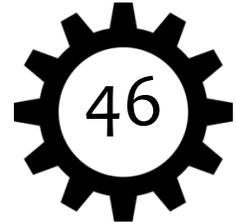


Bike Trip

Friday July 12 – Sunday July 14, 2019



Pedal & Praise

The 46th annual Bike Trip will be a 3 day, 200 mile cycling and camping trip. This year's route is the same as last year and will loop through central Illinois as we ride in areas of flat corn fields to places of rolling hills with scenic landscapes. Like last year our campsite for the second night is at Steiner's Lake near Astoria. Here's the breakdown: Day 1 (74 miles) we begin by biking south and we will camp in Jim Edgar Panther Creek Campground near Chandlerville. Then, on Day 2 (54 miles) we cross the Illinois River at Beardstown. We are hoping to arrive for a late lunch at Steiner's to swim, ski, kayak, canoe, play games and a whole lot more. On Day 3 (70 miles) we will go northeast and cross the Illinois River at Havana. Then we will travel north through Goofy Ridge and then homeward, pulling into NCF with new tan lines and muscles. The trip begins early Friday morning at 7:00 a.m. and concludes with a meal on Sunday evening at NCF. If you need a bike, we have rentals available. If you have any questions talk to Josh or Brie Litwiller (309-840-0806 – Josh, 309-241-0405 – Brie). We're looking forward to riding with you!

Meet at NCF Friday,
July 12th by 7:00 am

Who can go?

Anyone who is entering high school or older. Riders younger than high school age may go but must be accompanied by an adult.

Training Rides

There will be Sunday training rides every Sunday in June and July usually starting at 1:30. *New riders must come on at least one training ride.*

What is provided?

- 🚲 All the food and water you need
- 🚲 Campground accommodations
- 🚲 A bike trip t-shirt

What to bring?

- 🚲 Decent bike
- 🚲 Bike helmet and water bottle
- 🚲 Sleeping bag or hammock
- 🚲 Tent (or share one with a friend)
- 🚲 Off the bike clothing
- 🚲 Swimsuit
- 🚲 Toiletries and towel
- 🚲 Cash for snacks at gas stations (optional)
- 🚲 A Bible or Bible app
- 🚲 You will be contacted to bring the following food items to the church a couple days before the trip: two dozen cookies or two dozen muffins or sweet bread *and* a box of your favorite energy bars or bag of favorite candy

Questions? Call or Text
Josh Litwiller (309) 840-0806
Brie Litwiller (309) 241-0405

