



Tour des Trees Ride Guide

Volume 4, Issue 3

AUGUST 2020



Welcome!

We are so glad you are joining us for Tour des Trees: *Rollin' in Place!*

This monthly e-newsletter contains Tour updates and highlights what you need to know as you complete the 3-2-1 challenge.

Motivation?!

These are difficult and stressful times, and finding the motivation to keep moving, much less “exercise” can be a challenge. But we are born to move and doing so will yield wonderful results in your disposition, and of course provide the physical benefits we all seek when we engage in exercise. So during this time of uncertainty filled with countless stressors, let's pledge to be kind to ourselves and focus on one of my favorite mantra's “Mood Follows Action”. Don't wait for motivation to start moving or to keep going. While conventional wisdom says motivation leads to action, what about those times when you simply aren't feeling motivated? In those instances I say the best thing you can do to change your mental state is to change your physical state “Mood Follows Action”.

Here is a short article published in Outside Magazine about [How to Stick to a Training Plan](#).

- Consistency is Key
- Just Show Up (Mood Follows Action)
- Don't Go It Alone (these are difficult times to train with your friends, but even sharing the experience virtually and holding each other accountable will go a long way toward a successful program)
- Don't Rely On Willpower (set yourself up for success by incorporating little hacks like prepacking for your workout, develop a plan, hire a coach...)
- Be Patient

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Don't forget to order your *Rollin' in Place* limited edition jerseys and other apparel by visiting <https://www.voler.com/custom/ordering/li/32463>! **Orders due Aug. 31.** If you earned a free jersey credit be sure to log in with the email address you used to register for the Tour. You can access the credit during checkout. Please contact [Maggie](#) with questions.

Thank you Brandon Gallagher Watson for the designs!



Motivation?!

Another Key to Sticking with an exercise program besides doing something you enjoy (for most of us this is riding our bike), is making sure that most of your workouts are easy. Yes, I said it! 80% of your workouts should be done at a low intensity (65% or less of Max HR, a conversational pace) with only 20% workouts designed for high intensity efforts (85-100% Max HR). I prescribe in the exercise philosophy promoted by [Stephen Seiler](#). Your training should be about enjoyment, persistence, and patience! Too many people fall into the trap of No Pain No Gain and their workouts become a grind, and too often that leads them to burning out or quitting. So when it comes to developing a lifelong exercise or movement practice, don't fall into the trap of No Pain No Gain. The best athletes are moving along at a comfortable pace, one in which they can hold conversations during the vast majority of their workouts. Copy them. Lots of easy movement combined with a dash of hard work goes a long way.

And here are a couple of videos that will hopefully add a little inspiration to your day:

This is a wonderful short film about the King and Queen of Boulder, Davis Phinney and Connie Carpenter. (They were my heroes when I was a young aspiring cyclist) - [Davis & Connie](#)

This is a short motivational film by one of my favorite actors - [Knowing What We Are Not Leads Us to What We Are](#)



Ride On!
Paul Wood - Tour Director



Voler jersey/swag orders due and fundraising deadline for those who wish to be considered for minimum fundraising incentives

August 31

Tour des Trees: Rollin' in Place Highlight Week
(visit tourdestrees.org to view the event calendar)

August 30-September 4

Tour des Trees: Rollin' in Place Campaign Closes
November 15 (winners announced on November 16)

UPCOMING ROLLIN' IN PLACE LIVESTREAM EVENTS

Support Team Happy Hour - Aug. 28 @ 4pm central (Zoom)

Support team members are invited to join us for a virtual happy hour!

Black Bear Adventures Fundraising Promo - Aug. 31 through Sept. 5

The participant with the most donations this week will receive a swag bundle from BBA!

Yoga Session with Lisa Meranti - Sept. 2 @ 5pm central (Facebook Live)

Tune in for a yoga session with One Tree Love's Lisa Meranti!

Ask a Mechanic/Training Tips - Sept. 3 @ 5pm central (Facebook Live)

An opportunity to answer all of your bike and training questions, hosted by Paul Wood and Billy Volchko with prizes awarded to our top donor during the stream (provided by Super Salad Bar!)

Guided Meditation with Hallie Dozier - Sept. 9 @ 5pm central (Facebook Live)

Did you miss the first session in August? Not to worry, Hallie is back to lead us through more guided meditation!

Professor Elwood Pricklethorn - Sept. 10 @ 1pm central (Facebook Live)

Join us for an introduction to the Professor's new book: [True Tree Crimes!](#)





Fundraising Incentives - Deadline August 31!

Participants who raise a minimum of \$250 by August 31 will receive event stickers, a webcam privacy cover, and other discounts and promos from some of our generous partners. Participants who raise a minimum of \$500 will also receive a limited edition Rollin' in Place endurance tee/tank or cycling jersey. In addition there will be prizes for top mileage, top fundraisers, promotional winners, etc., so keep an eye on your inbox and our social media pages for updates.

Top fundraisers will receive prizes provided by Arborwear and Tailwind Nutrition - and the #1 fundraiser will receive one free month of Select Level Coaching from Carmichael Training Systems!



TREE FUND

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

552 S. Washington Street
Suite 109
Naperville, IL 60540

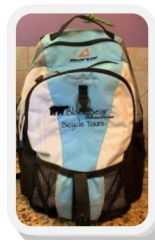
Phone: 630-369-8300 ext. 204
Email: mharthoorn@treefund.org

Cultivating Innovation

Get more Tour des Trees
information at tourdestrees.org

A Black Bear Adventures Fundraising Opportunity!

The Tour des Trees: Rollin' in Place participant with the most donations between Aug. 31 and Sept. 4 will win a Black Bear Adventures (BBA) swag bundle provided by our Tour Director, Paul Wood! The BBA swag kit consists of a BBA signature back pack, BBA cycling jersey, BBA water bottle, BBA tee, BBA sticker, and a BBA beer opener!



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