



San Juan Cycle Tour 2019

July 12 - 16

Get ready for the most fun you'll ever have on two wheels! Meet the night before at Grace to review safety rules and load your bike and camping gear. Depart Grace on provided transportation early Friday morning for Anacortes ferry terminal and sail to Friday Harbor on San Juan Island. Easy riding to scenic Roche Harbor and then San Juan Island Park (total 16 miles). Next morning, break camp and ride back to Friday Harbor for ferry to Lopez Island. After short ride to Odlin County Park, spend Saturday and Sunday riding and exploring as much of Lopez as you wish. Monday morning take ferry to Orcas Island for more rigorous 18 mile ride to Moran State Park (don't worry, it's not a race and you have all day to get there). Cool off in the crystal clear waters of Cascade Lake. After overnight camping and optional very early morning ride up Mt. Constitution, ride back to Orcas ferry terminal Tuesday morning and sail back to Anacortes. Each night enjoy community, singing and sharing of the Holy Spirit around the campfire. Cost includes bus and ferry transportation and food, starting with dinner the first night (optional ice cream stops on your own). Your gear will be transported from island to island for you but you will be required to participate in loading/unloading and some meal preparation and clean up. Hope you can join us!

Thursday, July 11, 6:00 - 7:00 pm: Safety check and loading of bikes and gear.

Friday, July 12, 5:00 am: Bus departs Grace for Anacortes **YES...5:00 am!!!**

Tuesday, July 16, 7:30 pm: Bus arrives back at Grace

Equipment List

Riding Gear: Bicycle (mountain or road in good working order), helmet, water bottle, shorts, **raingear**, t-shirts

Bike Gear: Handlebar bag or rack, spare tube & patch kit, sunglasses, sun goop, band-aid or two

Camp Gear: Flashlight, Bible, sleeping bag, pad, camp clothes (four nights): underwear, walking shoes, pants, long sleeve shirt, t-shirts, shorts, socks, light jacket, goofy warm hat, swimwear, plastic water bottle, tent if you have one

Toiletries: Towel, soap, shampoo, deodorant, toothbrush, toothpaste, comb/brush, washcloth, watch, pen, book, insect repellent, I.D., spending money



COST: \$180 before 7/1
\$200 after 7/1



Bring nothing fancy, electronic, unwholesome, or illegal (cell phones okay)!

Who: Youth (Grade 10 - 12), college students, young adults, and beyond are all welcome to sign up

Call Jim Zimmerman 253-380-6000 for more details!

Registration (parent/guardian permission info required for participants under 18. All other info required from everyone)

On _____, _____ Grade _____
(date) (name)

has my permission to take part in the following youth activity _____
I assure the adults in charge that he/she is in good health and may participate in the program. Please indicate any **restrictions on strenuous activities:** _____

Prescription medication (if any) your child is taking: _____

Allergies or special conditions: _____

I give my permission for the adult(s) in charge to seek emergency first aid/medical treatment, if necessary.

◇ (parent) _____

◇ (guardian) _____

(signature) (date)

Address _____
(street & number) (city) (state) (zip)

Phone () _____ (home) () _____ (business)
() _____ (alternate) - if you're not at home or work.

Grace Lutheran Church
Attn: Church Office
22975 24th Ave S.
Des Moines, WA 98198-7196
Phone: 206-878-2460

Health Insurance Company: _____
Policy # _____
Insurance Number: _____

**PLEASE TURN IN REGISTRATION TO THE GRACE CHURCH OFFICE
NO LATER THAN FRIDAY, JULY 5**