



MO-Hab XXIV - 2021

5-Day In-Town Event – June 10-14, 2021

www.manchesterumc.org/riders/

PURPOSE -To raise awareness and funds for Habitat for Humanity St. Louis®. Over the past 24 years of partnership, MUMC has contributed to and worked on many of the 400+ Habitat for Humanity homes built in St. Louis City and County. These donations of hands, time and finances help deserving home buyers realize their dreams of safe affordable homes for their families.

TEAM GOAL - \$25,000

This level of contribution qualifies MUMC as a Keystone Community Partner. Each rider is asked to collect a **minimum of \$100.00** in donations.

DONATE – On-line at www.manchesterumc.org/give. Select Habitat for Humanity in the Select a Fund drop down menu. A receipt will be sent to the email address you provide. Checks should be made payable to Manchester UMC with Habitat in the memo line and mailed to Manchester UMC, 129 Woods Mill Road, Manchester, MO 63011.

THE 5-DAY IN TOWN EVENT – Five Teams of up to 10 participants including a SAG volunteer will cycle 50 miles each day for five days, June 10-14, 2021 on five different local routes. Each team will ride all five routes but in rotation so that only one team is on each route every day.

REGISTRATION – Registration for the 5-day In-Town Event begins March 8, 2021 and is limited to 50 participants. The registration fee is \$20. Register at: www.manchesterumc.org/riders. Scroll down to the 5-day Event box, then download and complete an Emergency Health Information form and a Consent/Release form. Mail these two forms to Mary Corwin, 354 Shetland Valley Court, Chesterfield, MO 63005 to complete your registration. **Deadline for registering is April 1, 2021.** Participants will be asked to name a "Riding Buddy" and average riding speed to help facilitate forming compatible teams.

ROUTES - The routes will be finalized closer to the start of the event but will likely include two separate sections of the Katy Trail, some of Madison County Trails in Illinois, rural Illinois roads and rural roads in St. Charles County, Missouri. All the routes will be on lightly traveled roads or dedicated bike trails. Turn by turn maps will be provided.

TRANSPORTATION – Transportation to and from the Trailheads will be the responsibility of each participant. **Start times may vary and will be determined by the Team leaders.** Check your email and/or texts each morning for updates. **Contact your team leader** if you have any issues arriving at the trailhead on time.

LUNCH and SNACKS – Bring your own lunch and snacks in a bag clearly marked with your name on it. Coolers will be available in the SAG vehicle to store your lunch and snacks. Ice, water, sports drinks and a limited number of pre-packaged snacks will be available.

SAG SUPPORT – Dedicated SAG volunteers and help from the pool of riders are needed to support each team. This is a shared responsibility. The \$20 registration fee is used to cover items such as gas, snacks, ice, sports drinks, and other incidental expenses. All participants are counted on to help when needed.

TRAINING RIDES - Group training rides will begin on Saturday, April 3rd. The schedule is available on the MUMC website. We strongly recommend you participate in as many of the group training rides as possible. Group rides can be much different than riding alone and a lot more fun! Training rides are unsupported, so **bring enough water and food** appropriate for the length of the training ride. You will need to do additional training on your own. It is advisable to have ridden as many training miles as miles you plan to ride during the MO-Hab week. So, get a riding buddy and rack up those miles! Ride as many miles as possible and as often as possible before doing the MO-Hab 5-day Event.

SAFETY - All riders are required to **wear a helmet** that meets or exceeds ANSA or Snell standards. When you are not on your bike, you are required to **wear a mask and keep a social distance**.

CONSENT and RELEASE – Friends and family are welcome to join us for the Saturday training rides! However, they will be required to sign a Consent and Release form prior to participating. Forms are available on-line in advance of the ride at www.manchesterumc.org/riders and Ride Leaders will have a limited number of forms available with them on the Saturday rides.

COMMUNICATION – The key to the success of this year’s event is communication! The Planning Team and Team Leaders will work together to ensure a safe and enjoyable event for all participants. Team Leaders are encouraged to have zoom meetings and/or arrange team training rides so the team members get familiar with each other and their riding habits. Team leaders will need to stay in contact with the SAG volunteer during the ride and be ready to address any issues that arise. Be sure to put your teammates phone numbers in your contacts list.

LOG YOUR MILES – In addition to the 5-day event, all participants are invited to log their training miles and event miles beginning the first week of April through June 14th. If you feel competitive, you can check the responses from other participants and leave comments. Our collective miles will be represented on a map as we virtually tour the USA. Look for the map on the Manchester UMC MO-Hab webpage and MO-Hab Facebook page.

Log your miles and leave a comment: <https://tinyurl.com/MOHabMileageRecord>

Check other participants’ responses: <https://tinyurl.com/MOHabMileageResponses>

View our progress: www.manchesterumc.org/riders or www.facebook.com/groups/mumcmohabriders/

CONNECT – All participants are encouraged to connect with other MO-Hab Riders by posting pictures and comments on the MO-Hab Facebook page. Tell your stories. Where are you riding? Who are you riding with? What did you see? Did you find a new route?
<https://www.facebook.com/groups/mumcmohabriders/>

PROMOTIONAL ITEMS – Order Riding Jerseys (\$70) and T-shirts (\$10) (adult and youth) at www.manchesterumc.org/riders. **Deadline for ordering is March 22nd.**

QUESTIONS – Contact Mary Corwin, MO-Hab Ministry Leader, at corwinmary354@gmail.com or 636-675-1684

**THANK YOU FOR SUPPORTING
THE MO-HAB RIDERS AND HABITAT FOR HUMANITY ST. LOUIS**

For more information about Habitat for Humanity St. Louis: www.manchesterumc.org/homes/