

BelPres Men's Retreat 2015 General Information Guide

Man Up, Step Up...God's Calling You

Contact Information

General Retreat questions:

Pete McDowell

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Registration and Carpooling questions:

Bob Champoux

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Lake Retreat Camp & Conference Center:

27850 Retreat-Kanasket Road, Ravensdale, WA 98051;

425-432-4293

Retreat Agenda – Please note this is subject to change – Registration starts 04/12/2105

Friday, May 29

- 5:00 pm: Guests can check in early*
- 6:30 pm: dinner for pre-pays only, other attendees on their own**
- 7:45 pm: Evening program begins
- 10:00 pm: Campfire + snacks

*see note below under carpooling

** see note below under carpooling and details in Registration Form

Saturday, May 30

- 7:00 am: Bible Study with Tom Brewer (optional)
- 8:00 am: Breakfast
- 9:15 am: Morning program
- 12:00 pm: Lunch
- 12:45 - 5:30 pm: Free Time & Activities
- 5:30 pm: Dinner
- 6:45 pm: Evening program
- 9:45 pm: Campfire + snacks

NOTE: there is no formal golf organized this year- see next page.

Sunday, May 31

- 7:00 am: Bible Study with Tom Brewer (optional)
- 8:00 am: Breakfast
- 8:45 am: Small Group formations (optional)
- 9:00 am: Pastor Q&A + Morning Program
- 12:00 am: Lunch
- 12:45 pm: Retreat Ends + Clean up

Getting there, Carpooling and Friday Dinner

Carpooling is recommended. This will help you avoid traffic congestion during rush hour. *We also encourage everyone to carpool*, not only to save gas, but to enjoy the fellowship of other men during the trip. Bob Champoux will be connecting men who offer to drive with men in need of transportation. Watch for an email later in May.

For those who register with the \$8 pre-pay for 6:30 PM Friday dinner we recommend that you leave around 3:30 pm - 4:00 pm to avoid traffic if possible. For others, we recommend that you leave by 5:00pm, eat on the way or bring a sack dinner, arrive by 6:00 pm to get settled and be ready for the evening program. Registration will allow for early check-in at 5:00 pm.

What to Bring

- Sleeping bag
- Pillow
- Toiletries
- Towel
- Bible
- Note pad
- Alarm clock
- Pen
- Work Gloves (for zip line)
- Flashlight
- Camp Chair
- Recreation equipment
- Old clothes for optional paintball activities
- Swim trunks for optional water sports

UPDATE: April 7, 2015

Activities and Other Information

There are a number of activities to do at the retreat, mostly during the four hour block of free time provided Saturday afternoon. Full information for all of them will be provided at check-in to the camp. A few require some advance notice if you are going to participate. There is a new outdoor gym structure for use for a number of activities.

- **Lake Activities- some are weather dependent**

Canoeing, Kayaking, Rowboats, Pedal Boats, Swimming, Diving, Waterslide, "the Blob" and fishing (gear and license required). If the weather is predicted to be less than favorable for Saturday, we may elect to reserve the use of a nearby indoor pool for those who would like to swim.

- **Sports-** Volleyball, Basketball, Pickle-Ball, Baseball, Football, Tennis, and Kickball.
- **Games-** Carpet Ball, Shuffleboard, Horseshoes, Frisbee/Disc Golf, Miniature Golf and Ping Pong.
- **Recreation Facilities-** Giant Tire Swing, Fire Pit, Recreation Pavilion, General Fields, Bookstore, Basketball Courts, Pickleball Courts, Baseball Field, Volleyball Courts, walking trails.
- **Paintball-** A separate fee of \$20 gets you the helmet and gun full of ammo. This is paid in advance when registering. Adrenaline-pumping, extreme paintball program! Get your team geared up and go deep into the woods to find our giant two-zone paintball fields complete with trails, bunkers and bushwhacking. Play all types of games from "Protect the President" to Capture the Flag — you decide. Grow and bond with your team, telling battle stories long after the sun goes down! Bring a change of clothes. 20 persons max – first come, first served.
- **Zip Line-** A separate fee of \$5 – this is paid in advance when registering. Ever wonder what it's like to fly? Take the big jump and hang on as you soar through the trees on our Forest Canopy Tour "High Adrenaline" Zip Lines. With over 1100ft. of line, you'll enjoy the views of the beautiful evergreen trees, the forest floor and, if you're lucky, you may even see the Great Blue Heron Marsh. Bring Gloves. 50 persons max.
- **Golf for Saturday, May 30th-** The committee will not be coordinating golf for this year's retreat. We will provide an email by Monday, May 18th with the names of all golfers so that individuals can self-organize, reserve tee times, etc. Suggested nearby golf courses are Elk Run, Jade Greens Lake Wilderness and Druids Glen. We advise that you check with golf courses ahead of time to reserve a tee time. Plan on 5 1/2 hours of time and being back for dinner at 5:00-5:15 pm. The registration form will have a box to check if you desire a sack lunch-to-go for 11:30 am.
- **Bible Study-** An optional morning bible study/discussion will be held on Saturday and Sunday mornings at 7 am, led by Bible scholar, Tom Brewer.
- **Cribbage Instruction and Tournament-** Start tuning up your game; a king will be crowned. Dennis Case will coordinate.
- **Book discussion-** There will be a one hour Saturday afternoon book discussion based on the book The Death of Ivan Illych, by Leo Tolstoy. We'd like a minimum of ten men who are interested in taking part in this discussion. You should purchase and read the book before the retreat and come prepared to join in the discussion! John Meisel will lead the discussion.
- **Cycling-** for road cyclists a 30 mile ride at a moderate pace. You must bring your own road bike and helmet. Led by Hank Wysong. If you're lucky maybe Hank will take your by the Black Diamond Bakery!
- **And more-** personal free time, Wi-Fi throughout the campus, Café/Espresso Bar, soft drinks and snacks.
- **Post-retreat Service Project-** Following a tremendous experience in past years we will offer a chance to reconnect for a service project after the retreat at the Jubilee Reach Center in Bellevue, most likely around the date of Saturday June 20th. Sign-ups and more information will be available at the retreat with more to follow after the retreat. We'd ask in advance that you consider participating.

Directions to Lake Retreat

From Seattle or Bellevue:

East on I-90
Right on Front Street in Issaquah at Exit 17
Approx. 20 min. drive to first stop sign. Left onto
Kent-Kangley Rd.
Right on Retreat-Kanaskat Rd. SE
Lake Retreat is approx. 1/4 mile on the left

From Tacoma:

North on I-5 to Federal Way
East on Hwy 18 at exit 142A
Right on 272nd Street (this is also Hwy 516 and
Kent-Kangley Rd. - same road, three names)
Right on Retreat-Kanaskat Rd. SE
Lake Retreat is approx. 1/4 mile on the left

