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 mantras “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

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
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 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 backpack, BBA cycling jersey, BBA water bottle, BBA tee, BBA sticker, and a BBA beer opener!

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