



THE 35th ANNUAL Tour De Bar Bicycle Benefit Ride

Saturday, August 5, 2023

Macaluso's Roadhouse

3857 Labore Road, Vadnais Heights, Minnesota 55110

Meet at 11:00 AM

Group Picture & Departure NOON

ALL PROCEEDS RAISED DONATED TO TEIGAN'S FAMILY

Check us out on FACEBOOK
35th Annual Tour De Bar Bicycle
Benefit Ride

2023 TOUR STOPS

- 1 Macaluso's Roadhouse
- 2 Jimmy's Food & Drink
- 3 Country Lounge
- 4 Little Village Pub
- 5 The Wildwood Tavern
- 6 Forster's Dugout
- 7 Frigaard's
- 8 Bellaire Beach
- 9 Admiral D's
- 10 Cabin 61
- 11 Tally's Dockside
- 12 WB American Legion
- 13 Big Wood Brewery
- 14 Manitou Bar & Kitchen
- 15 White Bear Bar
- 16 Beartown Lounge
- 17 Rudy's Red Eye Grille

**A Special Thank You
To Our Corporate Sponsor**

salon
ULTIMO

Visit salonultimo.com
to view our full service menu



Will be providing food
during the event
this year at a
reasonable charge
All are welcome



A special "Thank You"
to Gene & Jodie Sax
Electric Bike Donation

\$1 & \$5 Tickets will be sold
For Raffle Prizes, Liquor Wagon
& an Electric Bicycle
Throughout the day of the event



TEIGAN BARNETT'S CONGENITAL PULMONARY AIRWAY MALFORMATION (CPAM) STORY

Teigan (age 6 months) was diagnosed with Congenital Pulmonary Airway Malformation (CPAM) in-utero at 24 weeks gestation (5mo). CPAM is a rare disease where a cell mass grows inside the lungs in place of normal lung tissue. The condition is not hereditary. It affects approximately 1:25,000 pregnancies. Teigan's Mom (Lacie) was referred at 24 weeks gestation to Children's Hospital in Minneapolis. Very close monitoring of her pregnancy was required three days per week up until delivery.

On November 16, 2022, Teigan was delivered by C-section at 39 weeks (full term) gestation. She was immediately placed in an incubator and placed on a ventilator. CPAM can be life threatening if not treated, so early and accurate diagnosis is important. Some CPAM lesions are small and don't cause problems during pregnancy. They can safely be removed months after birth. However, Teigan's CPAM was large and could cause life threatening effects either during the pregnancy or immediately following delivery.

All CPAM's require surgery to remove the diseased tissue. It most commonly takes place at 3-6 months of age, but Teigan's surgery was done when she was only 6 days old. 90% of her left lung was removed at that time. There is a possibility that the remaining 10% of her left lung tissue will regenerate up to 30% capacity over her lifetime. Teigan was hospitalized in NICU for the first 32 days of her life. Teigan will require ongoing monitoring throughout her childhood and comprehensive long-term care with a focus on improving her pulmonary health, evaluating her growth, meeting nutritional needs, and monitoring her surgical outcomes. Teigan is unable to attend daycare because of a compromised immune system. She may be able to attend daycare after the age of 3, which will give her the highest likelihood of lung growth that occurs during childhood. Her outlook also depends on expert treatment to avoid potential complications.

Teigan has proven to be one heck of a CPAM warrior!
Hope by sharing her story it brings awareness to this rare condition.

"Tiny but mighty with the strength of a WARRIOR"



Teigan's Mom—Lacie & Brother—Bronson

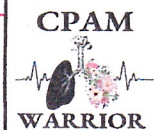
<https://www.childrensmn.org/educationmaterials/parents/article/18426/fetal-lung-mass/>

Contact
a Committee Member for a
t-shirt/tank top/sweatshirt
Order Form TODAY to
register for the event.
Deadline 07/17/2023

Tour De Bar Committee Members

Sue Miller Dailey, sue.dailey@comcast.net
Carolyn Michaud, cmichaud@syagrussystems.com
Mike Shearen, msherean@msn.com
Rick Hill, rickhill1611@gmail.com
Linda Shearen, lindamrath@gmail.com
Dave Peterson, davelakecast@gmail.com

Inquiries & Order Forms email: tourdebar@hotmail.com



Please consider making a donation if you are unable to attend

Make checks payable to Tour De Bar Bicycle Benefit

Send to: Mike & Linda Shearen, 2181 Southwood Drive, White Bear Lake, Minnesota 55110

WELCOME TO THE 35th ANNUAL TOUR DE BAR BICYCLE BENEFIT RIDE



11:00 AM – NOON Meet at Macaluso's Roadhouse

- Food Specials available to the group at a reasonable cost.
- Purchase raffle tickets (\$1.00 each) for your chance to win great prizes as well as a bike (value \$400.00) courtesy of Strauss Skates & Bicycle.
- Purchase \$5.00 raffle tickets to win a Liquor Wagon (value \$1,500.000)
- Purchase \$5.00 raffle tickets to win a Electric Bicycle (SWFT E-Bike value \$1,000.00) (Donated by Beartown Autobody & Mechanical, (Jodi & Gene Saks, Owners).
- Drawings will be held at Cabin 61. Need not be present to win
- Purchase a custom medallion (\$10.00 each) to win cash prizes (Limited quantities).
- Purchase other Tour De Bar items during the day of the event

