



30TH ANNUAL TOUR OF SAINTS

Not a race. A heavenly little ride.

SUNDAY, JULY 11, 2010

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 11, 2010

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!



Photo by Paul Phillips, Competitive Image



Photo by Dave Simpkins, MN Trails

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.

Join Bicycle Alliance of Minnesota ...and get \$35 worth of perks!

Join in Minnesota's unified voice to make this state even more bicycle friendly, so more people choose to ride bicycles more often.

Join by Tour day at \$35, and you'll 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 on the Tour of Saints website.

Register at tourofsaints.com ♦ (320) 266-7579 or (320) 363-1311

Get the T-shirt to celebrate your Tour!

The Tour shirt features the “cycling saints” design against a backdrop of Tour images. Order shirts for \$12 in advance and pick them up at the Tour. On Tour day, shirts sell for \$15 as available.



Sweatshirts, too!

For those cool evenings and casual days, get a cozy sweatshirt for \$35 in advance, (\$40 on Tour day as available). These sweats make great gifts!

The Tour of Saints 2010 T-shirt color is “Kiwi,” accented with forest green and khaki inks.

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)	\$46.17
Double occupancy (two beds)	\$59.06
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 10 (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. All adults are welcome to enjoy the cash bar.

Dinner prices

Adult to age 13	\$12.32
Children 3-12	\$5.87
Age 2 & under	Free

Reserve meals online or call CSB Special Events at (320) 363-5868.

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SHARE
THE
ROAD

Register online at tourofsaints.com

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

(320) 266-7579 or (320) 363-1311

Tour of Saints info@tourofsaints.com

Registration Form Tour of Saints Sunday, July 11, 2010

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 pages 2-3 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 pasta dinner on Saturday.
- I'm joining the Bicycle Alliance of Minnesota, to add my voice and make Minnesota even more bicycle friendly.

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 2	By July 8	Tour Day
Single Entry	\$39	\$44	\$49
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 2	By July 8	Tour Day
Single Entry	\$27	\$32	\$37
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 11, 2010
6:30-8:30 a.m. start
College of Saint Benedict
St. Joseph, MN



REVOLUTION CYCLE and SKI

www.revolutioncycleandski.com
(320) 251-BIKE

Locally Owned
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