



MNO city and nearby
congregations - and friends of
the Urban

Lutheran Urban Ministry
2025 Walk/Ride Fundraiser

Date: September 20, 2025 (Rain date October 4)
Kick-off Location: Abundant Life Lutheran Church
3486 Raleigh St., East St. Paul, MB R2E 1B9
Registration time: 9:00 a.m. for riders / 9:30 a.m. for walkers
Walk/Ride/BBQ lunch: 9:30 a.m. – 1:30 p.m.

Ride: 25 km or 50 km through Birds Hill Park, led by team captain
Kim Scherger of the Abundant Life Team for the Urban.

Walk: 1/4 km – 6 km walk down the Raleigh St. walking path
toward Bonner Avenue, or into walking path in the village of Birds Hill.
Kids on tricycles/scooters & parent(s) – 1/4 km or more!

BBQ Lunch (provided by the Urban) and fellowship:
back at Abundant Life Noon – 1:30 p.m.

- To form or join a team please contact your pastor
or contact Rhonda at the Urban: rhonda@theurban.ca
(Rhonda can walk you through signing up your team)
or go to: https://www.canadahelps.org/en/charities/lutheran-urban-ministry-corporation/p2p/2025_Going_the_Distance
- Team captains will be provided with additional information, sign-up donation sheets and the waiver form. Donations (cash, cheque, or through CanadaHelps) are tax deductible.



Bring a lawn chair - and your bike or walking shoes!

