

## “PSEC Strong” General Synod Kick-off Event – Walk/Ride Event

Our General Synod this year will be all virtual, so we are trying to provide some opportunities to have Conference-focused, in-person connection. Beginning Friday, July 9<sup>th</sup>-Saturday, July 10<sup>th</sup> we will be hosting a “PSEC Strong” event along the Schuylkill River Trail, a time for fellowship and fun physical activity together. There are opportunities for everyone at every level of physical fitness to participate, and you can participate in all/specific parts of the weekend (see the schedule below for how to “jump in.” Hope you can join us!

- We are looking for a couple churches to provide refreshments – water, Gatorade, granola bars, etc. If you are interested in providing this, please email Rev. Selina Hamilton at [selinahamilton@gmail.com](mailto:selinahamilton@gmail.com).
- If you are interested in participating in the walking sections, please email Rev. Becky Hoover at [revrjph@outlook.com](mailto:revrjph@outlook.com)
- If you are interested in riding (bicycle), please email Rev. Nichole Jackson at [Nichole.b.jackson@gmail.com](mailto:Nichole.b.jackson@gmail.com)

### Schedule:

#### *Friday – July 9<sup>th</sup>*

8:30-9:30am – Breakfast Gathering at Port Clinton Trailhead (bring your own breakfast, there will be light refreshments available)

9:30am – Bikers and Walkers start (much on-road/off trail ride for bikers – this is the most intermediate/difficulty part of the event) to Gring’s Mill (via Union Canal Trail)

11:00am-1:00am – Hospitality and Fellowship Gring’s Mill (bring your own lunch – light snacks will be available)

1:00pm – Bikers and Walkers start (on trail – this is easy/medium difficulty for bikers) to Union Meadows Community Park Trailhead

#### *Saturday – July 10<sup>th</sup>*

8:30-9:30am – Breakfast Gathering at Parkerford Trailhead ((bring your own breakfast, there will be light refreshments available)

9:30am – Bikers and Walkers start (on trail, this is easy.medium difficulty for bikers)

11:00am-1:00am – Hospitality and Fellowship at Betzwood/Valley Forge Trailhead (bring your own lunch – light snacks will be available)

1:00am – Bikers and Walkers start (easy-medium difficulty – on trail)

To Art Museum Trailhead

5:00pm – Kick-off Party at Old First Reformed Church in Philadelphia