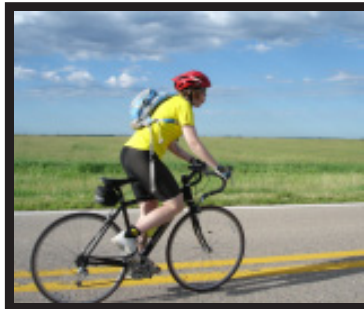
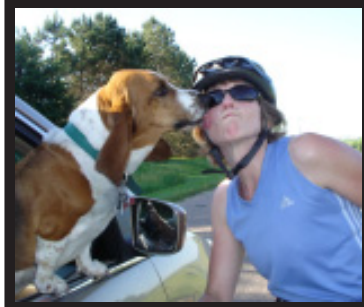
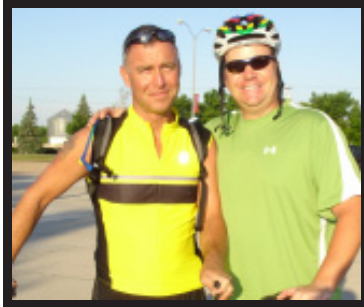


Tour de Nebraska 2009



It's not just a
bicycle ride,
it's an
adventure!

**Our 22nd
Tour!**



June 17-21, 2009

**Hosted by: Rich and Susan Rodenburg,
Lincoln, Nebraska**

About Tour de Nebraska

Tour de Nebraska is a 5-day bicycle adventure tour of beautiful, rural Nebraska. Over the last 21 years, people of all ages from nearly every part of the world have joined us for the most memorable adventure of their lives. We sag your gear, plot the most gorgeous route possible and take care of meal and camping arrangements. You're truly on your own--no schedules, no deadlines, no phones, and no kids (unless you want to bring them)! All you do is pedal and enjoy the scenery.

In 2009, we'll travel farther to beautiful northeast Nebraska--one of our favorite areas of the state. We'll start and end in Platte Center, 12 miles north of Columbus and 112 miles west of our state's capital city of Lincoln. After breakfast and a brief gathering early on Wednesday, June 17 we'll ride 57 miles north along the valleys to Tilden, a small community near the Elkhorn River. Tilden is excited to host us, and is the birthplace of Hall of Fame baseball player, Richie Ashburn.

On Thursday, June 18, we'll ride 65 miles north through plains and rolling hills to Bloomfield, pop. 1,200. Originally a railroad fueling stop, Bloomfield was named for the many wild flowers blooming on the prairie. This strong-knit community is happy to host TDN for the first time. Make sure you make time to enjoy the town and cool off in the city swimming pool.

On Friday, June 19, we'll ride 60 miles east along the Outlaw Trail Scenic Byway to Ponca, located in the northeast corner of Nebraska in Dixon County. The city is nestled in a valley two miles from the banks of the Missouri River, a national recreational river. Make sure you make time to visit beautiful Ponca State Park.

It's back in the saddle again on Saturday, June 20, when we'll ride 73 miles to West Point, a prosperous town with many hard-working and warm-hearted people. The current population of nearly 4,000 is driven by the agriculture industry. Save your strength for the annual TDN Awards Celebration on Saturday night, where we'll swap stories and see who wins the coveted TDN Spirit Award.

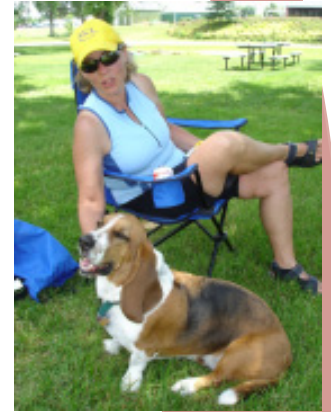
On Sunday, June 21, we'll ride 60 miles back to Platte Center where we'll say our good-byes for another year!

