



29TH ANNUAL TOUR OF SAINTS

Not a race. A heavenly little ride.

SUNDAY, JULY 12, 2009

35 and 50 mile loops

College of Saint Benedict
St. Joseph, Minnesota

Saturday night lodging available!

Register at tourofsaints.com



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Tour of Saints - Sunday, July 12, 2009

Not a race. A heavenly little ride.

From 200 cities across Minnesota, bicyclists gather in St. Joseph to pedal quiet byways and rolling hills, relish the verdant summer morning and savor treats along the way.

Join the tradition. Ride the Tour.

Start at the College of Saint Benedict

The tour starts at the College of Saint Benedict in St. Joseph. Check-in opens at 6:30 a.m. and closes at 8:30 a.m. The course traces 35 undulating miles of scenic byways. There's a 50-mile option you can choose along the way. Riders enjoy rest stops with food and drink spaced along the scenic course.

Sinful treats at the rest stops

Cold Spring, the first stop at 12 miles, is home to the popular Cold Spring Bakery. Their crew offers fresh pastries, fruit, cool water and drinks. The second stop at 27 miles is at Colledgeville Orchards near Saint John's University, set at the edge of woodlands and lakes. Cyclists enjoy fresh fruit and drinks -- and sinfully good Cold Spring Bakery cookies.

Smell the flowers

Look for native wildflowers as you pass St. John's Arboretum -- oak savanna, wetlands and prairie hosting 4,800 plants and flowers. The staff manages 2,500 acres stewarded by the Benedictine monks of Saint John's Abbey for 150 years.

Feeling strong? Go for 50!

At 31 miles, riders can head to the finish for a 35-mile day or follow the 50-mile course. At Avon's city park next to the Lake Wobegon Trail, 50-mile cyclists are welcomed with fresh fruit, candy bars and cool drinks at the last rest stop.

Help along the way

If you and your bike need a lift, you can call for one of the support trucks patrolling the course. Bike shop mechanics offer help at the rest stops. Sheriff's deputies control traffic as needed.

Ahh! A fine finish!

Reunite with friends and family at the finish in cool comfort at the College of Saint Benedict, where you can slurp on watermelon and sip lemonade. Showers are available (bring a towel). Pamper your muscles with a chair massage. Or indulge in a full sports massage!

Get the T-shirt to celebrate your Tour!

The Tour of Saints shirt features a "cycling saints" design riders enjoy. Order shirts for \$12 in advance and pick them up at the Tour. On Tour day, shirts sell for \$15 as available.



(This 2009 T-shirt is color is "Sky," with navy ink and "brite blue" accents.)

Sweatshirts, too!

For those cool evenings or casual days, order a cozy Tour sweatshirt for \$35 in advance, or \$40 on Tour day as available. They make great gifts!



Photo by Dave Simpkins, MN Trails



Photo by Paul Phillips, Competitive Image

Sign up today! Here's how...

Register online (or on page 4)

Register at tourofsaints.com or use the entry form on page 4. A website video shows the beauty of the tour. You can also read rider comments, see Tour photos and more.

Driving far? Come on Saturday!

Avoid that pre-dawn car trip -- stay at the Tour start! Each year more riders discover this option to enjoy their Tour experience. Learn the details on page 3 and the website.

Getting there - Directions

The College of Saint Benedict is 75 miles north of Minneapolis on I-94 or five miles west of St. Cloud. From the Twin Cities, take I-94 to St. Joseph. Drive one mile to the college entrance. Signs direct you to parking and check-in (6:30-8:30 a.m.). Visit Tour of Saints online to make a map from your home.

Register at tourofsaints.com ♦ (320) 363-1311 or (800) 651-8687

Join Bicycle Alliance of Minnesota - get \$35 of perks!

Join in this unified voice to make Minnesota even more bicycle friendly, so more people choose to ride bicycles more often. Join by Tour day at \$35 and get the \$25 Big Blue Book of Bike Repair, courtesy of Park Tool Company. Then pick your favorite Tour of Saints design from the \$10 Collector Shirts sold at the Tour. To join, just follow the links from the Tour website.

Ride with Erik (and score a free Ride with Erik T-shirt)

Erik the Bikeman (CEO and Founder of Erik's Bike Shop) not only enjoys helping people find their right bike, he enjoys riding his bike for exercise, relaxation and fun. Join Erik on Tour of Saints this year -- he invites you to join him at the start. Start with the group, then ride at your own pace. Erik plans a 7:30 a.m. start. Check in first, then gather near the Erik's red tent.

Turn a one-day ride into a two-day vacation!

Book an apartment or guest room at the Tour

You and your family or friends can be guests of the College of Saint Benedict and wake up at the Tour start on Sunday morning. The college offers rooms and apartments for Tour of Saints riders and guests. If you're coming far, this is a great alternative to that pre-dawn trip on Sunday.

Check in on Saturday. Stretch your riding legs on the Lake Wobegon Trail or explore the town. Dine around town or enjoy dinner at the Gorecki Dining Center (see info below). Ride the Tour on Sunday, then take a refreshing shower and check out after you finish!

Guest room and apartment rates

Single rooms (for one)	\$46.01
Double occupancy (two beds)	\$58.85
Apartments for 2-4 people	\$176.55
(Include kitchens, bathrooms and showers. Each guest has a private bedroom.)	
You can buy breakfast Sunday at the Tour.	

Reserve rooms online at the Tour of Saints site or call CSB Special Events at (320) 363-5868.



