BAYOU COUNTRY CYCLISTS

2017 SPRING BICYCLE RIDE

presented by:

WELLNESS CENTER OF THIBODAUX REGIONAL

Sunday April 23th, 2017

Time: ***8:00am***

Location: **Wellness Center of Thibodaux Regional**

DATE: **SUNDAY April 23th, 2017**

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.

***INDOOR CYCLING EVENT (RPM):** If you don't have a bicycle you can still join us for all the fun. Sign up to ride RPM! Two indoor cycling classes with multiple instructors. Bikes are limited to the first 60 registered. First class starts at 8:30am and will last 30 minutes (Express RPM). The second class starts at 9:15am. This will be an hour long MEGA RIDE session. **There is NO pre-registration for indoor cycling. Register the day of event.**

*** Speical Note**
62 MILE BIKE CUTOFF: *In order to manage the operations of the ride, cyclists must arrive at the 42/62 mile split (Wilsons Kajun 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.

T-SHIRTS
All participants who ***pre-register by April 9th, 2017*** will receive a t-shirt on the day of the event. For those whose registration forms are received after this date, t-shirts will be available on a first-come, first serve basis until we run out.

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
Brian Naquin
naguin.brian@gmail.com

***To benefit*:**

National Multiple Sclerosis Society

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

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PRESENTED BY:

WELLNESS CENTER
OF THIBODAUX REGIONAL

REGISTRATION FORM

(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 less than 18 years old. ***Date***

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

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T-SHIRT SIZE (pre-registration only):

Adult (Circle one) S M L XL XXL XXXL

Please pick your event(s)

☐ ***62 mile*** ☐ ***42 mile*** ☐ ***25 miles***

*** see note on previous page about the 62 mile cutoff**

Bicycle Ride or Indoor Cyling	$40.00

Donation to Multiple Sclerosis Society $ _____

TOTAL AMOUNT ENCLOSED: $ _____

The BCC Spring Ride **is a pre-planned event.**

Rain or Shine - NO Refunds.

SNELL or ANSI approved helmet required

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:

MS National Multiple Sclerosis Society

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