Dedication: This year's tour is dedicated to the memory of Randy Ober, our fallen comrade. Randy passed away suddenly on Oct. 1, 2008 and is missed by us all. A veteran of 14 Tour de Nebraskas, Randy loved this tour and everyone on it. He was always there to lend support to his fellow riders, and to us. We can't imagine a TDN without Randy but know that his spirit will be with us on the 2009 tour, when we visit his hometown of Bloomfield.



What You Need To Know

Tour de Nebraska is a fully sagged, circle bicycle tour. It is organized and hosted by Rich and Susan Rodenburg, avid cyclists and former owners of two bicycle shops in Lincoln. The Rodenburgs, (and Elsie, their 5-year-old Basset Hound), take turns driving "SAG" (SUPPORT AND GEAR) wagons with their staff of mechanics, and riding the route. The sag wagons are stocked daily with fruit and water, and our crew is ready to assist you with mechanical or medical needs. This keeps us very busy, so we suggest you are prepared to fix your own minor repairs and flats. A semitruck hauls your camping equipment and gear from campsite to campsite. All you have to do is ride and enjoy the scenery and the hospitality of rural Nebraska!



Tour de Nebraska is a camping tour. We camp near high schools or in city parks with easy access to showers and all night restrooms. Indoor camping is available each night, either in the high school gym or a nearby church, *regardless of the weather*. So you can either sleep inside or camp outside! We arrange for evening meals and breakfasts (at your own cost except for welcome breakfast and Sat. dinner), which are usually served by local community organizations or area restaurants. We also designate a lunch stop and rest stops each day along the route. All routes are on paved roads which are selected for safety and lower traffic counts. Unfortunately, not all have shoulders. Usually, however, the shoulderless roads are less busy. Daily maps and itineraries are provided.

COME PREPARED!! People of all abilities have ridden and enjoyed Tour de Nebraska. To enhance your experience, however, we recommend that you train 3-4 times a week, 20-30 miles each ride, with at least one longer ride (50-60 miles), at least 4 weeks in advance of the tour. A multi-speed, lightweight bike in dependable working order is a must. Many participants use mountain bikes rigged with slick tires and bar ends. Nebraska weather can be finicky, so be prepared for anything (WARNING: HEADWINDS are likely--and make for great survival stories). When you register, we'll send you an official *TDN Handbook* (by the end of April) with a packing list, training program, motel lists, and everything else you need to know about Tour de Nebraska! The average high for June is 85 degrees, the average low is 60 degrees.

NOTICE: The 2009 TDN will begin and end in Platte Center, 12 miles north of Columbus and 112 miles west of Lincoln. Detailed information is included in the *Official TDN Handbook*, which you'll receive in April after you register.

We limit our tour to 200 people--so don't delay!

"Tour de Nebraska is like a family reunion on wheels..."



Tour de Nebraska

Another fine tour brought to you by: Rich and Susan Rodenburg, and Tour de Nebraska, Inc. (www.TourdeNebraska.com)

June 17-21, 2009

Established in 1988, TDN is a circle tour that starts and ends this year in Platte Center, 12 miles north of Columbus or 112 miles west of Lincoln, Nebraska's capital city. On Tour de Nebraska 2009, we'll travel to beautiful northeast Nebraska! So get on your bike, train hard and make Tour de Nebraska a part of your summer!
 — Rich and Susan (and Elsie) Rodenburg

Daily Spirit Awards Continue in 2009

APPROXIMATE DAILY DISTANCES

Wednesday	(June 17)	Platte Center-Tilden	57 miles
Thursday	(June 18)	Tilden-Bloomfield	67 miles
Friday	(June 19)	Bloomfield-Ponca	60 miles
Saturday	(June 20)	Ponca-West Point	73 miles
Sunday	(June 21)	West Point-Platte Center	60 miles

ESTIMATED TOTAL: 317 MILES

Tour de Nebraska is limited to persons age 18 and older: Persons under 18 may register only if they are under the direct supervision of an adult. Helmets must be worn at all times you are on your bicycle. Registration fee is \$215. Ride is limited to 200. **NO REFUNDS!** If you have any questions, please call (402) 421-1401 or e-mail: Susan@TourdeNebraska.com.

