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FOR IMMEDIATE RELEASE

SEASONS CHANGE, AND SO DO WEDNESDAY WOMEN'S NIGHTS

Timber Ridge Resort Hosts New Autumn Biking and Hiking Women's Events

TRAVERSE CITY, MI – “Why can’t we do this more than a couple times a year?” asked Sara Cockrell, a feisty and athletic regular attendee of the winter Wednesday Women’s Nights, held traditionally during snow-filled months at Timber Ridge RV & Recreation Resort in Traverse City. Wednesday Women’s Nights have proven to be a successful combination of women of all ages, lit ski and snowshoe trails, tasty food and drink, and a whole lot of spirited banter. So naturally, when the skis and snowshoes were put away at the end of winter, conversation drifted to the next season’s athletic activities and how these women could continue to get together at Timber Ridge for their treasured “girls nights out.”

“After reviewing the end-of-season surveys and chatting with our regulars,” says Marketing and Events Director Sara Klebba, “the response from our loyal guests couldn’t be denied. They want more, so we’re giving them more...just on bikes instead of skis.”

Women of all ages and athletic abilities are welcomed to bring their mountain bikes, hiking shoes, and ski walking poles to the first-ever autumn Wednesday Women’s

Nights. Besides having open use of the miles of Timber Ridge and Vasa trails for hiking or biking, guests can join Brick Wheels staffer David Bucholtz on an on-site obstacle course that will teach bikers how to negotiate obstructions on a mountain bike trail—and provide some fun and excitement at the same time. Pete Edwards, owner and founder of skiwalking.com, will also instruct women how Nordic ski walking can help them burn extra calories just by adding fitness poles to their regular strolls. The evening includes a light supper that always satisfies and some tasty beverages to accompany it.

Timber Ridge Resort's Wednesday Women's Nights, scheduled for September 26 and October 10, are just \$12 per person. Ladies who are interested in attending must RSVP at (231) 947-2770, as space is limited. Mountain bikes are available for rent at Brick Wheels in Traverse City (231-947-4274). Demo ski walking poles will be provided at no charge for the event and clinics and poles will be available for purchase after the events.

Timber Ridge RV & Recreation Resort is an all-season recreation resort featuring RV and tent camping; overnight cabin rentals; family oriented activities; a banquet facility and elegant tents for weddings, events, reunions, family gatherings, and meetings; access to the popular VASA trail system; and nationally renowned events like the North American VASA and Iceman Cometh Challenge mountain bike race.

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