

Ride for Christ 2009

Cycling October 29th & 30th
UGA/FL Game Day: October 31st
Return to Athens, November 1st

Join us for this extreme version of Ride for Christ! Yes, we will be riding 300 miles in 30 hours from Athens, GA to Jacksonville, FL You CAN do it! We will help you train! We will encourage you!

To participate you may:

- Ride a bike (*not the whole way*, you will be teamed with one or more partners.)
- Be a driver (drivers will be assigned a vehicle and work in shifts)
- Be an encourager

Fundraising

This ride is a fundraiser for BCM summer missions. Each participant is expected to raise at least \$400.00 of support (riders, drivers and encouragers). For sponsors to be on the shirt, information and logos must be submitted by October 8th. Funds can continue to be collected after the ride.

Practice Rides & Spin Classes

Every rider must go on at least one practice ride with one of our designated leaders. Practice Rides will be offered at various times each week. A list will be available shortly on the UGABCM website. We will also be sponsoring Spin Classes – a great way to get in better cardio shape! More info to come!

Bicycles

We will need to check each bicycle for fitness before using it for practice rides. Designated bike check days and times will be posted shortly. We will have extra tires and basic maintenance tools and equipment at the BCM. If using a mountain bike for the ride, you will need to have us put road slicks on your bike (trust me, it will make it much easier to ride on the road).

Not everyone will need a bike – we strongly encourage riders to share bikes for this ride as no one will be riding the entire distance.

Equipment

Sunshine Bike Shop of Athens will be offering discounts on clothing, lights and bikes for those who need these necessities. More info will follow in the days ahead.

Transportation

To Jacksonville: The first group will leave on Bikes at just before noon on Thursday, October 29th. Other groups will follow throughout the day. We will have limited space on our mini-buses, so we will need folks to drive large capacity vehicles (mom's mini van?).

Home: Some folks will be leaving Jacksonville on Friday evening or Saturday morning. The rest of us will car pool back to Athens together on Sunday morning.

Hotel Rooms

Limited hotel rooms will be available for \$38.00 (per person, 4 per room for 2 nights) at the Courtyard by Marriott in San Pablo. More info soon.

