

Family Promise Hike and Bike Bergen

Sunday May 6th 12:00 ~ 4:00

Van Neste Square, Ridgewood



In 2017,
our *First Congregational Flyers* Team
of **23** raised nearly **\$2,500**
for Family Promise through Hike and Bike.

Come join the Teamwork
that helps
homeless working families
(especially their children)
in Bergen County.



All Funds raised benefit
homeless working families

Register:

- Registration Fee: \$25 per person in advance;
- \$30 per person on-site.
- Kids under 5 are free with adult registration

Recruit your Sponsors

Choose your route:

- 3 mile hike
- 3 mile bike, OR
- 15 mile bike

SIGN UP

AT FELLOWSHIP TIME

Can't be with us that day? Be a Sponsor!

Be sure to join the team

First Congregational Flyers!

Schedule for the Day – Rain or Shine

- . Noon Check-in opens
- . 1:00 15-mile Bike begins
- . 1:30 3-mile Hike or Bike begins
- . 3:00 Hike or Trike for under 5.
Free with adult registration
- . 3:30 Celebrate! Refreshments,
music, games, prizes more!