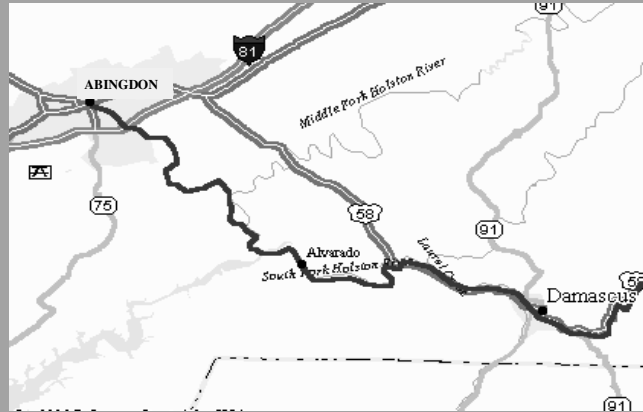




## MAP OF TRAIL



### ECUMENICAL FAITH IN ACTION

### FOR MORE INFORMATION

Proceeds from the Bike ride will go to Ecumenical Faith in Action. Each week EFIA provides supplemental food for low income families through its Stone Soup Food Pantry. The average number of Washington County families served is more than **900** each month. Each of these families receives approximately **60** pounds of food every time. All of the work involved is completed by volunteers. The mission of Ecumenical Faith in Action is to network congregations of all faiths and the community at large to care for all people in Washington County, VA whose circumstances leave them with significant emotional, physical, social, or spiritual needs. This will be done in a way that serves Christ and allows them to maintain their dignity and independence.



Rev. Walter Weikel  
276-628-2321  
walterweikel@abingdonumc.org



### SPONSORED BY:

Abingdon Area  
Ministerial Association

# Hit the Trail for Hunger

Virginia Creeper Trail  
Abingdon, Va

All levels welcome  
Saturday, April 16  
1:00 p.m.

Abingdon Trail Head to  
Damascus Town Park

**Biking to end hunger in  
Washington County, Va.**



**Date, Time and Location**

The bike ride will be held Saturday, April 16. The 15-mile ride gets underway from the Abingdon Trail Head at 1:00 p.m.

**Registration**

Participants can sign-in from 12:00 to 1:00 p.m. on ride day. We do ask that you pre-register. Riders should arrive 30 minutes prior to departure time.

**Biking for Hunger** – Raising awareness of Hunger in Washington County, Virginia the Abingdon Area Ministerial Association is hosting this bike ride to raise money for the cause. Each cyclist is asked to set a goal of raising \$100 for Ecumenical Faith In Action Food Program through sponsorships. Unable to raise \$100 by April 16? Every cyclist will be welcome and any donation accepted. Barter Tickets along with other prizes will be awarded to those who raise the most money.



**Route** – Each rider will follow the Virginia Creeper Trail from Abingdon to Damascus. The route is approximately 15 miles. The route is flat to rolling and all riders will be contained to the Creeper Trail.

**Freebies** – Every rider registered will receive a free T-shirt. Snacks will be provided during and at the end of the ride.

**Safety Coverage** – Sponsored by the Abingdon Area Ministerial Association, the Bike ride is a safety conscious ride. There will be emergency services available. ALL CYCLISTS ARE REQUIRED TO WEAR HELMETS.

**OFFICIAL REGISTRATION FORM**

Please complete this registration form and return **OR** register online at: [www.abingdonumc.org](http://www.abingdonumc.org) (preferred).



Mail payment to:

Hit the Trail for Hunger  
Rev. Walter Weikel  
101 E. Main Street  
Abingdon, VA 24210

*(or turn in donations the day of the event)*



**REGISTRATION** - One participant per form. Make sure each one is completed and signed. Parent or guardian signature is required for entrants under age 18.

**HIT THE TRAIL FOR HUNGER  
Abingdon to Damascus**

Online registration preferred at:  
[www.abingdonumc.org](http://www.abingdonumc.org)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

**Fees:** Each participant is encouraged to set a goal of raising \$100 through sponsorships for Ecumenical Faith in Action. Barter Tickets and other prizes awarded for those who raise the most money.

**T-SHIRT SIZE:** S M L XL 2XL

\_\_\_\_ I need a Shuttle Bus to Abingdon

\_\_\_\_ Though I am not riding, I would like to support this event through a donation. Donations or pledges received at [www.abingdonumc.org](http://www.abingdonumc.org)

**I understand I am required to wear a helmet**

\_\_\_\_\_  
Please register online at:  
[www.abingdonumc.org](http://www.abingdonumc.org)

\_\_\_\_\_  
Checks should be made payable to Ecumenical Faith In Action