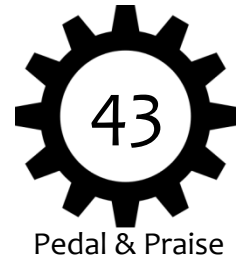


Northfield Christian Fellowship's
 Midwest Church Camp Bike Trip
 July 23 – 26, 2015



The 43rd annual Pedal & Praise Bike Trip is a 3½ day, 300+ mile trip through the beautiful cornfields of Illinois & Indiana and the scenic woodlands of Michigan's lower peninsula. The trip begins early Thursday morning at 7:00 am at NCF (riders should be at the church and ready to go at 6:30 am), and concludes mid-day Sunday on the shore of Lake Michigan at Warren Dunes State Park in Michigan. For those who are in need of a ride home one is provided though \$5 is asked to cover gas. To be sure that there is a seat for you, please mark the registration slip. Also we do have rental bikes available on a first-come-first-serve basis; please talk to Josh or Lee to reserve one.

Who can go

Anyone who is entering high school or older (unless accompanied by an adult) and who can ride at a pace of 14 mph for 30 miles straight. But don't worry-- if you are not there yet, there is still plenty of time to train!

Why Go

For many who go, Bike Trip is the best four days of the year. Anticipate working together toward a common goal and times of frustration and joy. You'll learn a lot about your strengths and weaknesses, not quitting, and God's faithfulness as you pedal along. It is an experience you never forget.

Training Rides

There will be training rides most Sundays from now until the trip. *New riders need to come on at least one training ride with one of the bike trip leaders.*

Meet at NCF
 Thursday, July 23rd
 at 6:30 am

What is provided?

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

What to bring?

- 🚲 Decent road bike (good equipment is really a must)
- 🚲 Bike helmet and water bottle (no exceptions)
- 🚲 Sleeping bag (there is not always a shelter so consider a tent or hammock)
- 🚲 Small duffle of clothes (luggage space is limited)
- 🚲 At least \$25 for misc. expenses
- 🚲 Your Bible
- 🚲 A couple weeks before you will be asked to bring two of the following: bread, cookies, candy, or granola bars

Questions? Contact
 Josh Litwiller (309) 840-0806 or
 Lee Rowell (309) 267-7533



Midwest Church Camp Bike Trip
Registration Form
2015



Biker:

Name: _____

Age: _____

Phone: (_____) _____

Email: _____

T-Shirt Size: Youth-L S M L XL XXL

Please mark all that apply:

___ Registration Fee \$75

___ Late Fee (After 7/5/15) \$15

___ Bus Ride Home \$5

___ Tech T-Shirt Upgrade \$10

Total Fee: _____

Make checks payable to Northfield Christian Fellowship

Any food restrictions? _____

Emergency Contact:

Name: _____ Phone: (_____) _____

Acknowledgment, Waiver, & Release from Liability

I acknowledge that Bike Trip is a test of physical and mental endurance and that it carries with it the potential for serious injury, property loss, or death. I hereby assume the risks of taking part in this trip and release Northfield Christian Fellowship or any sponsors of Bike Trip from any liability that may arise in the course of training or participation in this activity.

I acknowledge that this form will be used by Northfield Christian Fellowship and the sponsors. I hereby take action for myself, my executors, administration, heirs, next of kin, successors, and assign as follows:

A) I waive, release, discharge, and agree not to sue from any and all liability for my death, disability, personal injury, property damage, loss of wages, property theft, or action Northfield Christian Fellowship and any of the Bike Trip sponsors, producers, or volunteers; as well as all cities, counties, districts, and/or states in which said event may be held.

B) I indemnify and hold harmless the persons and hold harmless the persons or entities mentioned in this

form from any and all liability or claim made by other individuals or entities as a result of participation in this event.

I further consent to receive medical treatment in the event of injury, accident, and/or illness during any part of this event.

I, _____ (*printed name*), hereby certify that I have read and understand this document and its content.

Signature: _____ Date: _____

Parent/Guardian Waiver and Consent to Medical Treatment of Minor

If applicant is under 18 years old, his/her parent or legal guardian must complete and execute, in addition to the standard waiver, the following waiver and consent:

The undersigned, _____ (*parent or guardian*), referred to as the natural parent or legal guardian of _____ (*minor's name*) does hereby represent that he/she is, in fact, acting in such capacity- agree to save, hold, harmless, and indemnify each and all parties herein named on this form as released from all liability, loss cost, claim, or damage whatsoever that may be imposed upon said releases because of any defect in or lack of such capacity to so act, and release said releases in behalf of the undersigned.