NOON Tour De Bar Group Picture will be taken prior to departure

- A group photo of all 2023 Tour De Bar participants will be taken at Macaluso's Roadhouse. The group picture can be purchased after the day of the event by contacting us at tourdebar@hotmail.com

11:00 AM – 10:00 PM Tour De Bar Benefit Ride

- **2023 Tour De Bar Stops** (All stop times are estimates.)
 - Macaluso's Roadhouse 11:00 AM – NOON
 - Jimmy's Food & Drink 12:30 PM
 - Country Lounge 1:00 PM
 - Little Village Pub 1:30 PM
 - The Wildwood Tavern 2:00 PM
 - Forster's Dugout (food available) 2:30 PM
 - Frigaards Bar 3:00 PM
 - Bellaire Beach (Regrouping area) 3:30 PM
 - Admiral D's 4:00 PM
 - Cabin 61 4:30 PM
 - * Raffle Drawings (Need not be present to win.)
 - Tally's Dockside 5:30 PM
 - White Bear American Legion 6:00 PM
 - Big Wood Brewery 6:30 PM
 - Manitou Bar & Kitchen 7:00 PM
 - White Bear Bar 7:30 PM
 - Beartown Lounge 8:00 PM
 - Rudy's Redeye Grille 8:30 PM

***REMINDER:** This is a friendly reminder that this years bicycle benefit ride is to raise money for Teigan Barnett and her family. We ask that you please act responsibly at all times throughout the tour. This includes no excessive drinking, drinking and driving, and intentional injury to ones self or others. Please make sure you have a light on your bike for riding at night and remember to secure your bike at all times to avoid theft. Helmets recommended.

**YOU MUST BE AT LEAST 21 YEARS OF AGE TO
PARTICIPATE IN THIS BENEFIT EVENT.**



TOUR APPAREL ORDER FORM

35th ANNUAL TOUR DE BAR BICYCLE BENEFIT RIDE

SATURDAY, AUGUST 5, 2023

Macaluso's Roadhouse, 3857 Labore Road, Vadnais Heights, Minnesota 55110

Name: _____ Phone () _____

Address: _____ City: _____ St: _____ Zip: _____

Email: _____

Payment Method: Check _____ Cash _____

*** MUST BE 21 TO PARTICIPATE IN EVENT**

ALL SALES ARE FINAL

NO REFUNDS OR EXCHANGES ARE ACCEPTED

DESCRIPTION - TOUR T-SHIRT				SIZE	QUANTITY	PRICE	TOTAL
GILDAN 2000 ADULT S/S TEE SHIRT (SHORT SLEEVE) - WHITE				S		\$20.00	
SIZE	CHEST	LENGTH	SLEEVE LENGTH	M		\$20.00	
S	36	28	16-3/4	L		\$20.00	
M	40	29	18-1/4	XL		\$20.00	
L	44	30	19-3/4	XXL		\$20.00	
XL	48	31	21-1/4	XXXL		\$20.00	

DESCRIPTION - TOUR TANK TOP			SIZE	QUANTITY	PRICE	TOTAL
DISTRICT DM138L LADIES PERFECT TRI RACERBACK TANK			S		\$30.00	
SIZE	SIZE	BUST	M		\$30.00	
S	4/6	35-36	L		\$30.00	
M	8/10	37-38	XL		\$30.00	
L	12/14	39-41	XXL		\$30.00	
XL	16/18	42-44	XXXL		\$30.00	

DESCRIPTION - TOUR SLEEVELESS T-SHIRT				SIZE	QUANTITY	PRICE	TOTAL
GILDAN 2700 MENS SLEEVELESS TEE SHIRT - WHITE				S		\$30.00	
SIZE	CHEST	LENGTH	SLEEVE OPENING	M		\$30.00	
S	36	28	11	L		\$30.00	
M	40	29	12	XL		\$30.00	
L	44	30	13	XXL		\$30.00	
XL	48	31	14				

DESCRIPTION - TOUR SWEATSHIRT				SIZE	QUANTITY	PRICE	TOTAL
GILDAN 18500 HOODED SWEATSHIRT - SPORT GREY				S		\$40.00	
SIZE	CHEST	LENGTH	SLEEVE LENGTH	M		\$40.00	
S	40	26	33	L		\$40.00	
M	44	27	34	XL		\$40.00	
L	48	28	35	XXL		\$40.00	
XL	52	29	36	XXXL		\$40.00	

Make Your Check Payable To:

Tour De Bar Bicycle Benefit

TOTAL
DUE

Mail Order Form & Payment To:

Tour De Bar Bicycle Benefit

c/o Mike & Linda Shearen

2181 Southwood Drive

White Bear Lake, Minnesota 55110

DEADLINE FOR ORDERING

MONDAY, JULY 17, 2023

ORDER PICK UP (Macaluso's Roadhouse)

WEDNESDAY, AUGUST 2, 2023 (6:00-9:00 pm)

LIMITED QTYS DAY OF THE EVENT AVAILABLE FOR SALE