

Schedule of Events

Saturday September 16th

6:30 AM-6:00PM

RON ROSNER FAMILY YMCA
5700 SMITH STATION ROAD
FREDERICKBURG, VA 22407
(540) 735-9622

6:30 AM - Check-in & Registration

7:00- 8:00 AM 100 Miler Start

8:00- 9:00 AM 80 Miler Start

9:00-10:00 AM 50 Miler Start

9:00-10:00 AM 20 Miler Start

Each Ride is a Rolling Start

NO REFUNDS, NO RAIN DATE

Safety Rules:

The roads will be open to traffic. Helmets are required, please no headphones. Obey all traffic laws, including Virginia Bicycle laws.

Sponsored by



Register Online at www.active.com

Cost of 100, 80, 50 Milers

January 1- May 7th - \$50

May 7- September 8th - \$55

September 9-15th - \$60

September 16th - \$65

Cost of 20 Milers

January 1- September 8th - \$20

September 9-15th - \$25

September 16th - \$30

Fees include: route sheets, SAG, radio communications, rest stops with food/drink and post ride meal (except 20 mile ride). Extra meal tickets \$10



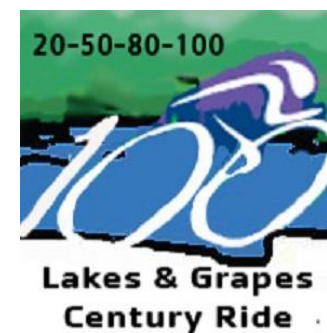
2017

LAKES & GRAPES CENTURY

Saturday

September 16 2017

20, 50, 80, & 100 miles



Questions: Nicky Beach at
kbeach@family-ymca.org

Ron Rosner YMCA
5700 Smith Station Rd
Fredericksburg, VA 22407

540-735-9622 ext. 2037

All proceeds from this Ride benefits the Jay Massad Annual Campaign.

Proceeds from this ride go to the Ron Rosner Family YMCA of Spotsylvania County, a not – for – profit organization which helps improve the lives of citizens throughout the community.

We believe everyone deserves a YMCA experience. Through our “Open Doors” program we provide financial assistance to families and individuals for memberships and programs. This ride provides the YMCA resources needed to support people in need of our programs. For more information please visit <http://www.family-ymca.org>.



Come ride with us on September 16, 2017. The 2017 Fredericksburg Orthopaedics Associates Lakes and Grapes Century ride will continue its tradition of bringing you an outstanding route along Virginia’s most scenic roads. All rides have rest stops with drinks and food. SAG support is provided along the ride. The Century Ride includes the Stonewall Jackson Shrine and picturesque views of Lake Anna. The 80 miler also takes you by the Lake. For those riding the 50 miler, you do not get the Lake but you do get the Shrine. All rides (except the 20 miler) get the rest stop at the reward-winning Lake Anna Winery. At the Winery you can taste some of the finest wine in Virginia, buy your favorite wine, and have the bottles delivered to you at the finish line.



New to cycling, we offer a 20 mile guided ride at 9:00 am. This is a perfect course for beginners a ride leader will be with you all the way. Stay after the ride to celebrate your accomplishment and cheer on follow cyclists. We will be providing some of the best post food of any century ride.



Register at <http://www.active.com/fredericksburg-va/cycling/races/lakes-and-grapescentury-ride-2017>

