated by) Mark Hirsch himself!**

Easy enough, right? Happy fundraising!





**Tour des Trees to Benefit  
Tree Research and Education Endowment  
(TREE) Fund**

552 S. Washington Street  
Suite 109  
Naperville, IL 60540

Phone: 630-369-8300 ext. 204  
Email: [mharthoorn@treefund.org](mailto:mharthoorn@treefund.org)

Cultivating Innovation

Get more Tour des Trees information at  
[treefund.org/tourdestrees](http://treefund.org/tourdestrees)

## Next Fundraising Promotion

May 15-30, A Black Bear Adventures Promotion!

For each \$50 donation to the Tour during this time period, your donor earns a chance to win some Black Bear Adventures swag, provided by our tour director himself—Paul Wood! *(details will be presented in May's Ride Guide)*



## Tour Checklist

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

- **Order your jersey** before July 22nd. Topless riding is prohibited!
- **Set up your fundraising page.** You can't meet your goal if people can't donate to you!
- **Make travel arrangements** for you and your bike *(details are on page 1 of this Ride Guide)*
- **Join a team.** (**Login** to your fundraising page and choose a team). Your fundraising will not show up on the team roster until you've joined a team.
- **Participate in our Tour des Trees Event Page on Facebook.** The ride is more fun when it's social!
- **Join the 2019 Tour des Trees Strava Club** to interact with our Tour riders as training for the event commences and continues!



**BIKES, BANJOS,  
AND BLUEGRASS**

### Opening Check-In and Dinner

Sun, Sept 15, 2019  
(mandatory)

### Ride Dates

Mon, Sept 16, 2019 -  
Fri, Sept 20, 2019

**Breakfast  
and Bike Shipping**  
Sat, Sept 21, 2019

TREE FUND IS A 501(C)3 NONPROFIT WHOSE MISSION IS TO SUPPORT SCIENTIFIC DISCOVERY AND  
DISSEMINATION OF NEW KNOWLEDGE IN THE FIELDS OF ARBORICULTURE AND URBAN FORESTRY