

SPRING RIDE 2019 Presented by:



Sunday April 7, 2019

Time: 8:00am

Location: Wellness Center of Thibodaux Regional

DATE: SUNDAY April 7, 2019

LOCATION: 726 North Acadia Road THIBODAUX, LOUISIANA 70301

BIKE DISTANCES: 25, 42 & 62 MILES

TIME: 8:00am Bicycle Start

REGISTRATION

Registration begins at 6:00am on the morning of the event. Maps, lunch and beverages, route surface markings, SAG support, restroom and rest stop snacks are included in the fee.

Pre-Register at http://bccbike.org Or

Mail in attached registration form

ROUTE

The route will take you through some scenic back roads of Lafourche and Terrebonne Parishes in the heart of bayou country.

BIKE SAFETY: The bicycle portion of this event is a recreational event--**NOT** a race! Riders should expect to encounter motorists. Participants should operate their bicycles in a safe, lawful manner and obey traffic laws throughout the ride. Bayou Country Cyclists requires that all participants in the ride wear ANSI or SNELL approved helmets. The use of radios while operating your bicycle is prohibited. No fixed gear bicycles. All bicycles must have working brakes.

* Special Note

62 MILE BIKE CUTOFF: In order to manage the operations of the ride, cyclists must arrive at the 42/62 mile split (Wilson's Kountry Korner) before 10:00am. Approximately a 14.5 mph average speed. Riders not making it to the split before the cutoff time will be turned onto the 42 mile route.

REST STOPS/SAG SUPPORT

Bicycle Rest stops, which will be strategically located along the route, will be stocked with water, sports drinks, fruit and snacks. Rolling SAG (support and gear) will also be provided.

POST-RIDE ACTIVITIES

Registered riders will return to the Wellness Center and enjoy an entrée, homemade side dishes & desserts & soft drinks. Fruit and snacks will also be on hand.

CONTACT INFORMATION

Ryan Arceneaux ryana@bollingershipyard.com

To benefit:



For more information visit: http://bccbike.org



Spring Ride 2019 presented by



(Each rider must fill-out and sign a separate registration form. Photocopies of the form are acceptable)
NAME:
ADDRESS:
CITY/STATE/ZIP:
TELEPHONE: ()
EMAIL:
WAIVER: In acceptance of this registration, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur to me during the event or while on the premises of the event. I hereby release and hold harmless the Bayou Country Cyclists, its officers and members, the sponsors, promoters, and all other persons or entities associated with the event from liability for injuries and damages sustained by me whether same be caused by negligence of anyone associated with the event.
In Case of Emergency, Please Contact:
Name Number
I have read the above waiver, I understand that the bicycle portion of this event is a recreational ride, and I agree to ride in a safe and lawful manner.
Signature of rider/participant Date (18 years old or older)
Signature of parent or guardian if rider/participant is Date less than 18 years old.

(Children under 15 must be accompanied by an adult.)

All participants who pre-register by April 6. 2019 will receive a water bottle on the day of the event. For participants registering after this date, Water bottles will be available on a first-come/first-serve basis until supply is depleted.

62 mile 42 mile 2	25 mile
Entry Fee	\$40.00
Donation to Relay for Life	\$
Total Amount Enclosed	\$
The BCC Spring Ride is a pre-	-

PLEASE MAKE CHECK PAYABLE TO **BAYOU COUNTRY CYCLISTS** AND MAIL WITH **SIGNED** REGISTRATION FORM TO:

BAYOU COUNTRY CYCLISTS

P.O. Box 2613 Houma, La. 70361



To benefit:

For more info visit: http://bccbike.org