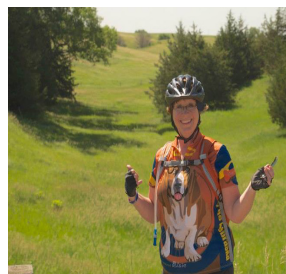
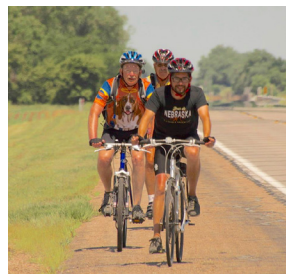


29th
Annual

Tour de Nebraska

Springview-Bassett-Ainsworth-Valentine



**NEW THIS
YEAR:
Optional
Gravel Loop!**

June 22-26, 2016

Five Days, 250 Miles

Hosted by: Rich and Susan Rodenburg

Supported by: Cycle Works of Lincoln, Nebraska

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

About Tour de Nebraska

Tour de Nebraska is a fully sagged, 5-day bicycle tour of beautiful rural Nebraska. It is organized and hosted by Rich and Susan Rodenburg, avid cyclists from Lincoln. The Rodenburgs founded Tour de Nebraska in 1988 to provide a fun way for cyclists of all ages to experience the beauty and friendliness of rural Nebraska. Since then, cyclists from nearly every state and other countries have joined us for possibly 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. Enjoy the freedom of riding your bicycle and being on your own—no deadlines and no kids (unless you want to bring them)! All you do is pedal and enjoy the scenery.

What Makes TDN Special

Tour de Nebraska is only 5 days (Wednesday-Sunday) and a circle tour, which means riders enjoy the convenience of starting and ending at the same place. We limit our ride to 250 cyclists, which allows for meaningful interaction between riders and the quaint communities we visit. Our size allows our team to provide excellent service to each and every cyclist! Our daily mileage ranges from 45-70 miles, making Tour de Nebraska an especially perfect multi-day tour for first-timers or seasoned veterans! Many return year after year—that's why we say, "Tour de Nebraska is like a family reunion on wheels!"

About our 2016 Route

Our 2016 route takes us farther north and west into beautiful North Central Nebraska, where you'll experience the Niobrara River, water falls, rolling hills, seas of grass that cover the Sandhills and especially quiet, rural roads.

New this year: 27-mile gravel loop option on Wednesday!

Day 1: Springview to Bassett - 62 miles

We'll start and end on Wednesday in the welcoming community of Springview. After breakfast and a brief gathering, we'll ride 62 miles along the Outlaw Trail Scenic Byway and across the Niobrara River to the historic charm of Bassett, in the heart of ranch country. **Or take the 34-mile optional gravel loop!**

Day 2: Bassett to Ainsworth - 51 miles

On Thursday, we'll saddle up and ride 51 breathtaking miles along beautiful Hwy. 7 to Springview for lunch, and then south on Hwy. 183 to Ainsworth. You'll enjoy rolling hills and the river valley along this route! We'll set up camp in the beautiful City Park. You'll find plenty to do and see in friendly and convenient Ainsworth! *P.S. There's also an 18-mile shortcut through Long Pine!*

Day 3: Ainsworth to Valentine-47 miles

On Friday, we'll ride west on Hwy. 20 (or the Cowboy Trail) through the historic towns of Johnstown and Wood Lake. Along the way, you'll ride through grass-covered dunes called the Sandhills, the largest in the western hemisphere. You can choose between the shouldered Hwy. 20 or the adjacent Cowboy Trail, which crosses the Niobrara River Valley 150 feet above the water! *Note: The NE Game and Parks Commission recommends a hybrid or mountain bike when using the limestone-covered Cowboy Trail.*

Day 4: Valentine - Valentine: Riding & Rolling Options (10-100 miles)

No need to pack up your tent and gear on Saturday because we're staying two nights in the relaxing cowboy town of Valentine! Choose between ride options of 10 to 100 miles and tubing down the Niobrara River! Wow!! Ride options include the Cowboy Trail over the 150-foot Niobrara River Bridge and road rides through cattle country and a vineyard on a working ranch! Or, give your butt a break and enjoy a memorable tubing adventure down the Niobrara River that includes a stop at Smith Falls State Park, the state's tallest waterfall! *Note: Tubing adventure will be offered to TDN cyclists by Brewer's Canoers for an additional fee. More information once you register for TDN!*

Save some energy for the TDN Banquet, held at the Bull Market, *Valentine's new brew pub!*

Day 5: Valentine to Springview-50 miles

Ride along the Outlaw Trail Scenic Byway 50 miles back to Springview. Vote for your Favorite Rest Stop and Host Town, say your goodbyes and head for home. Showers available at Springview High School.

