



Join the 4th Annual Northern California Ride

Ride helps feed
hungry people

& have fun too!

Ride to support food
pantries with healthy
protein food

SIX DAY RIDE begins on Sunday, September 17th—23rd. Pre-ride meet n' greet, dinner and accommodations at Westminster Woods in Occidental. Route includes riding thorough the Russian River Valley, Dry Creek and Alexander Valleys to St. Helena, through Sonoma, Napa, final two nights in Occidental with a visit to the coast. Ride finishes in Santa Rosa. See the website for route description

ONE DAY RIDE begins in Santa Rosa, on Saturday September 23rd and travels on mainly bike trails and less traveled roads for a 16 or a 28 mile ride option. Or choose to ride the 45 miles from Occidental to Santa Rosa. All rides end with the finish line festivities at United Methodist Church, Stony Point campus. Enjoy the post ride celebration, lunch and rider raffle.

The **Pedal for Protein Ride** is a fun ride and awesome way to raise food for our local food pantries..

Riders can choose from two ride choices—
A Six day or a One day ride.

Overnight accommodations are provided through local churches, or you may choose a motel option. Breakfast, dinners and showers included in the five day package. Two sag vehicles will provide the ride support, snacks and water. Riders may sag any part of the ride they do not wish to cycle (hills, etc.) We ride in similar paced groups, with no one left behind!

Minimum fundraising is required in addition to the low cost registration fee. 100% of all donations go to food projects and food justice projects, primarily for the provision of lean proteins.

This ride is the best value in California. See the website for details. Six day ride limits the total number of riders, so sign up today!

Enjoy this California landmark ride through beautiful Northern California while you Pedal for Protein for your local food pantry.



To Register for the Ride or to Donate Support, or Volunteer Time or Space

www.imathlete.com/events/PedalforProtein

www.imathlete.com/donate/PedalforProtein4

The ride is organized by The Hunger Task Force of the Presbytery of the Redwoods, Patty Sanders, Ride Director, Email: PattyRedwoodsHAE@sbcglobal.net

100% is donated to support local food pantries & food justice projects

