



# Tour des Trees

## Ride Guide

Volume 3, Issue 1

MARCH 2019



## Welcome!

We are so glad you are joining us for this year's Tour des Trees.

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

## Back in the Saddle Again

Since our riders are from all across North America, it is typical this time of year that there is quite a bit of disparity in the riding conditions we face as the days grow longer and our desire to ride outdoors grows along with the day. I understand if those desires are met with less than ideal conditions, so there's nothing wrong if your Tour preparation is confined to the trainer for a bit longer...you are at least riding indoors aren't you? :-). But really the two most important considerations as you begin to prepare your body for the upcoming cycling season are to: 1) incorporate some form of aerobic activity whether its riding indoors, hiking, running or other forms of cross training that raise your heart rate for extended periods of time and strengthens your connective tissue, and 2) focus on working on your body's weakness, especially core strength. Here is a simple routine that is time efficient and effective: [Become a Faster Cyclist by Strengthening Your Weakest Muscle Groups](#). For a full body workout I recommend: [Use these Exercises to Ride Stronger and Stay Injury-Free in 2019](#).

Ride On!



**Paul Wood**  
Tour Director



## 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 will be presented in the April Ride Guide)*
- ◇ **Join a team.** ([Login](#) to your fundraising page and choose a team). Your fundraising won't show up on the team roster until you've joined.
- ◇ **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!

## Welcome First-Time Riders!

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

Lindsay Darling, IN  
Brandon Gilbert, CA  
Joey Hampton, KY  
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.



## Raise Money on a Team!

There is no need for anyone to fundraise alone. If you are a member of an ISA chapter affiliate, contact your Chapter to see if they will offer you rider support. To officially join a chapter affiliate team, just [login](#) to your fundraising page, search for the team, and click to join. If you are not a member of an ISA chapter affiliate, you may still enjoy all of the benefits of team fundraising by searching for "Team Individuals" and clicking to join.

Let's do this *together!*

## FUNDRAISING OPPORTUNITY

Did you know you can sell items at the [TREE Fund Store](#) and proceeds can go towards your Tour ride?

If you have items to sell, please contact [Maggie Harthoorn](#) and she'll get them out there as soon as possible. TREE Fund will promote new store merchandise 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.*

## Shift your Fundraising into High Gear!

Want to give your fundraising a kick-start while simultaneously entering yourself in a one-of-a-kind drawing? To enter, all you have to do is "spruce up" your fundraising page! Here's how:

1. [Login](#) to your fundraising page for the Tour des Trees 2019 campaign
2. Update your page photo
3. Double check to make sure your name is included in your Page Title
4. Create a personalized story

*\*Complete **all** steps before **March 31st** to be eligible!*

Once you are done (or if your fundraising page already includes these items), please email [Maggie Harthoorn](#) and she will include your name in a drawing for some TREE Fund swag! 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

April 15-30, in honor of Arbor Day

For each \$50 donation to the Tour during this time period, your donor earns a chance to win a prize! *(details will be presented in the April Ride Guide)*



## Tour des Trees Tips and Expectations



This is a post you'll see again, but it so important and defines the experience of the Tour, so it is well worth repeating.

We would appreciate you taking the time to carefully read the "2019 Tour des Trees Tips and Expectations" document found on our [website](#), so that you better understand the event and its culture. We also encourage you to provide feedback over the months ahead so we may continue to improve this document and the Tour.

We wish you safe and happy cycling!

Ride on!



**Paul Wood**  
**Tour Director**



**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