

Most of our daily rides will begin in DeRidder, LA at First United Methodist Church(FUMC). We will remain flexible with the daily routes to optimize the current weather conditions. Some of the destinations on the ride are the beneficiaries of The Journey, while other routes will have a point of interest. Our vehicle support will transport you and your bicycle back to FUMC when needed.

#### Destinations:

\* Methodist Children's Home  
Sulphur, LA

\* Uskichitto Retreat Center  
LeBlanc, LA

~ Merryville Museum  
Merryville, LA

~ Kisatchie National Forest  
~ Paradise Farm  
Near Pitkin, LA

~ Cameron Prairie Scenic Ride,  
Calcasieu Point Park, Lake Charles  
to Holly Beach on the Gulf of Mexico

~ Going Rogue Farm  
Near Longville, LA

All Donations go towards UWF's  
Missions Projects:  
Please write out checks to FUMC, and  
Designate in the Memo:  
UWF Missions

#### MISSION PROJECTS THAT WILL BENEFIT FROM "THE JOURNEY" BICYCLE RIDE

##### Local

June Jenkins Women's Shelter  
God's Food Box  
Christian Women's Job Corps  
Agape Community Clinic  
Methodist Children's Home  
Pastor's Discretionary Fund (FUMC)  
Missions Fund (FUMC)

##### State & National Missions

Dulac Community Center  
UMCOR - Sager Brown Depot  
Uskichitto Retreat Center

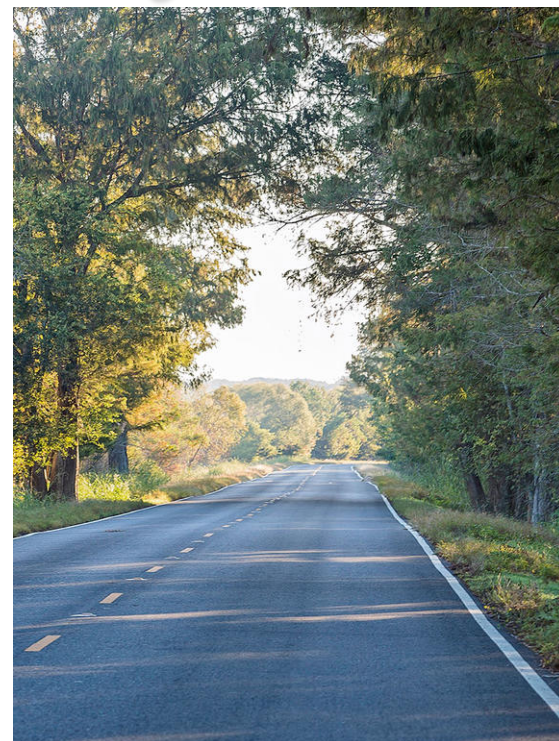
##### Global Missions

Cambodian Missions



# The Journey

May 25-31, 2024



A week-long, 300 mile  
Bicycle Ride  
Sponsored by:  
United Women in Faith of  
First United Methodist  
Church DeRidder



FIRST UNITED METHODIST CHURCH

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Central to DeRidder, Centered in Christ  
Our Mission is to Grow and Serve in Christ



## A Typical Bike Ride Day

The day begins in early morning at a designated area. Safety is a priority so we check our bikes, tire pressure, brakes, and blinking lights.

There is at least one support vehicle (truck), that will have an ice chest, cold beverages, snacks, tools, etc. If any rider has a mechanical problem or feels the need to rest, the support truck is never far away.

Most of the riding is on highways with shoulders, but there would be some sections without shoulders. The option to ride in the truck to avoid various areas will be provided.

Depending on the group and its needs, two vehicles may be available with one as a lead and the other as a sweeper.

Flexibility is vital for a 300 mile journey. Each rider will have different abilities and needs, therefore we will do our very best to insure that everyone is safe and has fun.



### What each rider should provide

- A Bicycle in very good mechanical condition and fits the rider very well. A road bike is the best options for long miles, but any bicycle will do. Ask us questions about your bike
- Well-fitting helmet. No Exceptions!
- Refillable water bottles
- Blinking rear light, front light is a plus
- Positive attitude and flexibility

### What we will provide

- A support vehicle with tire pumps
- Snacks
- Basic tools
- A couple of tubes
- Never ending supply of water
- Sunscreen
- Bike rack
- A ton of people praying for you!

### What May be available (Just ask)

- A bicycle to use
- Helmet
- Refillable water bottle
- High visibility vest

Please help us plan The Journey by indicating your interest and your ideas. Registration is free  
@ <https://fumcderidder.org/>  
The sooner the better.  
Let's ride!!

