



Blazing a trail of hope and spreading awareness about the prevalence of mental health issues in our society.

RIDE OVERVIEW

- Teams of four Riders
- 1,826 miles total, 20k feet of climbing
- 14 days, 13 nights
- Minnesota to Louisiana
- 10 days riding and 3 days of driving support vehicle
- Each rider will be riding an average of 48 miles a day
- Team Donation: \$25,000

STARTING FROM

CANADIAN BORDER



ALL THE WAY TO

GULF OF MEXICO

This October, Light the Trail is back!

BIKE

This time we will be lighting the trail from the Canadian border to the Gulf of Mexico along the Mississippi River. As we follow the surging course of this great river, we will see the colors of fall, the hard work of our farming heartland, and the beauty of nature. We will also be engaging with communities about suicide awareness and prevention. We will be fighting the stigma associated with mental health disorders by providing a safe place to talk and by giving everyone a chance to tell the stories of their loved ones who have died by suicide. You will have a chance to make a difference in how those who are suffering handle their story, their grief, and their future. You will have the chance to change lives with your bike.

EXPLORE

Our adventure will take us through a region rich in history—from the headwaters of the Mississippi River in Lake Itasca, Minnesota through Minneapolis, to St Louis, Memphis, and along the historic Natchez Trace.

RESULT

Although you may be tired from this incredible excursion, you will be moved by the stories you hear and energized by the resiliency of the people of this great land. We ride in hope that one day we will not need a cross country ride because no one will have lost a loved one to depression or suicide.



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WHAT'S INCLUDED

- Lodging at hotels, such as Holiday Inn Express and Courtyard by Marriott
- Breakfasts will be provided by each hotel. Lunch and Dinner will be provided by Light the Trail
- Snacks and beverages provided
- Each rider will be responsible for their own adult beverages.
- Comprehensive Travel Planner from www.RideWithGPS.com will provide detailed pre-trip info and downloadable ride maps for your personal device.

Through Ride & Team Support

The entire ride will take 14 days from October 1st to October 15th. Each member of your team will ride for 10 days and drive the Sag Wagon for 3 days. Riders will be on their bikes for around 464 to 493 miles. See breakdown of miles per rider in the table below.

SEGMENT TEAM SUPPORT

Those riders who are part of a team and wish to drop in for a four-day segment are invited to join us in one of these 3 segment(s): from Lake Itasca, MN to La Crosse, WI, or from La Crosse, WI to Bardwell, KY, or our last segment from Memphis, TN to New Orleans, LA. See breakdown of segments in the table below.

WHAT AM I RESPONSIBLE FOR?

- Entry Fee: Each team is expected to donate / raise at least \$25,000
- Drop in teams expected donate / raise \$10,000 per team or \$2,500 per individual
- If a team of four can be created with its own vehicle, donate/raise at least \$10,000 per segment (see above segment information).
- Transportation: Each team needs a vehicle with a bike rack for 4 bikes.
- Each team will need to get to their starting point and get home.
- Extras: Bring a cooler to hold your team's lunch.
- Bring extra tires, pumps, and tools to keep your bike in working order

Day	Date		Ride Start	Ride End	Miles	Miles/ Rider	Lodging	Ride Setup & Miles Per Rider			
								Rider 1	Rider 2	Rider 3	Rider 4
0	Sat, Oct 1						Lake Itasca, MN				
1	Sun, Oct 2	Drop-In #1	Lake Itasca, MN	Bemidji, MN	33	33	Bemidji, MN	X	X	X	X
2	Mon, Oct 3		Bemidji, MN	Brainerd, MN	95	32	Brainerd, MN	X	X	X	Sag Wag
3	Tue, Oct 4		Brainerd, MN	Minneapolis, MN	140	47	Minneapolis, MN	Sag Wag	X	X	X
4	Wed, Oct 5		Minneapolis, MN	La Crosse, WI	156	52	La Crosse, WI	X	Sag Wag	X	X
5	Thu, Oct 6	Drop-In #2	La Crosse, WI	Galena, IL	139	46	Burlington, IA	X	X	Sag Wag	X
6	Fri, Oct 7		Burlington, IA	Burlington, IA	162	54	Galena, IL	X	X	X	Sag Wag
7	Sat, Oct 8		Galena, IL	Alton, IL	192	64	Columbia, IL	Sag Wag	X	X	X
8	Sun, Oct 9		Columbia, IL	Bardwell, KY	157	52	Bardwell, KY	X	Sag Wag	X	X
9	Mon, Oct 10	Drop-In #3	Bardwell, KY	Memphis, TN	165	55	Memphis, TN	X	X	Sag Wag	X
10	Tue, Oct 11		Memphis, TN	Greenville, MS	161	54	Greenville, MS	X	X	X	Sag Wag
11	Wed, Oct 12		Greenville, MS	Natchez, MS	168	56	Natchez, MS	Sag Wag	X	X	X
12	Thu, Oct 13		Natchez, MS	Baton Rouge, MS	150	50	Baton Rouge, MS	X	Sag Wag	X	X
13	Fri, Oct 14		Baton Rouge, MS	New Orleans, LA	108	36	New Orleans, LA	X	X	Sag Wag	X
Totals					1,826			464	476	493	491
Miles Per Rider for Drop-In Segments		Yellow Shading - Drop-In Segment #1				163	Notes: X = Ride Day, Sag Wag - Drive support vehicle				
		Blue Shading - Drop-In Segment #2				217					
		Orange Shading - Drop-In Segment #3				196					