



As the Camp's chapel bell rings, so starts the **Saint Andrew's Camp Bike Ride (SACBR)**. The bike ride is a charity event supporting OUR Camp. Archbishop Michael has long rallied to "train up" our youth. His Appeals to support the Camp has been clear. St. Andrew's Camp "remains an invaluable way to link Orthodox Christian children to one another..."

The SACBR is a fun and active event that supports this Appeal. Parishioners and their friends with various levels of abilities; from never before bike riders to experienced cyclists; young and retired; meet at St. Andrew's Camp on the 4th Saturday in August. Past participants have included, Doug Schwarz (2016, 2018), Steve Frattare and Morgan Smith from St. John the Baptist in Rochester, NY; Marie Goikas (2013, 2014, 2015, 2018) and her son David Goikas, from St. Basil's in Watervliet, NY. John Bober travelled in from Akron, Ohio, after reading about the ride on the Camp's website. John was a camp counselor in 1976! The ride provided the perfect opportunity to revisit the Camp and recall fond memories. Erin McGuinness, formerly from SS. Peter and Paul in Syracuse, NY was another camp alumnus. She has completed three (2013, 2014, 2016), Metric Century rides to date! Other participants have included, Liz Lynch and Sandy Jakubowski who traveled from Boonton, New Jersey, on their way to visit relatives in Utica, NY. Brenda Geloff, from SS. Peter and Paul, Syracuse, is the ride coordinator. The ride is also a favorite for a local cycle group: The Central New York Cranks.

YOU can do this charity ride! This ride is ideal for the person who hasn't gotten on a bicycle in years! Mark your calendar! **This year the ride will be Saturday, August 24, 2019.** Make the pilgrimage to OUR Camp. Former participants have made the Ride part of a week end get away. Nearby attractions are available for family members not riding. Alumnus of the camp can re-unite and create more memories. Reach out and ask a friend to bike with you and support the Camp at the same time. The Ride provides an easy way to introduce our non-Orthodox friends to our Camp. So consider asking a fellow parishioner, family member, friend, or alumnus and make the trip to OUR Camp.

As Archbishop Michael appeals to us to "TRAIN UP" our youth, allow St. Andrew's Camp help "TRAIN YOU" to bicycle in this annual charity Bike Ride. **Visit the St. Andrew's Camp website, www.standrewscamp.org and click onto the Bike Ride.** Then click onto the TIPS link for "training tips". This section will allow you to get ready to pedal for the camp.

Participants choose from among three distances; 12, 30 or metric century 62 mile route. Each route travels over fairly flat to rolling terrain. Route selection can be made on event day. Cue sheets are distributed on the event day. Each route starts and ends at the camp with designated rest stops providing water bottle refills and food. Delta Lake State Park provides a beautiful rest stop for metric century riders. Experienced bike riders buddy along with new riders so no one rides alone. A SAG provides access for extra gear and supplies as it travels along the routes and rest stops. A delicious barbecue awaits the riders upon their celebration at the finish.

Overnight accommodations in the girl's dormitory are available Friday and Saturday nights for a nominal cost on a first come first serve basis. RV and tent camping on the grounds are free.

Cyclists staying overnight enjoy a free pasta dinner Friday night. For those not staying overnight, showers are now available for participants to get cleaned up before leaving. The Camp is conveniently located within a few miles of many attractions providing activities for non-cycling family members (golf, shop, beaches, amusement park, museums).

Registration is easy. Just follow the registration link to BikeReg.com. BikeReg can also accept donations from nonparticipants. (But biking to support the Camp is more fun!) Charity bike rides are fun and this is your opportunity to help St. Andrew's Camp. Make your charitable gift in the form of a registration fee and get on the road to the CAMP.

For additional information about the Bike Ride, please contact the Camp at saintandrescamp@aol.com. Volunteers are always welcomed.