

26th Annual Spring Ride

BAYOU COUNTRY CYCLISTS

Sunday April 19, 2020

Time: 8:00 am

Location: Donner Community Center

DATE: SUNDAY April 19, 2020

LOCATION: 361 Azalea Drive
DONNER, LOUISIANA 70352

BIKE DISTANCES: 8.5, 29, 47 & 67 MILES

TIME: 8:00 am Bicycle Start (29, 47 & 67 mile routes)
8:15 am Cruiser Bike Start (8.5 mile)

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 approved cycling helmets. The use of radios while operating your bicycle is prohibited. No fixed gear bicycles. All bicycles must have working brakes.

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 Donner Community Center and enjoy an entrée, homemade side dishes, desserts and beverages. Fruit and snacks will also be on hand.

CONTACT INFORMATION

Ray Wicklund
rawicklund@aol.com

Ryan Arceneaux
ryana@bollingershipyard.com

To benefit: Parkinson's Disease



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



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 it be caused by negligence of anyone associated with the event.

Emergency Contact:

Name Phone

I have read the above waiver. I understand that the cycling portion of this event is a recreational ride and I agree to ride in a safe and lawful manner.

Signature of rider/participant Date

Signature of parent or guardian if rider/participate is less than 18 years old. Date

(Children under 15 must be accompanied by an adult)

All participants who pre-register by April 18, 2020 will receive a cooling towel on the day of the event. For participants registering after this date will receive on a first come, first serve basis.

Please pick your event (PLEASE CHECK ONLY ONE)

29 mile 47 mile 67 mile

Bicycle Ride \$40.00

NEW Leisure Cruiser Ride

8.5 mile

Cruiser Ride \$15.00

Donation to Parkinson's \$

TOTAL AMOUNT ENCLOSED: \$

The BCC Spring Ride is a pre-planned event Rain or Shine – NO Refunds

Cycling helmet required.

PLEASE MAKE CHECK PAYABLE TO BAYOU COUNTRY CYCLISTS

Submit signed registration form and payment to

BAYOU COUNTRY CYCLISTS P.O. Box 2613 Houma, LA 70361

To benefit: Parkinson's