

BAYOU COUNTRY



CYCLISTS

2018 SPRING BICYCLE RIDE

presented by:



WELLNESS CENTER
OF THIBODAUX REGIONAL

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

* Speical 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.

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

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To benefit:



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

