



**REGISTER NOW FOR THE RIDE FOR REFUGE
SATURDAY SEPTEMBER 23, 2023!
10 am Gather; 11 am Walk/Ride; 12 pm Munch**

RIDE FOR REFUGE is a family-friendly fundraising walk/run of 2.5 - 5km or bike ride of 10- 20 km in support of the *Ripple of Us* ministry offered through Threshold Ministries. *Ripple of Us* helps people in the justice system seek hope, help and safety with small manageable actions that ripple beyond our view.

START & END are at Holy Trinity Church 2 Hammond River Rd, Quispamsis. The event will feature road signage for the walk/ride event and support along the way.

TWO WAYS TO REGISTER

1. ONLINE AT <https://rideforrefuge.org/location/hampton>

Team Name: **RIDE Hampton 2023**

or

2. CALL or EMAIL the following people:

Karen Cooney at 506-567-9751 karenmmcooney@gmail.com

Cleo Cyr at 506-647-8170 cleocyr1@gmail.com

Pledge sheets will be made available to you once you have registered.

A RIDE T-SHIRT will be given to youth 0-17 who raise \$75 or more and adults 18 and over who raise \$150 or more.

Come join the fun activities that are planned
and help support a worthy cause!