

34th Annual Bike for Hunger

Supporting local food shelves and World Hunger

Sponsored by Salem Lutheran Church

Date: Saturday, September 11, 2021

Fee: \$10.00 (includes T-shirt)

\$5.00 (without shirt)

Funds raised will be equally divided between area food shelves and the ELCA World Hunger Appeal. The registration fee will be used to purchase T-shirts and refreshments for the riders and support crew.

Each participant is asked to raise money through pledges. A minimum target of \$50 is encouraged.

Everyone is welcome. Riders 12 years old and older are encouraged to participate. Parents of younger children are asked to participate in the bike ride with their children. If you don't want to ride you can join the support crew. Contact the e-mail below to volunteer for the support crew or call the church at 727-1357.

The ride is on the Munger Trail beginning in Duluth to Mahtowa and back for a round trip of 52 miles, but you can do half or even part. Pack a lunch and the crew will have it for you in Mahtowa. Drinks and snacks will be provided on the trail.

You can do it! Ask a friend to join you in this fun event for a worthy cause!

Registration and Release Form

Bike For Hunger

September 11, 2021

Full name: _____ **Age:** _____ **M/F** _____

Address: _____ **City:** _____

Ride Length Full _____ Half _____

Phone # _____ **E-mail:** _____

Shirt- adult size S M L XL (circle one)

Biker's release: I am entering the event at my own risk and assume all responsibility for injuries I may incur as a direct or indirect result of my participation in the Bike-for-Hunger. I agree not to hold Salem Lutheran Church responsible for any claims.

Signature _____ **Parent Signature** _____

Email the registration to: bikeforhunger@slecduluth.org

(Payment can be made on day of the ride)

Or Mail to: Salem Lutheran Church

4715 Hermantown Road, Hermantown, MN 55811