



Will Bike for Food

Nebraska United Methodist
Bike Ride for Hunger

Fifteenth Annual Circle Bicycle Tour of Nebraska June 26th – June 30th, 2010

June 26th	— Hastings - <i>Optional Day</i> 50 miles
June 27th	— Hastings - Central City 58 miles
June 28th	— Central City - Seward 64 miles
June 29th	— Seward - Geneva 54 miles
June 30th	— Geneva - Hastings 50 miles

Miles approximate

NUMB stands for Nebraska United Methodist Bike Ride for Hunger. This year NUMB will celebrate 15 years of feeding the hungry of the world. NUMB has contributed over \$400,000 to alleviate hunger all around the world since the first ride in 1996. NUMB benefits the hungry in Nebraska and around the world and is sponsored by the Nebraska Annual Conference Board of Mission Outreach Hunger Committee.

NUMB is open to all interested cyclists. You do not have to be United Methodist to participate in NUMB. The ride will be limited to the first 135 riders. Riders will be coming from all across the nation, as well as Nebraska to be a part of this ride. Send your registration early to secure a spot on NUMB 2010. Riders 18 years old and under must be accompanied by an adult, parent or guardian. NUMB will be challenging and riders must be in excellent riding condition and using quality biking equipment. Helmets are required. Participants must pay \$45 for registration (*after May 1st - \$50*) and secure a minimum of \$100 pledged to United Methodist Hunger programs. Registrants will receive pledge sheets and information about United Methodist Hunger projects upon registering.

NUMB 2010 will be a 250+/- mile loop tour starting and ending in Hastings, Nebraska. The official start of NUMB 2010 is the Saturday evening Rider's Meeting, but for those arriving early to Hastings, there will be an optional pre-NUMB loop ride on Saturday morning of about 50 miles. NUMB riders leave Hastings on Sunday morning and head north to the Tom Osborne Freeway and then east to Central City. The trip from Central City brings NUMB to a new milestone, on this day we will go through Hamilton, York & Seward Counties completing the last 3 of 93 counties that NUMB has ridden through since its inception in 1996. We spend the night as guests in Seward. From Seward we will head on in to our overnight stay in Geneva. We leave Geneva for our tour conclusion with a ride back to our starting point in Hastings.



Cyclists need to provide their own tents, multi-speed bike and gear needed for the trip. Helmets are mandatory. Following registration you will receive additional information including helpful hints on training and equipment. The route is SAG supported. Geoff Paterson of Omaha Bike Masters will be the NUMB Bike Tech. Designated camping sites are provided in each host community. Support vehicles will transport your tents and luggage. Riders may park their vehicles in Hastings on arrival and pick them up again when our tour concludes there. *Need to rent a tent or have your tent setup each day? Check out the website for more information on this.*

The United Methodist Churches of *Hastings Grace, Central City, Seward and Geneva* will be our hosts and arrange for breakfast and evening meals for purchase and showers and camping spaces in their communities. Registration information will contain a listing of motels available in host towns. SAGs with water and snacks will be located every 10-12 miles. Riders will be responsible for purchasing lunch in towns we pass through on the route.



TOUR LEADERSHIP Rev. *Bill Ritter*, Senior Pastor of First UMC, Columbus, member of the National Bicycle Tour Directors Association and Tour Leader for the fifteenth year. Bill has led numerous cross Nebraska bike tours for the United Methodist Church since the 1980's and is a veteran of thirteen BRAN trips, has participated in RAGBRAI, MS150, BAK, SAGBRAW, Tour de Kota, Candisc, BAM, WOW and various other Bike Tours. Also serving you on NUMB are *Greg Bakewell*, Route Director, *Nina Clark*, Social Director, *Wayne and Kathy Minikus*, SAG Directors and *Regina Bergman*, Registrar/director's assistant.

Geoff Paterson, Bike Tech Bike Masters of Omaha, NE.

Nebraska Cycling and Fitness, Columbus, NE. bike parts and accessories



A Benefit Ride for the World Hunger projects of the Nebraska United Methodist Church

Sponsored by:
Nebraska Annual Conference Board
of Mission Outreach Hunger Committee

For more information contact:

Bill Ritter, Director or **Regina Bergman, Registrar**
402/564-8463 402/289-4764 or 657-3983
umcfirstsrp@frontiernet.net or numbride@hotmail.com

Check out www.numbride.org for additional registration forms, pictures of previous NUMB's and additional information

If you are not a rider but would like to participate, support personnel are needed, please contact us.



NUMB JERSEYS & SHORTS

Jerseys are offered again this year – and they will be a sublimated design – working on a great design. **Shorts** are available in limited quantity they have **NUMB** across the rear. **Orders need to be received by April 1st.**

Sizing Chart for shorts & Jerseys

WOMEN'S

	XS	S	M	L	XL	2XL	3XL
Size	0-2	4-6	8-10	12-14	16-18	20-22	24-26
Chest	30-32	32-34	34-36	36-38	39-41	41-43	43-45
Waist	22-24	24-27	27-29	29-32	32-35	35-38	38-40
Weight	95-115	110-120	120-145	140-165	160-185	190-205	210-225
Height	5'2" & under	5'1-5'5"	5'4"-5'8"	5'7-5'11"	5'10"+	5'10"+	5'10"+
Hips	31-32	34-36	36-38	39-41	42-44	45-47	48-50

MEN'S / UNISEX

	XS	S	M	L	XL	2XL	3XL
Chest	34-35	36-37	38-39	40-41	42-44	45-47	48-50
Waist	26-29	29-31	31-33	33-35	36-40	41-44	45-50
Weight	100-120	120-145	145-170	170-190	190-220	220-250	250+
Height	5'5" & under	5'4" - 5'8"	5'7" - 5'11"	5'10" - 6'2"	6'1 - 6'5"	6'3"+	6'3"+