Cycle Works is TDN's Bike Shop!

The Rodenburgs (and Elsie, their 13-year-old Basset Hound) are thrilled to partner with Kris Sonderup and Rick Dockhorn and their amazing crew at Cycle Works of Lincoln. While Susan rides the route, Rich, Elsie and the Cycle Works team manage the "SAG" (Support and Gear) vehicles, stocked with fruit and water, and ready to assist with mechanical or first-aid needs. This keeps us very busy so please be prepared to fix your own minor repairs and flats. We haul your gear from campsite to campsite and take care of all the details. All you have to do is ride and enjoy the scenery of rural Nebraska!

Indoor and Outdoor Camping

Tour de Nebraska is primarily 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 in the high school gym. You can either sleep inside or camp outside! There are motels or host homes in every town. If you are interested in these options, we'll happily provide you this information once you register.

We Ride to Eat!

We work closely with our generous TDN Host Communities to arrange evening meals and breakfasts, which are served by local community organizations or area restaurants. We also arrange for lunch each day and rest stops along the route every 15-20 miles so you can get off your bike, use the restroom, grab a snack or drink. All rest stops and meals are at your own expense, except for the welcome breakfast and the TDN banquet on Saturday evening, which are included in your registration fee.

2016 Roads and Preparation Tips

All routes are on paved roads which are selected for safety and lower traffic counts. Not all have shoulders but the shoulder-less roads are usually less busy. Our routes are coordinated with help from the Nebraska Department of Roads, State Patrol and County Sheriffs. Daily maps and itineraries are provided.

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 two longer rides (50-60 miles) six weeks in advance. Proper training is essential for a fun and enjoyable experience. (If you live in Lincoln, check out Susan's Bicycle Tour Training Classes held at the Downtown YMCA starting in January!)

A multi-speed bike in dependable working order is a must. Some participants ride mountain bikes rigged with slick tires. Others ride racing, touring or hybrid bikes. Helmets are mandatory. If you plan to ride on the Cowboy Trail, please consider thorn resistant tubes or tires.

Safety is our number one concern, so we ask that you follow the State of Nebraska Bicycling laws to respect other users of the highway and be good ambassadors for the cycling community.

Nebraska Weather

Nebraska weather can be finicky, so be prepared for anything. Note: Headwinds are likely, and make for great survivor stories. The average high for June is 85 degrees, the average low is 60 degrees.

“Tour de Nebraska is like a family reunion on wheels....”

Pamper Yourself with the HASSLE-FREE TENT SERVICE!

For the third consecutive year, we will partner with the University of Nebraska-Lincoln Outdoor Adventures to provide its popular tent service! Each day, this optional service provides a tent set-up for your arrival which will be taken down after you leave. Your personal gear is placed in your tent, along with a mattress, camp chair and fresh towel daily. There's also coffee! This service is an additional cost. For registration, pricing and options, visit: go.unl.edu/tent-service. Go ahead, pamper yourself!

Getting Ready

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! We limit our tour to 250 people—so don't delay!

What's Included in your Registration Fee

- * Official TDN t-shirt
- * TDN water bottle
- * TDN Official Handbook: Everything you want to know about Tour de Nebraska but are afraid to ask! Tips on training, what to expect, Nebraska cycling laws, more about us, packing list, training guide, initial itineraries, etc. This is mailed in late April.
- * Welcome breakfast for family and friends on Wednesday
- * TDN Awards Banquet meal on Saturday evening
- * Daily maps and itineraries
- * Indoor and outdoor camping arrangements
- * Rest stops every day
- * Complimentary beverage in camp each day
- * Fruit, sag service, luggage transport
- * Free and secure 5-day parking
- * Luggage pickup at select motels, B&Bs
- * Once-in-a-lifetime memories!
- * A feeling of accomplishment and NEW FRIENDS!

New TDN Awards in 2016!



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

2016 Highlights!

- Gravel Route Option on Day 1
- 2 Nights in Valentine so ride, tube or relax on Saturday!
- Saturday route options 10-100 miles
- Newcomer's Reception for Rookie Riders
- Niobrara River Tubing Adventure
- Niobrara Valley Vineyard on a working ranch
- Bull Market Brew Pub
- New TDN Awards

More than a bicycle tour...

In our 29th year, we thank all you hardy souls who've joined us for this annual bicycle pilgrimage. Without you, Tour de Nebraska would be just another ride. Your sense of humor, flexibility and spirit have created a unique culture that makes Tour de Nebraska special and fun. We are so grateful for you, our lifelong friends. Through headwinds, sunny skies, and homemade pies, you've all had a part in making Tour de Nebraska more than a bicycle tour. Thanks for the memories and let's keep it going!