Dine at the Gorecki Dining Center

Saturday, July 11 (Tour's Eve) - Pasta Dinner

If you're staying overnight, the College of Saint Benedict offers Tour guests and friends a Saturday dinner from 5 to 7 p.m. at the Gorecki Dining Center. The meal includes pasta with alfredo or red meat sauce, salad bar, green beans, breadsticks, beverages and desserts. Wine and beer are available for cash purchase. A limited number of meals can be purchased on site. All are welcome to enjoy the cash bar.

Dinner prices

Adult to age 13	\$10.47
Children 3-12	\$6.26
Age 2 & under	Free

If you book a room or apartment, you may reserve your meals at that time. Others may order meals online by following the links at tourofsaints.com or calling CSB Special Events at (320) 363-5868.

Bianchi



Test Ride a Bianchi Today!

Bianchi's Coast to Coast line of road bikes is designed to provide incredible comfort on longer rides like Tour of Saints.

Our Italian engineers found a way to create a more relaxed riding position without sacrificing the race-winning performance Bianchis are known for.

Visit your local Authorized Bianchi Retailer for more details.

Bloomington - Hollywood Cycles
722 W. 98th St 952-881-4707

Duluth - Continental Ski & Bike
1305 E. 1st St 218-728-4466

Excelsior - Excelcycle
540 Lake St 952-474-3180

Champlin - Trailhead Cycling
11350 Aquila Dr 763-712-0312

Minneapolis - Flanders Bros Cycles
2707 Lyndale Ave S 612-872-6994

Minneapolis - One On One Bikes
117 Washington Ave N 612-371-9565

Minneapolis - The Hub Bike Co-Op
3026 Minnehaha Ave 612-729-0437

Rochester - Bicycle Sports
1400 5th Place NW 507-536-4619

Roseville - County Cycles
2700 Lexington Ave 651-482-9609

St. Cloud - Granite City Cycle
47 3rd Street NE 320-251-7540

St. Louis Park - Hoigaard's
5425 Excelsior Blvd 952-929-1351

St. Paul - Grand Performance
1938 Grand Ave 651-699-2640

Wayzata - The Sports Hut
1175 Wayzata Blvd 952-473-8843

Holmen, WI - River Trail Cycles
500 Holmen Drive 608-526-4678

Fargo, ND - Island Park Cycles
101 S. 8th St 701-280-1796

Sioux Falls, SD - Harlan's Bike
1740 S. Cliff Ave 605-334-7666

www.bianchimidwest.com

Register online at tourofsaints.com

(320) 363-1311 or (800) 651-8687

Most riders do -- it's easy and secure!

Tour of Saints info@tourofsaints.com

Registration Form Tour of Saints Sunday, July 12, 2009

Helmets required. Wristbands prove registration. One form per person.

Name _____
Print clearly for proper registration!

Address _____

City, State, Zip _____

Phone _____
Home / Eve Day / Work

E-mail _____

Age _____ Circle Gender: Male Female

Check all that apply below.

I plan to ride 35 miles 50 miles

See page 3 and online for details on these items.

- I'm booking a guest room or apartment at the college.
- I plan to take part in the dinner on Saturday.
- Yeah! I just might "Ride with Erik" at the Tour start.
- I want to make Minnesota even more bicycle friendly. I'm joining the Bicycle Alliance of Minnesota.

RELEASE AND WAIVER

→ Riders must sign release to be registered. Wear your helmet. Safe cycling!

I understand that Tour of Saints entry fees are not refundable or transferable to others. I agree to wear a properly fitted bicycle helmet while cycling at the Tour of Saints event. By my entry into this event, I hereby accept its inherent risks and certify that I am physically fit and able to participate. I grant my consent to any duly authorized doctor or medical personnel to provide me medical treatment in response to any accident, injury or illness during this event. I hereby waive and release any and all claims for damages, including negligence claims, incurred as a result of taking part in this event against Tour of Saints; College of Saint Benedict and its officers and employees; and any and all other organizers, sponsors, officials, vendors, volunteers and associated entities, with their heirs and assigns, singly or collectively. I grant permission without obligation or liability for the use of my name, image or other record of me taking part in Tour of Saints for promotional purposes. I agree to obey all applicable traffic rules; to heed the direction of public safety officers and event officials; and to ride and conduct myself with due caution and respect, so as not to endanger or disrupt fellow cyclists, motorists or others.

Sign here _____ Date _____

I agree with the intent of this release. Under 18? Ask a parent to sign above.

Print parent's name signing for minor _____

Tour Price (Please circle your fee)

With T-shirt	By July 3	By July 9	Tour Day
Single Entry	\$37	\$42	\$47
Children 5-16	\$22	\$27	\$32
Group of four or more: \$2 off each adult (Group must register in advance for discount.)			

→ Circle shirt size: S M L XL XXL-add \$2

No T-shirt	By July 3	By July 9	Tour Day
Single Entry	\$25	\$30	\$35
Children 5-16	\$10	\$15	\$20
Group of four or more: \$2 off each adult (Group must register in advance for discount.)			

Sweatshirt (Ride fee not included): \$35
Circle sweatshirt size: S M L XL XXL-add \$3

Total enclosed: \$_____
Write checks to **Tour of Saints**

Mail checks and forms to
Tour of Saints
PO Box 322
St. Joseph, MN 56374

Mark your calendar!
Sunday, July 12, 2009
6:30-8:30 a.m. start
College of Saint Benedict
St. Joseph, MN

Spin With Us!



MGC MAPLE GROVE CYCLING 20 TREK
CELEBRATING 20 YEARS OF OUTFITTING CYCLISTS! 763-420-8878 8121 WEDGEWOOD LANE • MAPLE GROVE, MN 55369
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