

Tour de Nebraska 2010



Our 23rd
Tour!



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



June 23-27, 2010

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 22 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 and no kids (unless you want to bring them)! All you do is pedal and enjoy the scenery.

In 2010, we'll travel **farther west than ever before!** We'll start and end in Clay Center, 95 miles west of our state's capital city of Lincoln. After breakfast and a brief gathering on **Wednesday, June 23** we'll ride **57 miles** to Minden, which has often been compared to "Mayberry USA" because of its hometown charm. Minden is home to the beautiful Minden Opera House and Pioneer Village, the nation's best collection of Americana, covering the period from 1830 to the present. Make time to see both places!

On Thursday, June 24, we'll ride **65 miles** farther west to Cambridge, population 1,024. Visiting Cambridge is the opposite of the cookie cutter tourism experience of franchises, crowds, traffic, and big prices. Explore the historic neighborhoods and McKinley Park's dynamic trail system. If you have energy, golf at beautiful Cross Creek Golf Course and be sure to visit the charming shops, swimming pool and historic museum.

On Friday, June 25, we'll ride **60 miles** east and a little bit south to the town of Alma. Nestled down near the Kansas border and Harlan County Reservoir -- Nebraska's second-largest body of water -- Alma is one great little town. We've been to Alma once before and can't wait to visit again!

It's back in the saddle again on **Saturday, June 26**, when we'll ride **73 miles** straight east to Red Cloud, home of famed author Willa Cather. Red Cloud was founded in 1871 and named in honor of the chief of the Oglala division of the Teton-Lakota Sioux, who became nationally known in 1870 as a stubborn negotiator in behalf of the Sioux. 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 27, we'll ride **54 miles** back to Clay Center where we'll say our good-byes for another year!



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 6-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 you must be prepared to fix your own minor repairs and flats. A semi-truck 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!

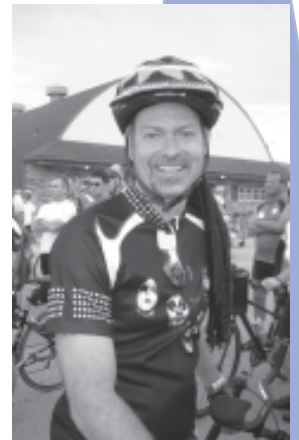
Tour de Nebraska is a camping tour. We camp near high schools or in city parks with easy access to showers and all night restrooms. Indoor camping is available each night, either in the high school gym or a nearby church, *regardless of the weather*. So you can either sleep inside or camp outside! We 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, 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). After you register, we'll send you an official *TDN Handbook* which includes a packing list, training program 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 2010 TDN will begin and end in Clay Center, about 95 miles west of Lincoln. There are camping facilities, motels and a 5-day secured parking area. Details on this are included in your *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 23-27, 2010

Established in 1988, TDN is a circle tour that starts and ends this year in Clay Center, approximately 95 miles west of Lincoln, Nebraska's capital city. On Tour de Nebraska 2010, we'll travel to beautiful south central 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 2010

APPROXIMATE DAILY DISTANCES

Wednesday	(June 23)	Clay Center-Minden	57 miles
Thursday	(June 24)	Minden-Cambridge	65 miles
Friday	(June 25)	Cambridge-Alma	60 miles
Saturday	(June 26)	Alma-Red Cloud	73 miles
Sunday	(June 27)	Red Cloud-Clay Center	54 miles

ESTIMATED TOTAL: 300 MILES

Tour de Nebraska is a noncompetitive event, designed to be an enjoyable experience. We REQUIRE that all riders PROPERLY train for this event and have a quality multi-speed bicycle (mountain bikes are welcome) in good working order (please consult your local bike shop). This ride is limited to persons age 18 and older. Persons under 18 may register only if they are under the **direct supervision** of an adult. ANSI, SNELL or ASTM-approved helmets must be worn at all times you are on your bicycle. Registration fee is \$225. **NO REFUNDS!** The number of riders is limited, so sign up soon! If you have any questions, please call (402) 421-1401 or e-mail: Susan@TourdeNebraska.com. Limited to 200 people.

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 \$225 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. **NO REFUNDS.**

Rider's name: _____ Phone: _____

Address: _____ Age on 6/23/10: _____

City: _____ State: _____ Zip: _____

Short-sleeved T-shirts (1st one free/circle size): Small Med Large XL XXL _____ \$0/sz. only

Additional short-sleeved shirts add \$15/each (circle size): Small Med Large XL XXL _____ \$15/each

Registration fee (\$225) includes: 1 TDN t-shirt, daily maps, itineraries, TDN handbook, luggage transport, fruit, meal/camping arrangements, 1st breakfast, sag service, TDN awards banquet meal/Sat. Night: _____ \$225/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 22 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

"You sure can't put a price on the scenery: sunrises, animals, stormclouds, smiles; the scents: pigs, cows, icy hot, fresh rain, homecooked food; or the sounds: the laughter, sighs, grunts, and friendly words of encouragement!!!"

"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 (6).



Check out our website:
www.TourdeNebraska.com



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



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