-Rich and Susan Rodenburg, organizers

Why People Like TDN

"Very well organized and planned. You couldn't have been more on top of things, down to having excellent masseuses. Friendly, very helpful support along the way. The route was gorgeous."

"Every Nebraska community overflows with down-home spirit and Susan and Rich connect to every rider as a genuine friend. TDN is the gold standard for delight by bike."

"TDN is designed for people who enjoy cycling, meeting people, exploring small town America at your own pace..... all of which makes this ride one of the most enjoyable bike tours in the Midwest."



Your Tour de Nebraska hosts, Rich and Susan Rodenburg, along with Tour de Nebraska mascot, Elsie Maree Larson Rodenburg, age 13.



Check out:
www.TourdeNebraska.com
*for more photos,
testimonials, online
registration, and much,
much more!*

Tour de Nebraska 2016

Registration Form and Waiver

Online registration at: www.TourdeNebraska.com

Established in 1988, TDN is a circle tour that starts and ends this year in Springview, 280 miles northwest of Lincoln, Nebraska's Capital City. On Tour de Nebraska 2016, we'll travel to the beautiful Sandhills of north central Nebraska! Get on your bike, train hard and make Tour de Nebraska a part of your summer! — Rich and Susan (and Elsie) Rodenburg

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 with Cycle Works of Lincoln or 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. Helmets must be worn at all times you are on your bicycle. Registration fee is \$295. The number of riders is limited, so sign up soon! We will accept registrations until we reach our limit of 250 people. You will be notified via email once your registration is received. Refund Policy: If your plans change and you cannot participate on or before May 1, we will refund all but a \$50 processing fee. After May 1, there will be NO REFUNDS.

The \$295 registration fee includes one TDN t-shirt, TDN water bottle, daily maps and itineraries, TDN handbook, welcome breakfast for family and friends, camping arrangements, fruit, sag service, complimentary beverage at camp, luggage transport, Saturday night's TDN awards banquet meal, memories of a lifetime and friends for life!

Please use a separate registration form for each applicant. Mail completed form, signed waiver and check made payable to "Tour de Nebraska" to: 3155 Tihen Circle, Lincoln, NE 68502. If you have any questions, please call (402) 440-3227 or e-mail: Susan@TourdeNebraska.com. You may also register online at: TourdeNebraska.com. *Online registrations preferred!*

Rider's name: _____ Mobile Phone #: _____

Address: _____ Age on 6/17/15: _____

City: _____ State: _____ Zip: _____

Short-sleeved T-shirt (1st one free/circle size): XS Small Med Large XL XXL _____ \$0

or

Women's T-shirt (order one size larger! Susan takes a L): XS Small Med Large XL XXL XXXL _____ \$0

Additional short-sleeved shirts add \$20/each (circle size): Small Med Large XL XXL _____ \$20/each

Registration fee (\$295): _____ \$295/each

Indicate Vegetarian Option: yes no Gluten Free (GF): yes no Other _____

Extra meals for Saturday night (family and friends): Vegetarian or GF option? yes no # _____ x \$20/each=\$ _____

TOTAL ENCLOSED: _____ \$ _____

Email address (for tour updates): _____

Interested in the 34-mile gravel route on Day 1? Yes _____ No _____ What about the Century on Saturday? Yes _____ No _____

If riding with a team, please share your team name: _____

Are you interested in a shuttle to the start (Est. cost \$50 and we'll transport your bike.) Yes _____ No _____

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

In case of emergency, contact: _____ Phone: _____

NOTICE: Entry not accepted without the signed agreement, waiver and release of liability on the other side of this page!

AGREEMENT, WAIVER & RELEASE OF LIABILITY: TOUR DE NEBRASKA, INC.

EACH REGISTRANT FOR TOUR DE NEBRASKA MUST SIGN AN INDIVIDUAL WAIVER. Entries will not be accepted without a signed waiver.

