

# Cycle the Seaway!

## Falls to the Fort

### Bike Trip 2026



**Dates:** July 17-31, 2026      **Place:** Niagara Falls to Quebec City-700+miles      **Cost:** \$675  
**Payments:** \$150 due 1/8/2026, \$150 due May 1, rest due in July. After 1/8/2026, cost is \$750.  
**Who:** For high school students, their parents, and FMY leaders  
**Requirements:** Everyone is welcome to go on this trip – as either a rider or a support crew. Those wishing to ride (students, parents and leaders) must meet five criteria: Strength, Speed, Endurance, Training and S.W.A.T. (synchronization, wisdom, attention, teamwork). Also, everyone will need a current passport.

**Equipment:** A complete list will be provided later, but the essentials are a bike in excellent working order (does not need to be NEW, and a road bike is the best), helmet, water sources, flag (I will provide), mirror, toe clips, small repair kit and a small bike bag.

**Trip Style:** This is a supported trip with our vehicles carrying all our gear. We ride 50-80 miles per day in small riding groups with an adult leader on a mix of roads and bike trails. We stay in hotels and campgrounds and we do most of our own cooking. Everyone will be assigned to a clean up crew and students will also be asked to partner with one or two others to lead in devotions on an assigned day.

**Training:** Begins on March 23. I provide a training schedule which includes individual and group rides. In our group rides we will learn safety, courtesy, rules of the road and group dynamics.

**Attractions:** This bike trip has it all: stunning scenery, cityscapes, and new cultures. We'll experience Niagara Falls, Montmorency Falls, Lake Ontario, St Lawrence seaway, chocolate croissants, crepes, poutine, maple taffy, and Tim Horton's donuts, 1000 islands boat tour, Toronto, Montreal, and Quebec City's Old Town, streetcars, castles, Canadian wildlife, and much more! Allons-y!

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*(detach and turn in to Jeremy with \$150 deposit by January 7, 2026)*

### ***Release of Liability and Medical Consent***

As the parent/guardian of \_\_\_\_\_ I give them permission to go on the Circle UP Bike Trip, July 17-31, 2026. We do hereby remise, release and forever discharge Jeremy Maritn, the Greenville Free Methodist Church, the Greenville FMY and all its officers, agents and employees, acting officially or otherwise, from all actions, causes of action, claims, and demands for, upon, or by any reason of injury, damage, loss or death which may occur on this trip. We understand that biking is a potentially dangerous activity.

In the case of medical emergency I understand an effort will be made to contact the undersigned parent or guardian. In the event I cannot be reached, I hereby give my permission to the physician and/or hospital selected by the adult staff to give treatment for my child named herein in the manner to the extent necessary in the opinion of said physician and/or hospital to care for my child. This form also acts as a permission and right to publish any picture and video taken of my child in connection with this and/or any other FMY event.

SIGNED \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian)

*Info Sheet #1 11/13/2025*