

About Kavanaugh Life Enrichment Center

Located in Crestwood, Kentucky, Kavanaugh Life Enrichment Center is a retreat and conference center of the Kentucky Conference of the United Methodist Church. The center was founded in 1875 by Bishop H.H. Kavanaugh, who dreamed of carving out a piece of God's creation and maintaining it as a place for ministry and renewal.

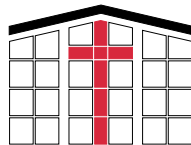
Times have changed, but Kavanaugh still offers rest and renewal to visitors of many faiths. But pastor retreats, Emmaus and Cursillo weekends, and camp meetings are just part of the center's mission today. Kavanaugh also hosts corporate retreats, club outings, and camp programs for children and adults with disabilities.

Your participation in the Oldham County Ramble helps us maintain Kavanaugh's historic facilities and provide subsidies for groups that need financial assistance. We also invite you to bring your own groups to Kavanaugh and spend a little time with us on holy ground.

Join Us for Lunch

Come to ride, but stay for lunch! From 11 a.m. to 2 p.m., join us for an old-fashioned cookout sponsored by the United Methodist Men of Oldham and Jefferson counties. Donations will be accepted to cover the cost of lunch and to further the mission of Kavanaugh Life Enrichment Center.

The cookout will be held on the Kavanaugh grounds, so you can tour the facilities and learn more about how you or your groups can benefit from all that Kavanaugh has to offer. Staff and board members will be on hand to provide tours and answer questions.



7505 Kavanaugh Road
Crestwood, KY 40014



Benefiting Kavanaugh Life Enrichment Center

A Scenic Bike Tour to Benefit Kavanaugh Life Enrichment Center

Crestwood, Kentucky

Supported routes of 11, 15, and 30 miles
plus a family-friendly 3-mile loop

Saturday, September 26, 2009

Registration begins at 8:00 a.m.



502-241-9091
www.campkavanaugh.com

Join us as we ramble by bicycle
through beautiful Oldham,
Jefferson, and Shelby counties!

Registration: You may preregister or sign up onsite. Preregistrations must be postmarked by Sept. 19. On-site registration will be open from 8 a.m. to 10 a.m.

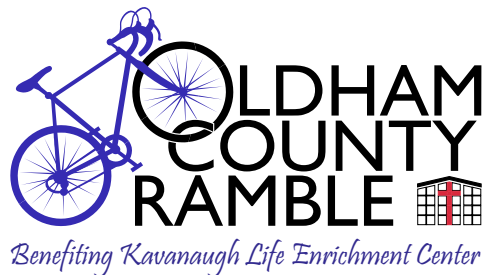
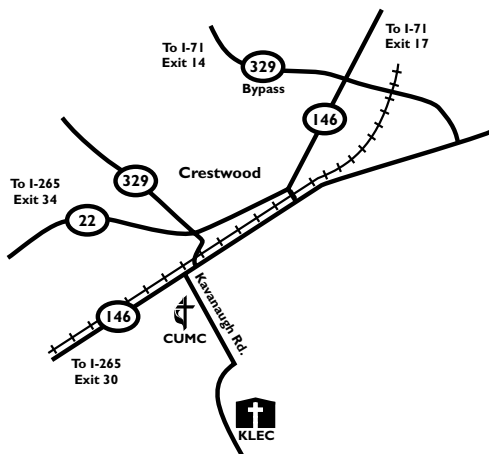
Cost: \$25 per rider; free for children age 7 and under. All riders receive an Oldham County Ramble T-shirt.

Ride Start Location: Crestwood United Methodist Church, 7214 Kavanaugh Road ("CUMC" on map). Please help us keep Kavanaugh Road clear for riders by not driving to Kavanaugh Life Enrichment Center.

Routes: All routes start and end at Crestwood UMC and include a stop at Kavanaugh Life Enrichment Center ("KLEC" on map). Routes of 3 to 30 miles will be available, and cue sheets will be provided at check-in.

Safety: All riders must complete a safety briefing before riding. CPSC- or Snell-approved helmets are required for all participants.

Rider Support: Sag stops will provide drinks, snacks, and bathroom facilities on the 11-, 15-, and 30-mile routes. A roving sag wagon will patrol all routes until 2 p.m. If you need assistance during the ride, call 502-931-5579. In case of emergency, call 911.



Registration Form

Mail with payment by Sept. 19, 2009 to Kavanaugh Life Enrichment Center, 7505 Kavanaugh Road, Crestwood, KY 40014, or bring with you the day of the ride.

Cost per rider is \$25. Children aged 7 and under may ride for free.

One registration form per rider; multiple forms may be submitted together and paid for with the same check. Make checks payable to Kavanaugh Life Enrichment Center. Please complete all blanks and sign your form. Riders under 18 years of age must be accompanied by an adult; parent or guardian must sign form if rider is under 18 years of age. All riders must complete a safety briefing and wear a CPSC- or Snell-approved helmet.

Name _____ Age _____

Mailing Address _____ Email _____

City _____ State _____ Zip _____ Phone _____

Emergency Contact _____ Phone _____

T-Shirt Size (circle one) Child: L Adult: S M L XL 2X

By signing this form, I assume all risks associated with participating in the Oldham County Ramble, including but not limited to falls, contact with other participants, effects of weather, traffic, and conditions of the road, all such risks being known and appreciated by me. I hereby release, discharge, and covenant not to sue Kavanaugh Life Enrichment Center; the Kentucky Conference of the United Methodist Church; their administrators, directors, agents, officers, volunteers, and employees; other participants; any sponsors or advertisers; and/or owners and lessors of premises on which the activity takes place from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused through my participation in the Oldham County Ramble.

Participant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____
(required if participant is under 18)

A physical examination is not required to participate in this event. However, if you are in doubt as to your physical condition to engage in such an event, we recommended that you seek the advice of a physician.