

# 35th Annual Bike for Hunger

Supporting local food shelves and World Hunger  
Sponsored by Salem Lutheran Church

Date: Saturday, September 24, 2022  
Fee: \$15.00 (includes T-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. Parents of younger children are asked to participate in the bike ride with their children. If you don't want to ride but still want to participate, 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 will start on the Munger Trail Head in Duluth at 8:30, go to Mahtowa and back for a round trip of 52 miles. You can choose to do half or even part. We will provide a Subway lunch in Mahtowa, and drinks and snacks will be provided every 3-6 miles on the trail.

This year will be a memorial ride to honor those who have passed. If you would like to ride in honor of someone, please submit their name before Aug 24.

**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 24, 2022

Full name: \_\_\_\_\_ Age (if under 18): \_\_\_\_\_ M / F

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail: \_\_\_\_\_

Shirt- adult size S M L XL XXL Ride Length - Full Half

I will be riding in honor of \_\_\_\_\_

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 (if needed) \_\_\_\_\_

Email the registration to: [bikeforhunger@slecduluth.org](mailto:bikeforhunger@slecduluth.org)

(Payment can be made on day of the ride)

Or Mail to: Salem Lutheran Church

4715 Hermantown Road, Hermantown, MN 55811