

Push for Awareness Itinerary

June 21st 2019

5:30 AM

Meet at Jake's **8730 Alamo Circle NE Blaine MN 55449**

Jake's cell- 783-234-9185

- **If under age 18** you must have a legal parent sign the waiver form and bring it with you Friday morning.

Day 1 (June 21, 2019) Bus will be leaving Friday morning from Jake's house (8730 Alamo Circle Blaine MN 55449) at 6:00am. **Please arrive at 5:30am** to allow time to pack vehicles and sign forms. Once we arrive at our starting point in Duluth we will start riding as soon as possible to cover the 70 mile journey from Carlton to Hinckley MN. Food, water, and energy snacks will be provided on all three days thanks to our sponsors 😊

Day 2 (June 22, 2019) The second day we will be leaving **Hinckley at 7am** to continue the trip another 40 miles to North Branch.

Day 3 (June 23, 2019) The last leg of the trip will be another 40 miles starting at **7am in (North Branch)** and hope to be at the finish line around 1:00pm.

Finish line Finish line will be at Xylite Park in Blaine – 2600 91st Ave NE Blaine MN 55449. Live band, food, raffle, and entertainment will start at 11:30am. **Be sure to invite all your friends and family to come and cheer you in**. Also encourage them to follow your progress on Push for Awareness Facebook for photos and updates on your ride!!

Packing suggestion List:

- Longboard
- Camel Back
- Back Pack (please try and keep personal supplies to one backpack per rider)
- Extra bearings and hardware (Bolts and Screws)
- Socks and foot powder (On hot days riders experience lots of blisters, invest in breathable socks!)
- Id/medical card/extra cash/phone + charger
- Sweatband
- Sunglasses
- MP3/iPod and Head Phones
- Swim Suit
- Toiletries
- Backpack will be carried and transported from check point to check point by support car so we don't have to carry as much weight with us.

We look forward to riding with you!!

Jake Bailey

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