



**MO-Hab Mission Statement**  
MO-Hab is committed to raising funds and awareness for adequate and affordable housing. MO-Hab sponsors benefit bicycle rides to raise funds for Habitat for Humanity St. Louis which lends a hand-up for families to afford a home. Our faith calls us to be the hands and feet of Jesus in fellowship with others.



**MO-HAB XXVIII – IN TOWN RIDE**  
**5 Days on Local Routes**  
**May 30<sup>th</sup> to June 2<sup>nd</sup>**  
**Registration Due May 1, 2025**

**PURPOSE:** To raise awareness and funds for Habitat for Humanity St. Louis.

**MUMC's FINANCIAL GOAL: \$25,000** This level of contribution qualifies MUMC as a Keystone Community Partner with Habitat for Humanity St. Louis.

**DONATIONS:** Each rider is asked to collect a **minimum of \$100.00** in donations. Donations may be made on-line at [www.ManchesterUMC.org/give](http://www.ManchesterUMC.org/give). Choose Habitat for Humanity in the "Select a Fund" drop down menu (Available April 1<sup>st</sup>). Checks should be made payable to "MUMC" with "Habitat" in the memo line.

**IN TOWN RIDE LOCATION:** Daily rides approximately 20 miles: St. Charles-New Town, Grant's Trail, Madison County, Katy Trail, Creve Coeur.

**Date:** Friday, May 30 to Monday, June 2, 2025

**Time:** Start times TBD depending upon route.

**REGISTRATION FEE: \$25 per person** includes gas for the SAG vehicle, snacks, ice, sports drinks, and other incidental expenses. Children under the age of 18 must be accompanied by an adult

**REGISTRATION:** On-line at [www.manchesterumc.org/mohab](http://www.manchesterumc.org/mohab), Registration for the IN-TOWN MO-Hab Ride requires:

- Completion of this form with payment of fee
- **Registration Start Date:** Monday, Feb. 24, 2025
- **Registration Close Date:** Saturday, May 1, 2025
- Select In Town Registration
- Verify you have a current Liability Waiver valid thru June 2025.
- Download and complete the Emergency Health Information form
- Mail completed health form to Jason West, 1064 Pinrun Dr, Ballwin, MO 63011
- **Capacity:** no limit

- **Completed registration due May 1<sup>st</sup>**
- **Refund Deadline:** Saturday, May 3, 2025

**SAG SUPPORT:** A dedicated SAG volunteer will meet you along the route with beverages and snacks. Each rider should carry their own spare tube and repair kit on their bike.

**RIDER MEETING: Tuesday, May 27<sup>th</sup> at the MUMC Bike House at 7:00 PM.** Final details of the ride will be discussed. Your attendance is very important! **Save the date!**

**TRAINING:** We strongly recommend you participate in as many of the Spring Rides as possible. Spring Rides will be on Saturdays beginning Mid-March. The schedule will be on the MUMC website: [www.manchesterumc.org/mohab](http://www.manchesterumc.org/mohab). These group rides can be much different than riding alone and a lot more fun! Spring Rides are unsupported, so **bring enough water and food** appropriate for the length of the 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 MO-Hab XXVIII. **All riders are required to wear a helmet that meets or exceeds ANSA or Snell standards.**

**QUESTIONS:** Contact Jason West, MO-Hab Ministry Leader at 636-448-9235 or [jacew59@gmail.com](mailto:jacew59@gmail.com)

For the most up-to-date information visit [www.manchesterumc.org/mohab](http://www.manchesterumc.org/mohab)

Follow us on Facebook at <https://www.facebook.com/groups/mumcmohabriders>

#### Links:

- Liability Waiver for [Adults](#)
- Liability Waiver for [Minors](#)

#### Forms:

- Emergency Health Information
- In-Town Ride Information

#### Questions to Answer:

**Name**

**Address**

Email address

Cell Phone number

- What is your date of birth?
- If you are under 18, please specify adult sponsor riding with you.
- Emergency Contact Person's Name
- Emergency Contact Person's DAYTIME phone number
- Emergency Contact Person's EVENING phone number
- Number of years participated in MO-Hab events

- I understand the purpose of this ride is to raise awareness and funds for Habitat for Humanity St. Louis and is sponsored by Manchester United Methodist Church. I understand that I am being asked to raise a minimum of \$100 in pledges toward MUMC's Habitat for Humanity project. Our goal is \$25,000.
- I understand that bicycling is a potentially hazardous activity and that accidents can occur from negligence or carelessness or from other factors beyond the control of the organizers. I understand that ride leaders and maps are provided for my convenience only and not to guarantee a safe route or trip. I understand that I am voluntarily participating in this activity and assume all risks associated with participation therein; including but not limited to injury, falls, contact with other participants, weather, traffic and road conditions; all such risks being known and appreciated by me.
- I agree to follow all applicable traffic laws and to conduct my activities in a safe and prudent manner. (If participant is under 18, signature of parent or legal guardian is required.)
- Further, I consent to allow all pictures taken of me to be used for publicity and/or outreach materials for Manchester United Methodist Church. I hereby indemnify and hold this organization harmless against any and all claims or damages arising out of taking or use of any pictures or names.