



Presented by



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FOR IMMEDIATE RELEASE

**THE CURE FOR CABIN FEVER: SUDS & SNOW**  
Snowshoeing Is For Everyone! (Beer Tasting Is For Adults 21 and Over)

TRAVERSE CITY, MICH—We all know that feeling of *casa febricula*; that’s cabin fever to most of us. When it’s been a long, snowy, and frosty winter. The snow has continued to pile up in the driveway. We make excuses as to why we can’t possibly make it outside to enjoy the snow. Walking around the house in layers of clothing while your digits are cold to the touch is getting old fast. And with the past writers’ strike, the onslaught of reality programming has us flicking off the boob tube.

It’s time to get out of the house. But we’re not all athletes; we don’t all have the cash flow to buy a new set of skis and all the accessories. And we certainly don’t all have the drive to get out there and try something which may be a radical change for us.

Timber Ridge Resort’s Suds & Snow, scheduled for March 1 from 2:00 to 7:00 PM, doesn’t beckon athletes or ask you to drop a mint on new sports equipment. Suds & Snow simply asks if you can walk. And if you can walk, you can snowshoe. And if you can snowshoe, you can try a selection of Michigan microbrews on the trail at the resort.

Sounds like a cure to cabin fever for those who think winter is a regrettable season to wait out until spring.

Suds & Snow is an annual “fun”draiser at Timber Ridge Resort that combines the easy and enjoyable activity of snowshoeing with another quite enjoyable pastime: microbrew tasting. A variety of Michigan breweries will be offering tastes indoors and on the trails for microbrew enthusiasts, those new to the microbrew scene, and everyone in between.

In addition to microbrew tasting, a handful of local eateries are cooking up some tasty cuisine to accompany your raspberry wheat, hearty stout, or brown ale. Live music provides a fun backdrop to the event, as well as winter volleyball (another painless cure for that pesky cabin fever).

To ensure a safe event for participants, Celtic Transport will be offering rides from Timber Ridge to downtown Traverse City and the two hotel partners of Suds & Snow: the Bayshore Resort (call 800-634-4401; \$83 for partial view room) and Cherry Tree Resort & Hotel (800-439-3093; 15% off any room). The shuttle departs at 5:30, 6:15, and 7:00 from Timber Ridge, so plan ahead.

Snowshoe rental will be limited onsite, so call Brick Wheels at (231) 947-4274 to inquire about rentals. If you are still unconvinced that snowshoeing is for you, it is not a required activity. Cross-country skiers will be welcome.

Nonrefundable tickets are just \$15 in advance or \$20 at the door while they last. Five dollars from each ticket plus net proceeds benefit Bethany's foster care program in Traverse City. Each ticket includes a commemorative pint glass (while available), two tasting tickets, and a trail pass. Beer and food tasting tickets are available onsite for \$1 each. Call Timber Ridge Resort at (231) 947-2770 or visit [www.TimberRidgeResort.net](http://www.TimberRidgeResort.net) to purchase tickets or for more area ticket-selling locations. Event will proceed rain, shine, snow or not.

Timber Ridge RV & Recreation Resort, located at 4050 Hammond Rd. East in Traverse City, 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. Visit [www.TimberRidgeResort.net](http://www.TimberRidgeResort.net) or call (231) 947-2770 for more information.

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