I, the undersigned, know and understand that Tour de Nebraska, Inc. and its related events involve potentially hazardous or dangerous activities and conditions. I participate in the Tour de Nebraska and all related events out of my own free will and choice. In choosing to participate in the Tour de Nebraska and any related events, I fully accept and assume all risks, whether before, during or after the Tour de Nebraska and its related events. These include, without limitation, physical injury, mental injury, emotional distress, trauma, sickness, illness, death, contact with other participants, equipment failure, inadequate safety equipment, the effects of weather including extreme temperature or conditions, traffic, contact with motor vehicles of all types and descriptions, collision with other riders or fixed objects, the conditions of and/or design and other defects in the road and facilities, camping, negligence of others and participating in events, including those along the route. I am aware that the risk of injury or death is always present in cycling and Tour de Nebraska, Inc. attendant events and that this risk cannot be eliminated by Tour de Nebraska, Inc. organizers, sponsors and the government and private entities that host or assist in the Tour de Nebraska events. I know and accept that cycling and road accidents may result from the failure for any reason (including negligence) of Tour de Nebraska, Inc. organizers, sponsors, and the government and private entities that host or assist in the Tour de Nebraska events to correctly determine the conditions and safety of the road, surface, route or weather or to predict where or when an accident might occur. All risks are known, appreciated and assumed by me and I waive any and all specific notice of the existence of them and further waive the obligation, if any, that any other person or entity has to advise or warn me of them. I assume liability for and agree to pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses. I authorize the use and release of my personal and medical information in connection with any medical services.

I realize that Tour de Nebraska events require physical conditioning. I represent that I am in sound medical condition capable of participating in the Tour de Nebraska events without risk to myself or others. I have no medical impediment that would endanger others or me. I understand that a situation may arise during Tour de Nebraska and related events that may be beyond the control of the sponsors, promoters, organizers, government and private entities that host or assist in the Tour de Nebraska events or others, or may arise from negligence by them, and accept and assume all risks of participation and/or attendance. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and equipment. I will ride safely within the limits of my own abilities, my equipment and the riding conditions and in a manner that does not endanger others or me. I agree to follow all of the state laws pertaining to riding a bicycle on the highways and understand I may be dismissed from the ride if I do not. I agree to wear an approved bicycle helmet at all times while on my bike.

Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in the Tour de Nebraska and its related events, I for myself, spouse, children, heirs, next of kin, assigns and anyone acting on my behalf, release, waive, discharge, covenant not to sue and agree to hold Tour de Nebraska, Inc./Susan or Rich Rodenburg and affiliated entities; Tour de Nebraska sponsors and participating clubs, communities and organizations; Tour de Nebraska officials, emergency and support personnel, volunteers and their representatives; persons and entities that provide event recommendations, advice or services relating to matters such as route selection, design or maintenance, risk management, safety and first aid; all property owners, law enforcement agencies and governmental or public entities, including without limitation the State of Nebraska, its counties, cities and special districts; and the officers, directors, employees, representatives, agents and successors of all of the above, harmless from any and all claims, demands and actions of any and every kind I have, may have or may hereafter accrue against the released parties directly or indirectly arising out of or relating in any respect to my attending or participating in Tour de Nebraska and/or any related events. My waiver and release of all claims, demands, actions and liabilities shall include without limitation, any personal injury, accident, illness or death and any property damage or loss that may be: (a) caused by any act, or failure to act, by the above-identified persons and entities, including without limitation, their negligence, errors, omissions, failure to enforce rules, and conditions of the routes and/or events premises, and/or (b) sustained by me before, during or after Tour de Nebraska and related events. I acknowledge that I am signing this agreement freely and voluntarily, and intend by my signature for this to be a complete and unconditional release of all liability to the greatest extent allowed by law. I further acknowledge that no presentations, promises, statements or inducements have been made to me other than as set forth in this document. I will abide by all Tour de Nebraska rules and regulations. I also waive any privacy rights that my result from disclosure of information about me, including without limitation, in connection with provision of any medical services by Tour de Nebraska sponsors and organizations. I further agree to indemnify and hold parties released above harmless from any and all losses, damages, injuries, claims and expenses, including attorneys' fees, arising from or relating in any respect to my attendance and/or participation in Tour de Nebraska and/or its related events or my breach of this agreement. I also waive all spousal or other derivative and/or consortium claims relating to Tour de Nebraska, if any, that I hold or that may arise through me. This document shall be construed and interpreted solely under the laws of the State of Nebraska. I agree that jurisdiction and venue of any issues and/or claims arising directly or indirectly from my participation in this event shall be resolved exclusively in the Nebraska District Court. I agree that no modifications or amendments to the registration form and this waiver and release shall be binding unless they are accepted in a separate writing signed by Rich and Susan Rodenburg or Tour de Nebraska, Inc.

I _____ (the previously-named registrant on the registration form) HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, UNDERSTAND IT AND VOLUNTARILY AGREE TO AND ACCEPT ITS TERMS. I UNDERSTAND I AM GIVING UP SUBSTANTIAL RIGHTS.

Printed Name of participant

Date signed

Age

Signature of Participant or sponsoring adult if participant is under 18 years old