



september 14th & 15th 2013

The second annual women-only 2-day bicycle tour in the beautiful Finger Lakes region of Upstate New York!

to benefit **Sonnenberg**
Gardens & Mansion
State Historic Park

\$175 registration fee includes

- ☀ eight unique ride choices by beautiful Canandaigua Lake:
Saturday - 19, 31, 60, 88 & 103 miles
Sunday - 17, 33 & 62 miles
- ☀ daily admission / event start & finish at gorgeous Sonnenberg Gardens
- ☀ Sumptuous Saturday evening at: New York Wine & Culinary Center
- ☀ scheduled mansion & garden tours
- ☀ daily morning cycling clinics:
 - flat tire repair
 - yoga
 - shifting techniques
 - street strategies & reducing risk
- ☀ afternoon wine tastings: 20 NYS wines, cheeses & fruit
- ☀ ride support and rest stops
- ☀ Trek Women's demo rig - daily



☀
a la carte
custom
Wine Country
Ramble jerseys
available
for \$70



winecountryramble.com

registration limited to the first 200 riders