# BAYOU COUNTRY

# Sunday April 22th, 2018

Time: 8:00am

Location: Wellness Center of Thibodaux Regional

## DATE: SUNDAY April 22th, 2018

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

## 2018 SPRING BICYCLE RIDE

presented by:



## WELLNESS CENTER OF THIBODAUX REGIONAL

#### \* 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 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.

## T-SHIRTS

All participants who **pre-register by April 6th, 2018** will receive a t-shirt on the day of the event. For participants registering after this date, t-shirts will be available on a first-come/first-serve basis until supply is depleted.

## 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@bollingershipyards.com



National Multiple Sclerosis Society

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

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<b>2018 BCC SPRING BICYCLE RIDE</b>	T-SHIRT SIZE (pre-registration only):
PRESENTED BY:	Adult (Circle one) S M L XL XXL XXXL
	Please pick your event (PLEASE PICK ONLY ONE)
	<b>62</b> mile <b>42</b> mile <b>25</b> mile
WELLNESS CENTER OF THIBODAUX REGIONAL	8:30am EXPRESS RPM INDOOR CYCLING
<b>REGISTRATION FORM</b> (Each rider must fill-out and sign a separate registration form. Photocopies of the form are acceptable)	9:15am MEGA RPM INDOOR CYCLING ( 1 hour )
NAME:	Bicycle Ride or Indoor Cyling \$40.00
ADDRESS:	
	Donation to Multiple Sclerosis Society \$
CITY/STATE/ZIP:	
	TOTAL AMOUNT ENCLOSED: \$
TELEPHONE: ( )	
EMAIL:	The BCC Spring Ride is a pre-planned event. Rain or Shine - NO Refunds.
<b>WAIVER</b> : 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	SNELL or ANSI approved helmet required
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.	PLEASE MAKE CHECK PAYABLE TO BAYOU COUNTRY CYCLISTS AND MAIL WITH SIGNED REGISTRATION FORM TO:
In Case of Emergency, Please Contact:	BAYOU COUNTRY CYCLISTS
Name Number	P.O. Box 2613
I have read the above waiver, I understand that the bicycle	Houma, La. 70361
portion of this event is a recreational ride, and I agree to ride in a safe and lawful manner.	To benefit:
Signature of rider/participant Date	National
(18 years old or older)	Multiple Sclerosis Society
Signature of parent or guardian if rider/participant is Date less than 18 years old.	For more info visit: http://bccbike.org
(Children under 15 must be accompanied by an adult.)	
S. Para	Standard Contraction