

# BAYOU COUNTRY CYCLISTS

SPRING RIDE 2019  
Presented by:



WELLNESS CENTER  
OF THIBODAUX REGIONAL

**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  
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#### To benefit:



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

