

The Tranquility Tour

(Lynn Vreeland Memorial Bike Ride)

Sunday, June 13, 2010

(Rain Date June 27, 2010)

In Loving Memory of Lynn Vreeland

Devoted Wife, Mother, Grandmother



Come celebrate the life of Lynn Vreeland at the inaugural Tranquility Tour/Lynn Vreeland Memorial Bike Ride. A challenging, yet rewarding, 30+ mile bike ride through the beautiful Sussex County countryside followed by food and fun at Sleepy Lagoon Beach in Lake Mohawk. There will be a rest stop halfway through the race and two cut-off points where you can alter the length of your ride to a shorter version by bike or by transportation back to the starting point. This is not a race. The pace will be kept to include the entire group. Please help spread the word. There is no cap on the number of participants. Your family is welcomed to join in the fun before and after the ride.

10:00AM Start At Sleepy Lagoon Beach, Lake Mohawk
Check In/Register By 9:15AM

There will be a \$30 donation to cover the costs of commemorative t-shirts for riders and for food. Any excess will be donated to the St. Francis Assisi Breadline to help feed the homeless.

For More Details And To Sign Up Contact Mark At
mvnational@yahoo.com BY MAY 21 (To Qualify For Rider's Shirt)

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