



The **E**X**T**RA **M****I**LE Bicycle Ride



One Heart Missions Services

PRESENTS ...
and INVITES YOU to RIDE ...

“ The **E**X**T**RA **M****I**LE ”

The *First* of an Annual BICYCLE RIDE Fundraiser for those whom *OHMS* serves.



Why does OHMS call this "The 'EXtra Mile' Bicycle Ride"?

"If a soldier forces you to go with him one mile, then go with him two miles."
– **Jesus**, in Matthew 5:41 (in the Holy Bible, *International Children's Bible*).

In the days when Jesus Christ was on earth in person and spoke these words, Roman soldiers were legally allowed to force people to carry their military equipment. Roman law limited this forced labor to only one mile. Jesus, however, told His followers to "go the extra mile", both to teach His followers that they should do more than what was minimally expected and because He knew that going the extra mile would make a friend of the soldier. Cool, eh!

When?

Dates Planned (PDF)

In the year of our Lord **2020** –over the course of 30 days– this *First* of these *Annual Bike Ride* fundraisers will occur between ...

Tuesday, **July 7** through Saturday, **August 8**
(That's from 7-7 to 8-8, 2020.)

Yes, that's more than thirty days, but there may be rainouts, which we will need to reschedule. And, it's easier to remember "7-7 to 8-8".

Schedule and Venues for XM-1

July - August 2020			July 1 Canada Day	2	3 Indep. Day Observed	4 USA! Happy 244 th 4 th of July!
5	6 OHMS to meet with Aircraft Mfg. 7PM Pre-Ride Prayer Mtg. FoF Chapel	7 <i>Ride Day 'Zero'</i> Colo.Springs FoF - kAPA Centennial Arprt Denver	8 <i>Ride Day 'One'</i> Wichita KS Kansas City KS & MO	9 <i>Ride Day 'Two'</i> Omaha Nebraska	10 <i>Ride Day 'Three'</i> Des Moines Iowa	11 <i>Ride Day 'Four'</i> Minneapolis UofM+Mayo if Rochester
12 <i>Ride Day 'Five'</i> Makeup or Mayo MN	13 <i>Ride Day 'Six'</i> Madison Wisconsin	14 <i>Ride Day 'Seven'</i> Peoria Illinois	15 <i>Ride Day 'Eight'</i> Saint Louis Missouri	16 <i>Ride Day 'Nine'</i> Memphis Tennessee	17 <i>Ride Day 'Ten'</i> Nashville Tennessee	18 <i>Ride Day 'Eleven'</i> Birmingham Alabama
19 <i>Ride Day 'Twelve'</i> Atlanta Georgia	20 <i>Ride Day 'Thirteen'</i> Raleigh N.Carolina	21 <i>Ride Day 'Fourteen'</i> Frankfort & Louisville KY	22 <i>Ride Day 'Fifteen'</i> Indianapolis Indiana	23 <i>Ride Day 'Sixteen'</i> Ann Arbor Michigan	24 <i>Ride Day 'Seventeen'</i> Cleveland Ohio	25 <i>Ride Day 'Eighteen'</i> Columbus Ohio
26 <i>Ride Day 'Nineteen'</i> Cincinnati Ohio	27 <i>Ride Day 'Twenty'</i> Makeup Day or Travel to Lynchburg	28 <i>Ride Day 'Twenty-1'</i> Norfolk Virginia	29 <i>Ride Day 'Twenty-2'</i> Richmond Virginia	30 <i>Ride Day 'Twenty-3'</i> Charlottesville VA	31 <i>Ride Day 'Twenty-4'</i> Annandale Virginia	August 1! <i>Ride Day 25</i> Baltimore Maryland
August 2 <i>Ride Day 26</i> Makeup or Philadelphia PA & S.NJ	August 3 <i>Ride Day 27</i> Newark New Jersey	August 4 <i>Ride Day 28</i> Manhattan New York	August 5 <i>Ride Day 28</i> Boston Mass.	August 6 <i>Ride Day 29</i> Albany New York	August 7 <i>Ride Day 30!</i> Pittsburgh PA – UPMC	August 8 <i>Ride Day 31</i> MakeupRide or Danville/Bloomsburg
9 Stream Live - 9am Thanks!						

Click the calendar to see our planned schedule of locations & dates.

The **XM Ride** on each day will follow this plan:

10am – Assemble and Brief & Prep Riders.

11am – Begin the **XM Ride!** (Est. Max 5-hours.)

12noon Water Break (15-minutes)

1pm – Water/Lunch/Snack Break (15-minutes)

2pm – Water Break (15-minutes)

3pm – Water/Walk/Snack Break (15-minutes)

4pm – Water Break / Early Finish (15-minutes)

5pm – Finish Line Dinner and WrapUp (1-hour)

6pm – Thank **YOU!** for Riding the **EXtra Mile!**

For clarifications and/or more information, please feel free to contact *One Heart Missions Services, OHMS*, at:

One Heart Missions Services
60 Reinaker Road
Danville, PA 17821 – U.S.A.

Office Phone (Landline)
570-275-1855
EMail –Chris@OHMS.org

Your donation is requested. Make check to “OHMS”. Online donations may also be made via PayPal. Use “Donate@OHMS.org” as the target recipient email. Thank you so much. – Chris Pfaff, Ministries Director.



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