

***This is a Ride; Not a Race.***

It is expected that the ride will last 4 to 5 hours. Please bring your own water bottle(s) and snacks for the day. You must pack your own clothing on your bicycle. You will want to have a flashlight for one tunnel on the route. **Helmets are mandatory.**

At the end of the ride there will be a hot meal, "Beef in a Bun", included as part of your registration cost.

There will be a support vehicle (ATV) along the route to assist riders if necessary.

Transportation of you and your bicycle (Mountain bikes only) will be provided from Central School Parking lot (Ward & Mill St. Nelson, BC). If you are meeting us in Castlegar the pick-up point will be Castlegar Christian Fellowship (1801 Connors Rd).

This is a fun ride. There is a little bit of uphill climb at the beginning of the day, but it is not steep (after all, you're riding on an old rail line). From the summit at Farron, it is all a gentle downhill to Castlegar. The tunnels are dark. The trestles all have decks and railings installed. It is not strenuous, but will probably take 4 to 5 hours to ride and it is an unpaved trail. Make sure your bicycle is in good condition, because it could be a long walk to the bottom.

**Cost:**

The entry fee for this ride is \$50.00. If you prefer, you may collect pledges in support of **Our Daily Bread**. If your fund-raising results in \$100 or more being collected for this program, the entry fee will be waived. Please use this form to obtain pledges. Photocopy as needed, if more pledges are collected.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City & Postal Code: \_\_\_\_\_  
Amount: \$ \_\_\_\_\_ Cash or Cheque\*

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*\* Cheques should be payable to **Our Daily Bread**  
Charitable Tax Receipts will be issued for donations of \$10 or more.*

Get ready for the 5<sup>th</sup> annual bicycle ride known as:

# PARR 5\*

\*(Pedal Along a Rail Route)

Supporting

## Our Daily Bread

Hot Meal Program

812 Stanley Street

Nelson, B. C.

250-352-7700

e-mail:

office@kcfoffice.com

PARR 5 travels



from



the Paulson Detour Road (on the Castlegar side of the Paulson Bridge) to the old C.P. Rail line into Castlegar, and concludes at the Celgar Mill parking lot. This is an incredibly scenic 4 to 5 hour ride with trestles, tunnels (bring a good flashlight) and spectacular views from high above the Arrow Lake.

This event will take place on **Saturday, July 24 2010** beginning at 7:15 am from the Central School Parking lot (Ward & Mill St. Nelson, BC) or from Castlegar Christian Fellowship (1801 Connors Rd) at 8:15 am. We will transport to the ride start point for a 9:00 am start time.



**Our Daily Bread** operates five days a week from 11:00 am to 1:00 pm. Each day we offer a hot nutritious meal in a safe and welcoming environment. We are barrier free to all members of society. Our Daily Bread offers the only daily hot meal program in Nelson. Each day we serve 75 to 100 people.

Our Daily Bread's goal is to be completely sustainable. To achieve this goal, Our Daily Bread has partnered with S.H.A.R.E. Nelson (Supporting Humanity And Responsible Ecology), a used household goods store. S.H.A.R.E. is dedicated to providing employment to "hard to employ" individuals, training volunteers in the retail sector, donating all profits to humanitarian causes and supporting Our Daily Bread for 30% of its operation costs. If you would like information about S.H.A.R.E. call 352-1222.

In 2009, there was a dramatic increase to 22,461 guests served compared to 17,770 guests in 2008. Close to 20% of those meals were given to seniors, 3% to children and there was a 66% increase in female guests which includes many single mothers. Many parents who come to Our Daily Bread receive help with child care during the meal because of the real sense of community. On the surface we are a soup kitchen, but below the surface we are a holistic center for social change. With each meal we are helping to make each person's life more bearable, creating a stronger community in Nelson. Our guests are encouraged to purchase meal cards for \$20 which entitles them to 22 meals. Those without a meal card are asked to contribute \$4.00 which represents the cost of providing their lunch. To be a part of this effort to break the cycle of poverty, please call 352-7700, or stop by the building on 812 Stanley Street. Donations of food, money and time are appreciated.

### IMPORTANT STUFF – Waiver Form

I, the undersigned, wishing to participate in P.A.R.R. 5 (hereinafter referred to as the Activity) being provided, organized and sponsored by Kootenay Christian Fellowship and knowing that there are certain dangers related to this Activity hereby state and affirm that:

- 1) I know and am aware of all the dangers associated with my participation in and any transportation to and from this Activity.
- 2) I understand and agree that none of the organizers may be held liable in any way for any event which occurs in connection with the Activity which may result in harm, death, loss, injury, or other damage to me or my property.
- 3) I understand and agree that I am to furnish my own equipment and that I am responsible for its safety and good operating condition.
- 4) In consideration of being allowed to participate in this Activity and for any other valuable consideration offered or provided by the organizers, I hereby personally assume all risks in connection with this Activity and I hereby release and hold harmless the organizers from any liability, harm, death, injury, loss or other damage which may befall me during this Activity or during transportation to or from this Activity, whether foreseen or unforeseen however caused and whether or not caused by the negligence of the organizers.

5) The terms of this agreement shall serve as a release and assumption of risk from my heirs, executor, administrator and all members of my family, including any minors accompanying me.

6) I further state that I am of lawful age and legally competent to sign this release and that I understand that the terms herein are contractual and not a mere recital and that I sign this document as my own free act. (Parents or legal guardians must sign for all persons under legal age.)

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### **Bicycle Helmets are Mandatory**

**This is the Day that the Lord has made**

### **O.K. Let's Go For It!**

Please print clearly.

Name: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: \_\_\_\_\_

### **Emergency Contact:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

If you have a First Aid ticket, please indicate the level of certification you have \_\_\_\_\_.

**Note:** Each rider needs to sign a waiver form. Send no cash through the mail. Cheques or Money Orders should be made payable to ***Our Daily Bread***  
*812 Stanley St., Nelson, B. C. V1L 1N7*  
**In order to plan our numbers, we would like to know by July 16, 2010 whether you will be riding with us this year.**

Please register early. Space may be limited.

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**We will Rejoice and be Glad in it!**