



14th Annual

TOUR DE THOMPSON

Join us!

Saturday, July 30, 2016

Onanda Park Canandaigua

Presented by



MEDICINE of THE HIGHEST ORDER

Tour the Bristol Hills in the Finger Lakes!

Three scenic courses start at Onanda Park on the shore of Canandaigua Lake. Riders can take part in a post-ride picnic, hiking, fishing or a dip in the lake.

TO REGISTER ONLINE, VISIT

www.ThomponHealth.com/TdT

► Premier

Metric Century
62.5 miles For experienced riders, includes over 6,800 feet of elevation gain

► Intermediate

30 miles With 2,600 feet of climbing in just 30 miles, this is a challenging shorter alternative.

► Shortest

15 miles For less experienced riders. This route has some challenging hill climbing (1,350 ft) and more gradual elevation changes. Ends with an exhilarating 1.5 mile descent.

Schedule

7:00 am	Registration begins
8:00 am	All rides mass start
8:00-10:00 am	Individual riders start
11:00 am-4:30 pm	Cookout
4:30 pm	Support ends
9:00 pm	Park closes

Courses available on mapmyride.com.
Search Tour de Thompson.

For More Information

- dudley.hallstead@thompsonhealth.com
- www.ThomponHealth.com/TdT
- (585) 396-6050



Proceeds to support Thompson Health's Rehabilitation Services Aftercare Program

Helping individuals with chronic disease maintain their level of function and independence in the community.