Please use a separate registration form for each applicant. Mail completed form with check to: 3155 Tihen Circle, Lincoln, NE 68502. Make checks payable to: Tour de Nebraska. The \$215 registration fee includes a TDN t-shirt, daily maps and itineraries, TDN handbook, welcome breakfast for family and friends, camping arrangements, fruit, sag service, luggage transport, and Saturday night's TDN awards banquet meal.

Rider's name: _____ Phone: _____

Address: _____ Age on 6/17/09: _____

City: _____ State: _____ Zip: _____

Please choose size and style of t-shirt (1 free shirt per entry):

Short-sleeved unisex (traditional/what we usually offer) t-shirts: Small Med Large XL XXL _____ \$0/sz.only

Women's fitted t-shirts (new this year!): XS-(30-32) S-(34-36) M-(38-40) L-(42-44) XL-(46-48) _____ \$0/sz.only

Additional short-sleeved shirts circle size: XS Sm Med Large XL XXL _____ Unisex or Women's _____ \$15/each

Registration fee (\$215): _____ \$215/each

Indicate vegetarian option: yes no

Extra meals for Saturday night (family and friends): Vegetarian option? (quantities): yes no _____ \$15/each

TOTAL ENCLOSED: \$ _____

Email Address (for tour updates): _____

How many TDNs have you completed? _____ Current occupation? _____

In case of emergency, contact: _____ Phone: _____

Recognizing that Tour de Nebraska, Inc. and organizers of this event are not insurers of my personal safety, I agree to ride lawfully and safely while taking part in this event. I agree that Tour de Nebraska, Inc. and organizers of this event shall not be liable for any harm, loss or damage I may incur while participating. I further agree that I will abide by all rules and regulations established by the Tour de Nebraska staff including, but not limited to, wearing an ANSI, SNELL or ASTM-approved cyclist's helmet at all times while I am on my bicycle.

Signature of Applicant

Signature of adult accompanying minor on ride if under 18

More than a bicycle tour...

Tour de Nebraska is more than just a bicycle tour, it's an adventure. For each of the past 21 years a group of hardy souls and friends gathers for the annual pilgrimage known fondly as TDN, ready for the adventure of their lives. We see old friends, make new ones and bond together in our experiences, whether it's headwinds, sunny skies, or grandma's pies. Tour de Nebraska is more than a bicycle tour, it's a culture. We invite you to make Tour de Nebraska part of your life!

-Rich and Susan Rodenburg, organizers

Why People Like TDN

"Tour de Nebraska was everything I hoped for and more! Thank you for putting together such a great week...it was SO well organized and it was truly more fun than I imagined. As a first time rider, I felt comfortable from the beginning—your email messages and the packet of information were top-notch. During the week, the sag support was superb; the towns were welcoming and even the weather cooperated."

"What we like about TDN are the shorter days of the ride compared to other rides, and the routes provide a wealth of adventures. The smaller size allows you to get to know almost everyone by the end of the trip."

"Thank you for organizing the tour and making it such a pleasant experience for me. It was my first bike tour and it was so good that I am now hooked and plan to keep going to more tours. I greatly enjoyed the itinerary. I had no idea Nebraska could be so varied and beautiful."



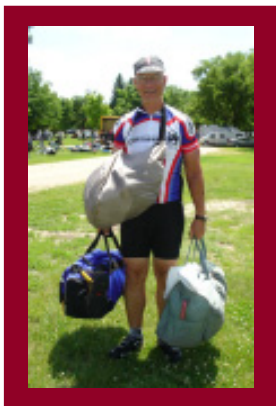
Your Tour de Nebraska hosts, Rich and Susan Rodenburg, and along with Tour de Nebraska mascot, Elsie Maree Larson Rodenburg (5).



Check out our website:
www.TourdeNebraska.com



Tour de Nebraska, Inc.
3155 Tihen Circle
Lincoln, NE 68502



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