

CROSS MISSOURI CROP HIKE & BIKE



**Walking Columbia to St Louis
Sept 22-29**

**Biking St Louis to Kansas City
Sept 30-Oct 6**

This year's event will include walking and bicycling.

First a 150 mile walk to St. Louis

followed by a

310 mile bicycle ride across Missouri to Kansas City.

Take part in the walk or the ride or both.



Join Don Harter in this second effort to make CROP WALK known across Missouri, and help energize local CROP Walks to raise more contributions for their own community CROP Walk.

Want to know more about the two different parts of the CROSS MISSOURI event and who is walking or riding with Don?

Here's how...

Contact trek organizer Don Harter at harterd@missouri.edu or 573-445-3258

Go to our SignUp Genius site to sign-up, get more information or see who YOU might want to join for a walking or biking segment.

<https://www.signupgenius.com/go/10C0D4BA5AB2CA5FEC52-50066014-cross#/>

Itinerary

Walking

Sunday, Sept 22: Columbia/McBaine to Hartsburg - 16 miles
Overnight at Peace United Church of Christ

2023 Highlights



Monday, Sept 23: Hartsburg to Tebbetts - 22 miles
Overnight at Turner Hostel

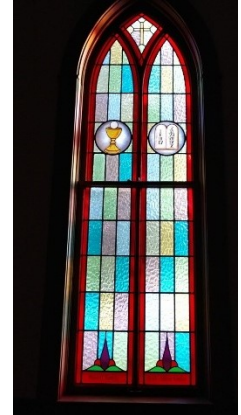
Tuesday, Sept 24: Tebbetts to Portland - 15 miles
Overnight at St. Mark's Episcopal Church



Wednesday, Sept 25: Portland to Hermann - 15 miles
Overnight at St. Paul United Church of Christ

Thursday, Sept 26: Hermann to Marthasville - 25 miles
Overnight at St. Paul's United Church of Christ

Friday, Sept 27: Marthasville to Defiance - 19 miles
Overnight at St. Paul's United Church of Christ



Saturday, Sept 28: Defiance to Manchester - 24 miles
Overnight at Manchester Community Christian Church

Sunday, Sept 29: Manchester to Eden Theological Seminary - 11 miles
Participate in the St. Louis Metro CROP Walk (registration @ 1:30)
Overnight to be determined

Biking

Monday, Sept 30: St Louis to Marthasville - 54 miles
Overnight at St. Paul's United Church of Christ

Tuesday, Oct 1: Marthasville to Tebbetts - 55 miles
Overnight at Turner Hostel

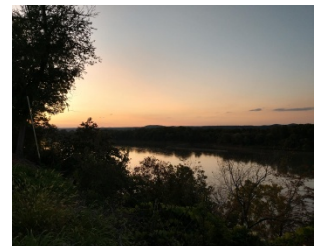
Wednesday, Oct 2: Tebbetts to Boonville - 60 miles
Overnight at Boonville First Christian Church

Thursday, Oct 3: Boonville to Windsor - 56 miles
Overnight at Windsor First Christian Church

Friday, Oct 4: Windsor to Pleasant Hill - 46 miles
Overnight at Pleasant Hill First Christian Church

Saturday, Oct 5: Pleasant Hill to Country Club Christian in KC -
Overnight at Country Club Christian Church

Sunday, Oct 6: Participate in the KC Heart of America CROP Walk
(2-4 pm)



Plan to make your own shuttling arrangements; AND consult with Don