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**BCC Millennium  
Spring Tour  
May 21, 2000  
Houma, LA**

***Want Crawfish ??***



# BCC Millennium Spring Tour

HOUMA, LOUISIANA  
SUNDAY, MAY 21, 2000

## LOCATION

The tour will begin and end at J&N Truck Stop / Nifty Fifties restaurant in Houma on LA Hwy. 24 approximately 1/2 mile south of the Prospect Street intersection.

## Directions from New Orleans

Take US Highway 90 West to the first Houma exit, turn left on Hwy. 182, proceed 3 1/2 miles, turn left on Hwy 3087 (Prospect St.), proceed 5 miles, turn left on Hwy 24 and continue 1/2 miles to starting point of ride.

## REGISTRATION/CONTINENTAL BREAKFAST

Tour registration begins at 7:00 A.M. on the morning of the event. A complimentary continental breakfast will be provided for all participants.

## REGISTRATION FEE

Early Registration (Prior to 5-1-00) \$20.00  
Late/Same Day Registration (After 5-1-00) \$25.00

## ROUTE

The Tour route will follow along the scenic banks of Bayou Petit Caillou and Bayou Terrebonne in southern Terrebonne Parish. Here, you will pass the many shrimp boats docked unloading their catch or maybe just getting ready for their next trip. You will see and enjoy some great scenery and get a glimpse of some Cajun culture.

You will have a choice of two routes. The long route is approximately 38 miles. A shorter route of approximately 20 miles is available for beginners or those of you who are in a hurry to return to the crawfish feast. Tour routes will be marked and maps will be available.

## SAG SUPPORT

Rest stops will be strategically located approximately every 10 miles along the route, stocked with water, sport drinks, fruit and snacks. Rolling SAG/mechanical support will also be provided for both routes.

## STARTING TIMES

The 38 mile ride starts promptly at 8:30 A.M. with the 20 mile riders departing at 9:00 A.M.

## SAFETY

The BCC Spring Tour is a recreational event — not a race. Although, most roads are lightly traveled, riders should expect to encounter motorists and be prepared for road hazards. Participants should operate their bicycles in a safe and lawful manner and obey traffic laws throughout the ride. ANSI or Snell approved cycling helmets are required. As a member of the League of American Bicyclists, the Bayou Country Cyclist requires that all participants in the BCC Millennium Spring Tour wear ANSE or Snell approved helmets while operating bicycles at all times. There is no exception to this requirement. The use of radios while operating bicycles is prohibited.

## T-SHIRTS

BCC Millennium Spring Tour souvenir T-shirts will be issued to pre-registered riders. Late/same-day registrants will receive T-shirts 4-6 weeks after the event.

## POST-RIDE ACTIVITIES

Riders will return to the welcoming sound of lively music provided by Accent DJ. You will also be treated to an authentic Cajun Feast of hot boiled crawfish, jambalaya, beer, and soft drinks. Fruit and snacks will also be on hand for those wanting something a little lighter.

We hope to have massage therapists on hand to soothe our aching muscles.

## ACCOMODATIONS

Special room rates available:  
Fairfield Inn—\$54.00 504-580-1050  
Ramada Inn— \$52.00 504-879-4871

Free limited camping sites available—tents, trailers, or coaches—Contact Warren Michel

## Free Pre-ride Bike Check Offered

Call the following Bike Shops for details and appointment:  
Bayou City Bicycles 504-851-3446  
The Bike Shop 504-872-1836

## INFORMATION

Contacts:  
Mindy Green at (504) 872-9404 or (504) 868-5720  
Warren Michel at (504) 853-5056 michelw@cajun.net

### BCC Millennium Spring Tour Registration Form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST/ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

**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 Cyclist, 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. I have read the above waiver, I understand that the BCC Spring Tour is a recreational ride, and I agree to ride in a safe and lawful manner.

Signature \_\_\_\_\_

Signature of parent or guardian if participant is a minor  
(Children under 14 must be accompanied by an adult)

Please register me for the following:

LONG ROUTE       SHORT ROUTE  
Approx. 38 miles      Approx. 20 miles

T-SHIRT SIZE: (Circle one)

M      L      XL      XXL

Early Registration Fee: (Prior to May 1, 2000)  
\$20.00

Registration Fee: (After May 1, 2000)  
\$25.00

PLEASE MAIL REGISTRATION FORM WITH PAYMENT TO:

BAYOU COUNTRY CYCLIST  
PO BOX 1152  
THIBODAUX, LA 70302