I further hereby authorize any duly authorized doctor, EMT hospital, or medical facility to treat said minor for the purpose of attempting to treat said minor for the purposes of attempting to treat or relieve any injury or illness arising while he/she is a participant or observer during this activity.

I authorize any licensed physician to perform any procedure which he/she deems advisable in attempting to treat or relieve any injuries or related unhealthy conditions of said minor. I further consent to the administration of anesthesia as deemed advisable by any licensed physician.

I realize and appreciate that there is a possibility of complications and unforeseen consequences in any medical treatment, and I assume any risk on behalf of myself and said minor. I further acknowledge that no warranty is being made as to the results of any treatment.

Parent/Guardian Signature: _____ Date: _____

Relationship to the Minor: _____

Bike Rental Form

2015

Biker Name: _____ Phone Number: (____) _____

Address: _____

Parents/Guardian Name (if under 18): _____

Parents/Guardians Phone Number: (____) _____

Office Use Only:

Bike Information

Make: _____ *Size:* _____ *Additional Identification:* _____

Release from Liability and Responsibility

I understand that the bicycle I am using for the Midwest Church Camp Bike Trip is property of Northfield Christian Fellowship, made available to me for the purpose of training and use on the trip, and agree by signing below to the following conditions:

- I take full responsibility to whatever happens to me and the bike I am using for the Bike Trip. I understand that riding a bicycle on public roads is an inherently dangerous activity, and that no one but me is responsible for my own safety or the condition of the bicycle I am using. I understand the need to provide myself with protective equipment, especially a properly fitting bicycle helmet.
- I will not hold Northfield Christian Fellowship or any of the of the leaders of Bike Trip responsible or liable for any accidents arising from the use of this bicycle for training or on the actual ride itself, even if the cause of the accident rests solely on the condition of the bicycle. I will take full responsibility for any medical expenses or loss of future wage as the result of any accident. In short, I take responsibility for my own safety and assume all liability for the risk of using the bicycle which is the property of Northfield Christian Fellowship. I understand that someone else will be using this bicycle next year, and I agree to cover the cost for any damage incurred while I am responsible for it, even if the damage is not my fault.
- In addition, I agree to pay for the repair or replacement of the bicycle arising from damage or theft while it is in my care. I understand that bicycles are delicate machines, and I agree to treat this bike better that if it were my own. I will store it inside. I will keep the tires inflated and will not attempt to service, lubricate, or repair anything without expressed permission (only minor seat and handle bar adjustments may be made).
- Upon completion of Bike Trip, I understand that my rental term is ended and that the bike is to be returned to the church via the Bike Trip trailer. I also understand that I may attach accessories to the bike during the rental period (including computers, pedal cages, bags, etc) however, upon completion of the trip all accessories must be removed from the bike or they will be discarded.

Renter Signature: _____

Date: _____

Signature of Parent/Guardian (if renter is under 18): _____

Bike Rental Information

2015

Northfield Christian Fellowship owns several road ready bikes which may be rented for the purposes of training *and* participating in the annual Midwest Church Camp Bike Trip. The rental fee is **\$50**, and the bikes are rented out on a first-come-first-serve basis. Please contact **Josh Litwiller** (309-840-0806) or **Lee Rowell** (309-267-7533) for more information. Once the bike is loaded in the trailer the rent is terminated and you are no longer held responsible for it.

Renter Guidelines

As a renter:

- I understand that the rental fee is non-refundable and **due before** receiving the bike.
- I am agreeing to participate in Bike Trip during the summer of the rental; however, if extenuating circumstances occur and I am no longer able to attend the trip, Josh Litwiller must be contacted and the bike must be returned to the church no later than two weeks before the trip.
- I must care for the bike better than if it were my own during the duration of the rental. This includes **storing it in a warm, dry shelter area (not outside)** and keeping the tires inflated.
- I should fix any flats that occur and may make minor adjustments to both the seat and/or handle bars. If any other repairs or major adjustments need to be made, it is my responsibility to report them to Josh Litwiller.
- I may attach accessories to the bike during rental (including computers, pedal cages, bags, etc.) however, I must remove all accessories from the bike upon return or they will otherwise be discarded.
- I will be held fully responsible for any damages caused to the bike by either improper care or irresponsibility.