



Frequently Asked Questions

When is registration open?

- February 6 – May 31: registration for full-Tour riders, volunteers and fundraisers
- April 3 – May 31: registration for part-Tour riders and part-Tour rider/volunteers

What is the cost?

- Rider registration (full and part-Tour): \$100, non-refundable
- Volunteer/Fundraiser registration: \$0

What is included with my registration?

- 7 breakfasts, 7 lunches, 6 dinners. 8/1 lunch and 8/2 dinner are on your own.
- Double-occupancy hotel accommodations. Single rooms are available for a \$125/night upcharge.
- Comprehensive route maps and notes (electronic and hard copies)
- Full SAG support
- Professional mechanical support
- Official Tour jersey: 4 to 7-day riders receive two; 1 to 3-day riders receive one
- 1 STdT ball cap
- 2 STdT-branded water bottles
- 1 KASK cycling helmet for full-Tour riders (Partial-Tour riders who raise \$1,900 or more will receive a cycling helmet, subject to availability)

Is registration limited?

2017 registration is capped at 100 riders due to trail permit restrictions in Washington, D.C. If we reach capacity, you may put your name on a waiting list.

What if my plans change and I can't participate?

Notify TREE Fund immediately. Riders who withdraw after June 30 will be charged a \$100 processing fee. Your registration fee and all donations to your campaign are non-refundable.

Where do I find information/instructions about the Tour?

- The best source of information is the [Participant Resources page](#) on the stihltourdestrees.org website.
- The STdT Ride Guide is a monthly e-blast sent to registered participants and posted on the Participant Resources page of the website.
- Follow the [Tour Facebook page](#).



- New riders and those who haven't ridden in a while will be assigned an experienced mentor soon after registering.
- New riders and those who haven't ridden in a while are required to participate in a New Rider Conference Call prior to the event; call dates to be announced.
- Contact Tour staff:
 - Karen Lindell (klindell@treefund.org) for questions about TREE Fund and the research, programs and education it supports, education and outreach events, partnerships, volunteering, fundraising, promotion, Tour apparel.
 - Paul Wood (pwoodbba@gmail.com) for questions about the route, accommodations, meals, road support, training, equipment, cycling and rules of the road.

How does the fundraising work?

- Full-Tour riders are required to raise \$3,500 or more **by July 24, 2017**
- Partial-Tour riders are required to raise the following **by July 24, 2017**:

# days riding	Fundraising minimum
1	\$ 800
2	\$ 1,500
3	\$ 1,900
4	\$ 2,300
5	\$ 2,700
6	\$ 3,100

- **Riders with a fundraising shortfall will have the credit card they used at registration charged for the balance due on July 25, 2017.**
- 100% of the funds raised by Tour riders, volunteers and fundraisers support tree research and education programs administered by TREE Fund
- 100% of Tour costs are covered by TREE Fund Partners
- Chapter donations to teams/riders must be posted to the campaign **by July 18**
- Donations made to your campaign are non-transferable and non-refundable
- Refer to the [2017 Fundraising/Fund Designation Policy](#) for complete details
- Send checks to: TREE Fund, 552 S. Washington St., Ste. 109, Naperville, IL, 60540
 - DO NOT SEND CASH—write a personal check to cover cash donations
 - **Put your name on the memo line of all checks** to ensure you get credit for the donation.



How do I get myself and my bike to the Tour?

- Travel arrangements are your responsibility.
- We will provide [recommendations](#) for travel, parking, airport shuttles and shipping your bike.
- Arrive Friday or early Saturday to allow time to check in, pick up your gear, label your stuff, assemble your bike and participate in Saturday's warm-up ride (**mandatory for new riders and those who haven't ridden in a while**), orientation meeting and Welcome Dinner.
- Get your bike tuned up **before you leave**.
- Know how to assemble and break down your bike if you're shipping it. Mark your seat-post height before you disassemble it. Help is always available, but you may have to wait your turn.
- Don't pack anything but your bike and bike tools in your bike box, and zip-tie everything together.
- Your expenses (as a volunteer for a nonprofit organization) may be tax deductible, so keep all of your receipts.

