

BCC SPRING RIDE & 5K

Fun - Music - Food

25, 42 & 66 MILE BIKE RIDES

5K Run/Walk

KID'S OBSTACLE COURSE

To benefit the: **Girls on the run**



Sunday April 13th, 2014

Peltier Park, Thibodaux, Louisiana

Bike \$25.00

Run \$25.00

Kid's Obstacle Course \$12.00

Bike & Run \$35.00

* Packet pickup will be available on Saturday from 2pm to 5pm at Peltier Park

To guarantee a T-shirt please pre-register before April 1st, 2014

Add \$5.00 for race day registration -- beginning at 6am
Rain or Shine!

7:00am - Run
7:45am - Bike
10am-noon - Kid's

Register at: <http://bccbike.org>

BAYOU COUNTRY
CYCLISTS

GREEN
TEAM



2014 Spring Ride & Kid's Obstacle Course & 5k

Peltier Park
Thibodaux, Louisiana
Sunday April 13th, 2014

To benefit: Girls on the Run

DATE: SUNDAY April 13th, 2014

LOCATION: PELTIER PARK at 506 BAYOU LANE,
THIBODAUX, LOUISIANA

BIKE DISTANCES: 25, 42 & 66 MILES

RUN DISTANCE: 5 KILOMETERS

KID'S COURSE: *Approximately ½ mile*

TIME:

7:00am	5K Start
7:45am	Bike Start
10am - 12pm	Kid's Obstacle Course

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. Register online at <http://bccbike.org>

ROUTE

The route will take you through some scenic back roads of Lafourche and Terrebonne Parishes in the heart of bayou country.

KID'S OBSTACLE COURSE:

Its a timed course with a series of fun and challenging activities to be completed before continuing on. Kids can compete in the obstacle course from 10am to noon.

RAFFLE & DOOR PRIZE

Drawings will be held after the ride. All registered participants will be eligible for a chance to win door prizes. Raffle tickets will also be sold at the event.

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 DONATION:

To benefit: Girls on the Run

REST STOPS/SAG SUPPORT

Run Rest Stops will be located at every mile.

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 1st, 2014** will receive a t-shirt on the day of the event. For those who registrations 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 runners & riders will return to the park and enjoy an entrée, homemade side dishes & desserts, beer & soft drinks. Fruit and snacks will also be on hand.

CONTACT INFORMATION

Christy Jaccuzzo

christyjaccuzzo@att.net

To benefit :

**Girls on
the run**

<http://bccbike.org>



2014 Spring Ride & 5k 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 and/ Bayou Runners Association, 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
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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 <small>(18 years old or older)</small>	Date
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Signature of parent or guardian if rider/participant is less than 18 years old.	Date
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(Children under 15 must be accompanied by an adult.)

All participants who **pre-register by April 1st, 2014** will receive a t-shirt on the day of the event. For those who registrations forms are received after this date, t-shirts will be available on a first-come, first serve basis until we run out.

T-SHIRT SIZE (pre-registration only):

Kid (Circle One) S M L

Adult (Circle one) S M L XL XXL XXXL

Please pick your event(s)

Bike Ride 5K Kid's Event

If you plan on riding, please pick a distance

66 miles 42 miles 25 miles

Bicycle Ride	\$25
5K	\$25
Kid's Event	\$12
Bicycle Ride & 5K	\$35

Note: Add \$5 if you register the day of the event

\$

Donation to Girls on the Run

\$

RAFFLE TICKETS:

tickets @ \$2.00 each = \$

(Pre-Paid raffle tickets will be included in your rider packet the day of the event.)

TOTAL AMOUNT ENCLOSED:

\$

The Spring Ride & 5K 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