

# Pedal & Pray

A contemplative cycling retreat in the beautiful greater-Petoskey area



- Who:** Bicycling enthusiasts and other active individuals who enjoy nature and who are looking for a gently-guided contemplative prayer\* experience
- When:** Thursday, Sept 5, 2024 @ 6pm (dinner) – Tuesday, Sept 10, 2024 @ 10am (after breakfast)
- Where:** Augustine Center in Conway, MI [augustinecenter.weebly.com](http://augustinecenter.weebly.com)  
This retreat will be offered in the Catholic tradition; participants of all religious traditions are welcome to attend
- Why:** Disconnecting for a short time from our scattered and busy lives allows us the chance to “come back to ourselves” so that we can rest and recreate with God. This retreat offers an opportunity to focus on **being rather than doing**
- Capacity:** This retreat is limited to 30 registrants
- Fee:** \$440 per person or \$620 per married couple payable via Venmo or check  
\$410 per person excl. daily bag lunch or \$580 per married couple excl. daily bag lunch

## Come experience this retreat where . . .

- “Recreation” can become Re-Creation
- “Retreat” becomes a way to “Treat” yourself to a much-needed respite
- “Vacation” offers a chance to let God occupy what we choose to “Vacate” and surrender

## Daily Offerings for Body and Spirit

- Access to many natural and local attractions
- Optional bag lunch for take-away Fri through Mon
- Morning Catholic Eucharist followed by breakfast
- Gently-guided suggestions for introspection and prayer both on the bike and off
- Ample spaces in and around the retreat center to enjoy quiet prayer and personal reflection
- Dinner followed by evening sharing time

*“Come with me by yourselves to a quiet place and get some rest.” Mark 6:31*

\* Not sure what “contemplative prayer” is? Think of it as an approach to prayer that allows you and God to commune with each other in whatever way most nurtures your relationship with the Divine. Contemplative prayer encourages exploration, freedom, listening, and self-expression. It frees us to set aside rules, formulas, agendas, and invites us to simply **be** with the Lord.



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## FAQs

### **What type of bike is needed?**

Any type of bike will do if in good working condition.

### **What trails are close by?**

The Augustine Center is close to the 32-mile **North Western State Trail** and the 26-mile **Little Traverse Wheelway**. The 1.1-mile **Bear River Trail** intersects the Little Traverse trail in Petoskey. See the Michigan Trails web-site: [mitrails.org](http://mitrails.org)

### **Is this a group ride?**

This is not a group ride. However, it is recommended that participants ride in small groups of two or three. Solo riders, please let someone know your route plans and timing. All riders are free to choose your own destination, time schedule, contemplation locales, and stops.

### **What does one need to bring?**

Please bring a good, well-fitted bike helmet, spare tire tube(s), air pump, a bike lock, water bottle and bike pack to hold food and supplies. Have comfortable bike clothing for any weather condition that might be encountered in Northern Michigan's late summer. If you plan on riding on roads with traffic, bike lights and rear-view mirror are highly recommended. Bring extra cash for snacks, etc.

### **Any special preparations?**

Make sure your bike is in good-working condition. A check-up by a bike mechanic can save you much aggravation on the trail or road. Prepare yourself by bicycling. There are good work-out plans on the web for getting in bike-riding fitness.

### **What are the room accommodations?**

All rooms have private baths with showers. Rooms may have two single beds, a double or a queen-size bed. A desk and easy chair are in every room.

### **Does Augustine Center accommodate special diets?**

Augustine Center accommodates vegetarian, dairy-free, and gluten-free diets. Please note any special needs on the registration form.

### **Is this a silent retreat?**

No, this is not a silent retreat. However, there will be areas in the house where you will be asked to practice silence and maintain quiet. Intervals of silence and quiet enhance contemplative prayer experiences, allowing you and God to commune together.

# Pedal & Pray Registration

**Location** Augustine Center, Conway MI  
2798 N US Highway 31, Petosky MI 49770  
All rooms include private bedroom and bath with shower

**Event Date** Thursday Sept 5 (6pm dinner) – Tuesday Sept 10, 2024 (after breakfast)

**Registration/  
Payment Due** Thursday Aug 22, 2024

**Check-in Time** 3pm Thursday Sept 5, 2024

**Retreat  
Presenters** Fr. John Shimkus, OSB, Joe Olesnavage, Marty Rymarz

**Cancellation Policy** Prior to Thursday Aug 29, 2024, you will receive a full refund. Aug 29, 2024 or later, there is a \$70.00 per person cancellation fee. Health-related and other emergency circumstances may be cause for waiving the \$70 fee. If you need to cancel after registering, please contact Marty Rymarz at 810.869.2608

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**Payment Option #1 – Venmo** – In addition to your Venmo payment, please email the following information to Marty Rymarz at [mrymarz66@gmail.com](mailto:mrymarz66@gmail.com)

Tamara Rymarz  
@Tamara-Rymarz



venmo

Name(s) of Attendee(s)  
Mailing address  
Phone number  
Email  
Dietary Preference  
Ability to climb stairs  
Single person (\$440) or married couple sharing a room (\$620)  
Single excl. daily bag lunch (\$410) or married couple excl. daily bag lunch (\$580)

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**Payment Option #2 – Check** – detach this portion, mail a check payable to Marty Rymarz to Pedal & Pray 5206 Kelly Rd. Flint, MI 48504

Pedal and Pray Retreat Registration Form – September 5-10, 2024

<b>Name:</b>		<b>Food Allergies?</b>	<b>Able to climb stairs?</b>
<b>Address:</b>			Circle Y or N
<b>City:</b>	<b>Zip code:</b>		
<b>Phone #:</b>		<b>Email:</b>	
<p><b>Check that which pertains to your dietary needs:</b> <input type="checkbox"/> dairy-free <input type="checkbox"/> gluten-free <input type="checkbox"/> vegetarian</p> <p>If you have needs beyond these, a refrigerator and microwave will be available for your own food prep. A discount will also be given if you are providing you own meals.</p>			

- Donation per individual: \_\_\_\$440\_\_\_ (based on 5 nights and 14 meals)
- Donation per individual minus the lunches: \_\_\_\$410\_\_\_
- Donation per married couple sharing a room: \_\_\_\$620\_\_\_
- Donation per married couple sharing a room minus the lunches: \_\_\_\$580\_\_\_