



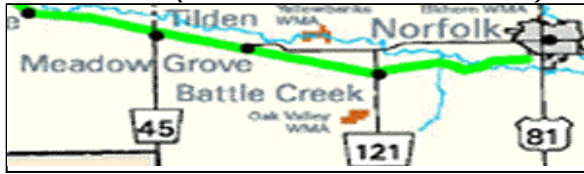
2016 Great Plains UM Cowboy Trail Bike Ride or Walk



-a fun outing for all men, women and children wanting to help others-

BIKERS:

May 28 Norfolk, Nebraska—breakfast @ 7:00AM, then main departure by 8:00 AM – later starts ok for short rides. (Lunch on return from the ride)



WALKERS:

May 28 - Saturday
7:00 AM – 1:00 PM
Checkin and walk from Norfolk, Battle Creek, Meadow Grove, Tilden.
or walk/ride in your own hometown --wherever you so choose!

15th Annual Ride or Walk for the Mission Projects* of, and sponsored by, the



NOTE- "Great Plains" covers Nebraska & Kansas.

1-Day Ride	Distances Norfolk to: Battle Creek 10, Meadow Grove 17, Tilden 22 mi	Walk/Ride Anywhere
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SIMPLIFIED PROCEDURE FOR WALKERS May 28th, 2016:

Please register by using the form below. Walkers have complete flexibility in selecting your walk distance, date, and location, including any town in Great Plains. However, the only water and snacks provided will be at the three easterly towns along the Cowboy Trail Bike Ride. Elsewhere, local UMMen will need to organize the event. Leaving Norfolk there are a couple miles of concrete path following along the Elkhorn River that would even allow wheelchair participation. The Registrar will send you a pledge packet for you to obtain Great Plains UMMen mission* contributions for your walk that you can turn in at checkin. Norfolk checkin is at Woodland Cabin by Ballfield #4 in TaHaZouka Park, Norfolk, Nebraska. Mission contributions gathered by local UMMen elsewhere shall be forwarded to the Registrar upon completion of their walk.

-----**WALKERS:** please print, clip and send the 2016 WALK REGISTRATION and Waiver Form below to: **Rocky Plettner, Registrar, Great Plains UMMen, 4070 E 24th Avenue, Columbus, NE 68601, cell-402.640-4590, rgplett@nppd.com.** If you want a t-shirt, include a check by May 18th for \$15.00 payable to "Great Plains UMMen". Mission contribution pledge checks should also be payable to "Great Plains UMMen" and turned in at checkin.

Walker's First & Last Name	Street	City	Zip
Phone(s)	Email Address	Shirt Size: S ___ M ___ L ___ XL ___ \$ ___	Amount Enclosed
Waiver Signature _____ (Walker signs, if adult; or parent/guardian signs if Walker is a minor):			

By signing here, I take full responsibility for my own safety on the Walk (or for the safety of my minor child Walker) and waive and discharge any claim against all sponsors and promoters of the 2016 Great Plains UM Cowboy Trail Bike Ride or Walk, including the Great Plains United Methodist Conference and the Great Plains United Methodist Men for any danger or injuries, which may be sustained by me (or my minor child) arising out of participation in the Bike Ride/Walk.

DO YOU WANT TO HELP THESE MISSIONS, BUT DON'T WANT TO WALK OR RIDE??

Then just send your donation check to the Registrar, payable to "Great Plains UMMen", and it will be distributed to the missions* listed below along with donations gathered at the Ride/Walk.

INFORMATION AND PROCEDURE FOR BIKE RIDERS (apply other side):

Saturday, May 28th, 2016 (1-day ride, checkin 7:00 AM for breakfast)

The Great Plains UM Cowboy Trail Bike Ride is open to all interested riders of all skill levels because the rider determines their distance by picking a point to ride out to from Norfolk and then return. You do not have to be United Methodist to participate. Riders less than 18 years old must be accompanied on the ride by a responsible adult designated by the child's parent or guardian. Riding the full distance to Tilden and back will be challenging, so full-distance riders should be in excellent riding condition and using quality biking equipment. **All riders are required to wear safety helmets.**

Registration is by individual or family for \$25 plus \$15 per shirt for each family member after the first one. Each individual or family should secure a minimum of \$50 pledged to Great Plains UMMen's mission programs and ministry activities. You will receive pledge sheets and more information about Great Plains UMMen missions and ministries upon application.

***Great Plains UMMen Mission Programs include well-known missions such as Upper Room Prayer Line, Society of St. Andrew (hunger relief in America), Stop Hunger Now (worldwide hunger relief), Imagine No Malaria (mosquito nets for Africa), disaster response, camping ministry, jail ministry, youth ministry, and scholarships for Christian service. Designations of pledges and donations to specific projects are welcomed. "GP UMMen" is a 501(c)3 non-profit entity of the UM Church – your donations are tax deductible.**

The distance of the 2016 Great Plains UM Bike Ride is determined by the rider up to a maximum of 44 miles round-trip (to Tilden and back). Limited pickup service is provided if you can't or don't want to complete the distance you intend. The main departure will be at 8 AM on the morning of Saturday, May 28, from TaHaZouka Park, Norfolk. Riders may check in on Saturday morning and depart after 8 AM as long as they return to Norfolk by 2 PM. A hearty lunch will be available at Norfolk in TaHaZouka Park upon the rider's return. The ride is SAG supported with water and snacks at Battle Creek and Meadow Grove. Any riders going beyond Meadow Grove, or off the Cowboy Trail do so without SAG support.

Continued Other Side----->

