



Tour des Trees Ride Guide

Volume 4, Issue 4

SEPT 2020



Photo Credit: Coleman Camp

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.

An update from Paul Wood

As our pandemic world stretches out many of you are probably feeling a bit, shall I say, uninspired...well you're not alone, most of us are experiencing some degree of lethargy. One of my favorite people to follow during this difficult time has been [Brad Stulberg](#). He does a great job of putting the challenges that we are all facing into perspective and offers insight and suggestions for moving forward even when we don't feel inclined to do so. Here is a recent great thread as an example: <https://twitter.com/BStulberg/status/1308821734674571267>. He often uses one of my favorite mantras "Mood Follows Action".

One of the things that has offered inspiration to me recently is the steady stream of wonderful posts of previous Tours I have seen from my TREE Family. These really bring home the wonderful bond that is developed by sharing the magic that is created during the Tour des Trees. While we are all lamenting not being able to share in that magic this year it has been fun to see all the pictures and comments that have been shared on social media, here are a couple of favorites from last year.



Photo Credit: Coleman Camp

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Rollin' in Place limited edition jerseys and other apparel will be shipped on or before October 16, 2020.

Apparel will be available for a second round of sales shortly after; dates TBD.

Thank you Brandon Gallagher Watson for the designs!



An update from Paul Wood *cont.*

Cont. from page 1



Photo Credit: Coleman Camp

"I ride bikes for a lot of reasons, but fundamentally only one of them matters: It makes me happy. Sure, it keeps me fit. (Relatively speaking, of course). Yes, it's an efficient and economical form of transportation. And it doesn't create emissions or take an inordinate toll on either the countryside or the cityscape. But ultimately those are merely incidental, and are simply fortunate by-products of an activity that brings me great and profound satisfaction"

But I was once a trained athlete and still appreciate the discipline and hard work of those who want to be better, stronger, faster cyclists. Although I mostly followed periodized training methodology back in "my" day, I wish I would have known about Sweet Spot Training. [Sweet Spot training](#) is more of a "train by having fun with your peers" method. A couple of moderately hard rides on the weekend with your riding pals with a few efforts sprinkled in during the week will see you reaching new heights in your fitness without the sense of drudgery that can accompany some plans. Remember the goal is to get faster while having fun! Here is another good [article](#) about SST that gives you a bit more specificity about the methodology and how to incorporate it.



Ride On!
Paul Wood - Tour Director

Ok, my contribution to the Ride Guide is supposed to include a bit of guidance regarding training, but I must confess I rarely "train" these days but I do ride almost daily. The bike for me is a lot of things but primarily it is one of my greatest sources of pleasure. Get out on your bike as often as you can, you'll be better for it I promise. As the Bike Snob, Eben Weiss [wrote](#) recently,

Use promo code
TREE15
to receive 15% off an order of
Tailwind Nutrition product
between now and Nov. 15!

tailwind
NUTRITION

Guided Meditation Livestream with Hallie Dozier
October 6, 5pm central, Facebook Live

Yoga Session Livestream with Lisa Meranti
October 21, 6pm central, Facebook Live

Trivia Night hosted by ACRT
October 29, 5pm central, Zoom

Guided Meditation Livestream with Hallie Dozier
November 10, 5pm central, Facebook Live

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

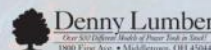
[Click HERE to register a team for Trivia Night!](#)

Prizes provided by ACRT.



TOP FUNDRAISER PRIZES

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



Fundraise \$250 in October and receive a KASK helmet!

Each participant who raises a minimum of \$250 during the month of October will receive a helmet provided by our generous partner, KASK!



Enter to Win a Grizzly Cooler!

Every donation of \$50 between October 18-24 enters the donor and their supported participant into a drawing to EACH win a Grizzly 20QT Coolers Model G20! Thank you Jeff McMullen and Denny Lumber for supplying this generous promotion!



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