



March 19, 2020

### TREE Fund statement on COVID-19

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TREE Fund recognizes the risks to individual and public health, emotional well-being, and economic vitality during the current coronavirus/COVID-19 pandemic, and we encourage all members of the TREE Fund family—staff, board and committee members, volunteers, partners, supporters, riders in the Tour des Trees, and your friends and loved ones—to keep bodies healthy and spirits high. You matter to us.

The TREE Fund staff is heeding the public health, medical and scientific advice to limit physical interaction and will be working mostly from remote locations, rather than in the office, probably through the end of March. Thankfully, TREE Fund had prepared for an event such as this and has the technology in place that will allow us to continue pursuing our important mission. Staff and committee meetings will be conducted via the Internet. We remain available to you via email and telephone.

TREE Fund's upcoming webinar (March 26) and our online search function remain two free services you can use during this time of prudent physical distancing and reduced social contact. ([www.treefund.org](http://www.treefund.org))

Although we are months away from the 2020 Tour des Trees, we wish to address any concerns you may have about the health and safety of this event. We currently have more than 23 weeks until TdT rolls out of Aurora. We will continue to monitor local health orders and CDC guidelines with the health and safety of all TdT participants as our primary concern. At this time we have faith in a healthy future and will not plan for any immediate changes to event plans and logistics. As you continue to support your local businesses in this trying time, we ask that you also continue to support TREE Fund and TdT. With already nearly 60 riders, registration, registration and fundraising will remain open, and we also continue to search for event partners and hosts. In the meantime, we hope you will stay safe. Limit your exposure, and consider home-based training alternatives if you are at risk of public exposure. Take advantage of cellular and online communication as you pursue fundraising opportunities, and let us know if you have any questions.

TREE Fund is a prime example of what people can accomplish when they work together toward a common cause. We trust we will all echo that example as, together, we navigate the challenges ahead.

*Russell King*

TREE Fund President & CEO



# Tour des Trees Ride Guide

Volume 4, Issue 1

MARCH 2020



## Welcome!

We are so glad you are joining us for the 2020 Tour des Trees. This monthly e-newsletter contains Tour updates and highlights what you need to know as you prepare for your ride.

## Meet our Tour Director Paul Wood!

### Background

I have been riding bikes most of my life. I rode for the sheer thrill in my youth, have used the bike as a means of transportation for large parts of my life and still today use the bike almost exclusively as a means of getting around here in Charlotte, NC. I began to ride competitively in the late 80's, racing every conceivable discipline, including mountain and gravel bikes but primarily on the road. In 2003 I started Black Bear Adventures, a cycling vacation company that operates tours and manages events all around the country. Although I would no longer call myself competitively fit, I still thoroughly enjoy riding a bike. I have a long history with the bike and lots of hard earned experience, so I am happy to answer any question you may have about cycling and the Tour des Trees cycling experience.

I graduated from North Carolina State with a B.S. in Mechanical Engineering a lifetime ago. I live with my wife, Jana, dog Willow, and cat Annabelle in Charlotte, NC.

### Notable Achievements

- 40+ years of cycling, racing and training experience
- Tour Director for Tour des Trees since 2005
- Served as Event Director for numerous charities including the Arthritis Foundation, Atlanta's Children's Hospital and First Descents.
- Served as REI Cycling Trips Coordinator for the SE
- Led events/adventures in 35 states in the U.S. and 3 Canadian Provinces over the past 18 years.
- Two time State Masters Road Race Champion, 5 time podium finisher
- 15th Masters National Championship Road Race
- Multiple podiums in master events in road and mountain biking



Ride On!  
Paul Wood - Tour Director

# Time to Awaken the Body and Prepare for the Tour

March has arrived, the clock has been sprung forward and so it is time for your annual call to begin preparing yourself for the Tour des Trees. Training or at least riding your bike at this time of year can bring forward a mix of emotions. The excitement to getting back to one of your favorite activities can be derailed by the dread of tackling the elements of winter that may still linger. But my how things have changed in the past couple of years, we are in the midst of a significant evolution in indoor training that when embraced can replace the challenges that we face when the environment or time constraints interfere with proper preparation for a goal like tackling the Tour des Trees.

For a long time indoor training was really just about avoiding bad weather. We used to look at the trainer as a way to stave off fitness loss when outdoor conditions became intolerable. It was a necessary evil if you didn't want to rebuild your form from the bottom up in the spring, and most cyclists were united in their distaste for it. But with the advent of the smart trainer and the explosion of indoor training apps like Zwift, Trainer Road and Sufferfest, I feel confident that there is a platform that will suit most everyone and can become a valuable tool in reaching your fitness goals. One of the best things about incorporating indoor training as a component of your routine is it allows you to train more time efficiently. Without external variables like stop lights, hills and headwinds, all of a sudden, you're able to hit and maintain specific targets for a set duration and achieve more effective training outcomes. Training inside can be a really useful tool when life, jobs and other commitments get in the way of getting outside to ride.

I would like to encourage you to join our [Strava Group](#) to track your rides and to measure your progress against your fellow riders. This platform can also be used as a forum to ask questions of your fellow riders about training, the hardware and apps I mentioned above, and any other questions you may have.

In addition to getting back to or continuing with your training, as most of you know I am a proponent of doing a bit of strength training as we build to longer days on the bike. Be sure to pay special attention to those critical core muscles so you can ride more efficiently and relatively pain free. Here are a couple of routines that I highlighted last year and am still a fan of:

- [Become a Faster Cyclist by Strengthening Your Weakest Muscle Groups](#)
- [Use these Exercises to Ride Stronger and Stay Injury-Free](#)



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 between April 15-30, 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!





## CHECKLIST

- ☒ Order your jersey  
before July 5th.
- ☒ Set up your fundraising  
page.
- ☒ Make travel  
arrangements.
- ☒ Join a team.
- ☒ Join the Facebook  
Event page.
- ☒ Join the Strava Club.
- ☒ Fundraising minimums  
due August 17th.







## Welcome First-Time Riders!

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

**Lance Anderson, UT**  
**Al De Reu, IL**  
**Cyrus DeVeres, UT**  
**Konstanze Fabian, CO**  
**Clayton Geer, TX**  
**Tami Geer, TX**  
**Mino Griego, TX**  
**Jen Grimes, CO**  
**Korey Lofy, CO**

**Laura Rich, OH**  
**Dough Schoch, CO**  
**Jacob Seletsky, MA**  
**Roland Sweeney, CA**  
**Kevin Tierney, CO**  
**Timothy Walsh, OH**  
**Theresa Wolanin, OH**  
**Keil Zornow, IL**



**Tour des Trees to Benefit  
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 (TREE) Fund**

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**Cultivating Innovation**

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



**Fundraising Minimums Due**  
 Mon., Aug. 17

**Opening Check-In and Dinner**  
 Sat., Aug. 29  
 (mandatory)

**Ride Dates**  
 Sun., Aug. 30 - Thurs., Sept. 3

**Closing Breakfast and Bike Shipping**  
 Fri., Sept. 4

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