



# Tour des Trees Ride Guide

Volume 3, Issue 3

MAY 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.

## Tour des Trees Safety: Best Practices

Each year we strive to refine the elements of and suggested practices of being safe Tour des Trees cyclists. This evolution comes from reading current research and incorporating the best practices gained from that research. Last year we made a big push to incorporate the utilization of Daytime Running Lights within our pack, and I was incredibly proud of how many of you heeded the recommendation and were sporting lights during the Tour. Here is the latest [video](#) produced by Trek regarding DRL's. I am not promoting a specific brand, there are numerous manufacturers out there that make viable DRL's. The best one is the one you'll use!

This year I'd like to introduce what I consider to be best practices for ensuring your safety on the roadways we face as we promote TREE Fund's message in the many urban centers we encounter along the way. While not all will be comfortable with the practices of controlling the lane, I am a strong proponent of the "7 Behaviors of Successful Cyclists" promoted by *CyclingSavvy* in their [Mastery Intro video](#). Those 7 practices are:

1. Be Visible, Predictable and Relevant
2. Be Observant
3. Be Mindful
4. Be Strategic
5. Communicate
6. Cooperate
7. Respect Yourself

One of my favorite phrases and take-aways in this video is "Predictive Decision Making". The two principles of predictive decision making and effective communication will go a long way in keeping us safe in traffic and within our respective packs.

**Law Enforcement: Understanding Cyclists' Position on the Roadway** is another great video by *CyclingSavvy* about the concerns we have as a narrow vehicle (bicycle) and less visible road user. This video demonstrates the value of lane position (control). I fully understand our reluctance to impede traffic, but remember, we are traffic. Also keep in mind that many things cause momentary delay on the road, such as traffic signals, railroad crossings, vehicles that make routine stops, like delivery trucks and city buses, farm equipment...our safety depends on our ability to be Predictable & Relevant, Observant, Mindful, Strategic, Effective Communicators, Cooperative, and to Respect our Right to the Roadway!



**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



Ride On!  
Paul Wood - Tour Director



To Benefit TREE Fund

## Welcome First-Time Riders!

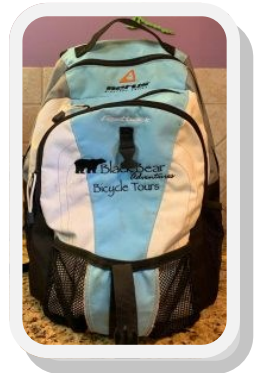
Please help us in welcoming the following first-time Tour des Trees riders who have registered so far:

**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**  
**Ben Brusie, KY**

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

## A Black Bear Adventures Fundraising Opportunity

For each \$50 Tour donation you raise between May 15 and May 31, your donor earns a chance to win a \$100 prepaid VISA card and you earn a chance to win a **Black Bear Adventures** (BBA) cycling gift pack! You will be the envy of the Tour with your BBA-branded gear. Many thanks to Tour Director Paul Wood and Black Bear Adventures for making this fundraising promotion possible!



**VISA**



## The New Rules of Cycling

One of the things that makes the Tour so unique and fun to be a part of is that our “peloton” consists of a wide range of cyclists. Some are super competitive and riding is a very big part of their lives, some use the bike primarily as a means of transportation, some are casual riders who enjoy the occasional weekend adventure and some simply will do most anything to support TREE Fund and their fellow Tour des Trees participants. We openly accept all of these variations within the umbrella of fellow cyclists and Tour supporters and to that I offer the New Rules of Cycling - **The Philuminati!**



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 (*recommendations can be found in our [travel logistics](#) document*).
- **Join a team.** **Log in** 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!



TREE FUND

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

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Cultivating Innovation

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

### Next Tour des Trees Participant Promotion: Safety First!

Cycling can be a dangerous sport, and that is why we are working with **ROADiD** to provide 20% savings on a ROADiD wristband to all of our participants who make their purchase between July 14 and August 4! Stay tuned for more information on how to upgrade your cycling safety kit and take advantage of this offer.

