



Tour des Trees

Ride Guide

Volume 3, Issue 6

August 2019



Welcome!

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

This monthly e-newsletter contains Tour updates and important information aimed to help you prepare for your ride.

Training for the Tour

Believe it or not but TREE Fund's 2019 Tour des Trees rolls out in only four weeks (or less depending on when you are reading this)! At this point in your training I suspect you have either fallen in love with your bike or maybe you are wondering why anyone would sign up to ride some 450 miles in five days. If the culprit of your doubts is the discomfort you are experiencing when cycling for more than a few hours, here are my suggestions for you:

- Make sure you are properly fit to the bike you will be riding. I would recommend a professional fit at your Local Bike Shop (LBS) or the nearest fitting studio in your area.
- Protect your contact points, your hands, your feet and your arse. Again a proper bike fit will go a long way towards solving discomfort but the next step is upgrading your accessories with nice new cycling specific apparel and gear. Your LBS will be happy to help you choose the proper gear for the Tour. New bibs or shorts and possibly a new saddle along with new gloves and shoes will ensure you have done all you can to reduce the stresses you will be subjecting your body to on this 450ish mile ride.

Here are a couple informative and funny videos to help drive this issue home:

[Tips from Global Cycling Network \(GCN\)](#)

[Tips from Cycling Weekly](#)

The other points I would like to discuss this month are the importance of feeling comfortable riding around others and the critical component of making sure your preparation includes the element of joy:

- If you don't already have a group you regularly ride with I would encourage you to seek one out and maybe even participate in a couple of local organized mass start events like a Gran Fondo or other longer distance endurance rides.
- As you refine your training using all or any of the suggestions I have presented over the past months, the one thing I can't emphasize enough is to make sure you include rides where the sole goal is to have fun. Use your bike as a means of exploration, travel unknown roads and venture off the pavement...seek out nearby towns and sample their cafes, restaurants and breweries. Adventuring is how we all began and where we will all finish our cycling. So get out there and have a good time, too!

Looking forward to seeing you all at TREE Fund's Tour des Trees opening check-in and dinner on September 15!



Ride On!
Paul Wood - Tour Director

TREE FUND TOUR DES TREES 2019 RIDER ROSTER

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* first time rider

Tour Checklist

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

1. **Make travel arrangements** for you and your bike (*read our [Travel Logistics](#) document for details*).
2. **Participate in our [Tour des Trees Event Page on Facebook](#)**. The ride is more fun when it's social!
3. **Join the [2019 Tour des Trees Strava Club](#)** to interact with our Tour riders as training for the event commences and continues!
4. **Print a 2" x 3" photo or reminder of what inspires you to ride safe** (examples: loved one, favorite tree, pet, etc.) and bring it with you to Nashville. Davey will be providing helmet inserts that will hold these photos, so you can be reminded of "Why you ride safe" each time you put on your helmet.



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



Tour des Trees

To Benefit TREE Fund

**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