What should I pack?

Review the [packing list](#).

How do I wash my riding clothes at the end of the day?

Many hotels have a laundry room. Pack a Sharpie to mark your gear and share a washing machine at day's end. Wet shoes? Remove the insole, stuff a washcloth inside and squeeze. Dry upright.

How should I prepare for bad weather?

- **Train by riding in challenging weather before you arrive.**
- Rain: Be prepared with a cover for your helmet, Rain-X for your glasses and a jacket. Bring enough socks to assure a clean dry pair every day.
- Heat: Drip water through your helmet, spray it on your legs. **STAY HYDRATED!** And keep an eye out for shade and ice cream shops.
- Cold: Arm and leg warmers and a vest (STdT vest is available for purchase) are great. They can be "peeled" and stored in your jersey pockets once you warm up.
- Wind: Train in windy conditions before the Tour, and practice drafting.

How do I keep my energy up between meals?

Our support crew stocks energy bars, snacks, fruit and energy drinks. If you prefer specific energy products, pack a supply. Rest stops and meals occur at 20-30 mile intervals. Pack your bike bag with supplies to sustain your energy in between. Review this [basic information and guidance on hydration](#) before you arrive.



How can I minimize rashes and saddle sores?

The best defense is miles and hours on your bike before you arrive for the Tour. Butt butter/chamois cream is an external lubricant that reduces friction between you and your shorts; buy it at your local bike shop.

What's a week on the Tour like?

- You will have a roommate unless you request a single. Single rooms incur a \$125/night upcharge. We do our best to accommodate roommate preferences.
- Your ride buddies will probably materialize on Day 1. Ride YOUR pace and don't overextend yourself. You won't get dropped, but your rescuer won't have a great day.
- Mornings:
 - Eat breakfast and attend the mandatory rider meeting.
 - We roll out as a group.
 - Watch the whiteboard for timetables and itinerary/safety updates
- TREE Fund events: You're expected to attend some, not all. Sign-up sheets will be posted for events that require logistics support. You are an ambassador for TREE Fund, the Tour and our Partners. Engage our audiences if you feel comfortable doing that. They want to know why you are involved!
- Support will SAG any riders still on the road at the time necessary to get everyone to dinner.
- Massage therapy is available in the bike room at day's end. Get your name on the list first thing when you arrive. A contribution to the tip jar is appreciated.
- Dinner doesn't include alcohol. Bring cash if you want adult beverages.
- A debrief/safety meeting is held at dinner each night. Attendance is mandatory.

How will I know where we're going?

Riders receive maps and route notes, also available for upload to a GPS. Each day's ride is reviewed at dinner and breakfast. Where applicable and safe, the route will be marked to keep you heading in the right direction, but a GPS is very helpful. ALWAYS bring a cell phone and NEVER ride alone.

What can I expect from the mechanics?

Our Tour mechanics can handle just about any repair. You are responsible for the cost of items needed to repair your bike (bring some cash for emergency supplies). Help is always available, but you may have to wait a bit for it.

- Being able to fix a flat yourself will get you back on the road faster.
- Knowing how to assemble/break down your bike if you're shipping it will make your life easier.

Should I bring anything for my bike?



3 tubes, a patch kit, tire levers, an inflator head and 3 16 gram CO2 canisters. (TSA confiscates CO2 canisters; buy those when you land). Bring extra spokes (front and rear) if your wheels require bladed/special spokes.

Do I need cash?

Yes, for incidental expenses (ice cream!), mechanical supplies, adult beverages, and gratuities for the support crew members.

What if I can't ride the whole day?

Naturally the hope is that you can ride most of the way, but if you're out of gas – the SAG van won't be! Each day's route will be discussed at the daily rider briefings. Give the support crew a heads-up if you're not planning to ride the whole day.

Anything else?

Arrive prepared. Be on time. Be patient. Be safe. The safety of the pack depends on the actions of every rider, and reckless riding could land you or (worse) those riding near you in the hospital. If you see a dangerous situation unfolding, speak up. Our goal is zero accidents.