

When is the trip?

June 23 - June 30. We'll meet at Firehouse the morning of June 23, worship together, pack up, and eat lunch. We'll drive to our starting point that afternoon. Our ride will begin on June 24, for six days as we meander through Wisconsin and Minnesota. We'll finish riding on June 29 and drive back to South Bend the next day.

Where are we going?

We'll spend most of our time in Wisconsin, but will also cross into Minnesota and even (briefly) into Iowa. Much of the trip will be spent along the banks of the Mississippi River. There are a few hills—but no mountains!

How much does it cost?

\$120 includes food, lodging, and transportation on the trip; as well as a course in basic bike maintenance, road safety, and the entire nine week training program.

Who can go?

The trip is open to all high school students (as of 01/19) who have fulfilled our training requirements. Adults are also welcome and invited but must complete the training program.

What if I don't have a bike?

In the past we have had some success in matching students to bikes that they could either borrow or purchase cheaply. We cannot guarantee that we can find you a bike to use, but we will do everything we can to help alleviate the financial strain involved with purchasing a brand new bicycle.

What can I do to train?

Formal training will begin in early April, but between now and then, you can start on an exercise bike, ride outside when it's warm, and start doing some light jogging.

Why would I want to do this?

Because every year when you go back to school, someone asks you what you did over the summer and you never have a good answer. Because it's actually fun. Because nothing easy is worth doing. Because this just might be the best opportunity to leave everything except God at home. Because God is worth looking for everywhere – even at the bottom of the hill, and especially at the top.

Level with me. Is it actually *fun*?

Yes! Bike trip is a blast. It's occasionally difficult, but it's not *laborious*. Riding bicycles in beautiful places is always fun and it's an experience you'll never forget – nor would you want to. It is also the best opportunity for high adventure you've had all year.

Oh, you want to go?
Just text the @FHBike
to 81010 to receive
SMS updates!



Bike Trip 2019 Wisconsin & Minnesota

June 23 - 30, 2019



Training Requirements

All participants (including adults) will need to log **at least 150 group miles** before sundown on Sunday, June 2. Beginning April 7, we'll offer a minimum of three training opportunities each week. We'll ride on **Tuesday and Thursday evenings** and on **Sunday afternoons**. Rides will vary in distance from 10-30 miles. Evening rides last two hours. Sunday rides last up to three hours.

For students with busy schedules, we are happy to schedule make-up rides to help make sure that everyone who wants to qualify will be able to qualify.

We will host longer training rides (up to 50 miles) beginning in June.

Other Requirements

All participants must have a suitable bike with either road tires or hybrid tires, as well as a supply of spare tubes. All participants must have a helmet and eyewear (sunglasses). Other gear – riding shorts, jerseys, gloves, etc... - is recommended, but not required.

All students must have a signed release form on file before their first training ride.

Cost Requirements

The cost for the week is \$120. This includes meals, snacks during breaks, lodging, and transportation; but **does not** include discretionary monies that a student might want to spend along the road for souvenirs or other stops (like ice cream or fast food).

What does a typical day on the ride look like?

Most days, we'll wake up at a church building between 7:00 and 8:00, and start getting ready for the day. We'll pack up our things, change into cycling clothes, and load up the trailer with gear. We'll eat breakfast, have a devotion, and safety check the bikes. Then we'll be ready to roll!

We'll ride in packs of four or five for most of the day, stopping every twenty miles or so to enjoy a quick break as well as snacks and an opportunity to rehydrate. One of those stops will be lunch. Each group will also have discretionary time during the day. If we're on schedule, your group will have time to stop for ice cream, visit a bike shop, or just hang out in a park for a while.

We'll all arrive at our destination between 4:00 and 5:00, unload the trailer, eat dinner and get ready for the evening. We'll play cards, swap stories, and explore the area (ice cream shops are popular), as well as take regular time to stretch out muscles. We'll end the day with worship and plan on getting to bed around 10:00. It's another long day tomorrow!

What does a typical training ride look like?

Scheduled training rides will begin and end at Doug Fecher's home near Prairie Vista School in Granger. We'll do a safety check on all bicycles, and head out toward the rolling hills of southern Michigan. The first training rides will cover 12-15 miles, and within a few weeks, you'll clear 30+ miles in a single ride. Scheduled rides will be over in two-three hours unless otherwise noted.

Okay, be honest. Can I actually do this?

Absolutely. Most people could complete a trip like this with only a few weeks of training. We train all of our participants not so they can finish, but so they can enjoy the ride. This is not a race. You've got from sunup to sundown to finish all of these rides, and you can do that. We promise.

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>All participants must have a signed waiver form on file before their first training ride. Not sure if your form has already been turned in? Get in touch with Aaron right away. To receive Bike Trip Updates, text @FHBike to 81010</i></p>						
7 Training Ride 2:00 - 4:00 p.m.	8	9 Training Ride 6:00 - 8:00 p.m.	10	11 Training Ride 6:00 - 8:00 p.m.	12	13
14 Training Ride 2:00 - 4:00 p.m.	15	16 Training Ride 6:00 - 8:00 p.m.	17	18 Training Ride 6:00 - 8:00 p.m.	19	20
21 Training Ride 2:00 - 4:00 p.m.	22	23 Training Ride 6:00 - 8:00 p.m.	24	25 Training Ride 6:00 - 8:00 p.m.	26	27
28 Training Ride 2:00 - 4:00 p.m.	29	30 Training Ride 6:00 - 8:00 p.m.				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Training Ride</i> 6:00 - 8:00 p.m.	3	4
5 <i>Training Ride</i> 2:00 - 4:00 p.m.	6	7 <i>Training Ride</i> 6:00 - 8:00 p.m.	8	9 <i>Training Ride</i> 6:00 - 8:00 p.m.	10	11
12 <i>Training Ride</i> 2:00 - 4:00 p.m.	13	14 <i>Training Ride</i> 6:00 - 8:00 p.m.	15	16 <i>Training Ride</i> 6:00 - 8:00 p.m.	17	18
19 <i>Training Ride</i> 2:00 - 5:00 p.m.	20	21 <i>Training Ride</i> 6:00 - 8:00 p.m.	22	23 <i>Training Ride</i> 6:00 - 8:00 p.m.	<div> <p>You must log 150 group training miles by the end of the day on June 2 if you want to be a part of Bike Trip. Need an extra ride or two to hit your target? Get in touch with Aaron right away!</p> </div>	
26 <i>Training Ride</i> 2:00 - 5:00 p.m.	27	28 <i>Training Ride</i> 6:00 - 8:00 p.m.	29	30 <i>Training Ride</i> 6:00 - 8:00 p.m.		