

EAST LYME



BIKE & BBQ

The East Lyme Bike & BBQ will be held Sunday, October 1st at the Smith Harris House in Niantic, CT.

Date: Sunday, October 1, 2017

Location: Registration and start at the Smith Harris House, 33 Society Road, Niantic, CT 06357

Race Day: Registration at the Smith Harris House, Niantic begins an hour before ride time (5:00 AM for the first two rides)

Cost:

Registration Prior to September 25nd: \$65/rider (Teams of 5 or more registering together will receive a \$5/rider Discount).

Registration September 26rd-October 1st: \$75/rider

Registration includes: Ride of your choice, event shirt, event water bottle (first 200) and post ride meal

Meal ticket ONLY: \$20*

Event long sleeve moisture wicking shirt: \$15*

***sold day of only, limited number available**

Online registration ends Sept. 28th @ bikeandbbq.com

Ride Options:

- The Horrible Hundred / 100 Miles
- The Miserable Metric / 62 Miles
- The Mild Metric/ 62 Miles
- The 38 Special/ 38 Miles
- The Easy 26 / 26 Miles
- The Historical House Tour / 9 miles

- 6:00 AM** 100 mile ride starts
- 8:30 AM** 62 mile rides start
- 9:30 AM** 38 Mile ride starts
- 10:30 AM** 26 mile ride starts
- 11:30 AM** Historical House Tour starts

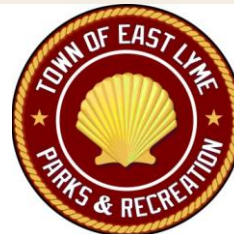
Rides are expected to finish between 12:30 PM to 3:00 PM where post-ride meal will be served until 5:00 PM.

Post Ride Feast:

At the conclusion of the ride, all patrons with a meal ticket will be treated to a delicious BBQ provided by The Niantic Lions club. The meal will include pulled pork, hamburgers, hot dogs, coleslaw, potato salad, and baked beans.

Directions:

Exit 73 off I-95 North: Take left at the end of the ramp. At first stop sign, take a left. Entrance to Smith Harris House is on the left hand side at bottom of small hill before Lillie B. Haynes Elementary School. I-95 South: Take a right at the ramp, then another right at stop sign at the top of the hill onto society road. Continue until next stop sign, then take a left and entrance to Smith Harris House will be on your left at the bottom of the small hill before the school.



Make Check payable to the town of East Lyme. Mail to: East Lyme Parks & Rec, 41 Society Rd. Niantic, CT 06357. Registration fee is \$65 prior to September 22nd and \$75 after.

I'm registering for: **9 mile 26 mile 38 mile 62 mile 100 mile**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

Signature: _____ (Parent or guardian signature required if under 18 years of age)

Sex:	F	M			
Age on 10/1/17:	<input type="text"/>				
Shirt Size:	S	M	L	XL	XXL
Are you with a team?	Yes	No			
Team Name	_____				

Waiver: In consideration of this entry being accepted, I hereby WAIVE all rights and claims for losses, injuries, and damages East Lyme Parks & Rec, Town of East Lyme, and any sponsor or individuals involved in the operating of this event. I attest that I am physically fit to participate in this race. I, the undersigned, assume any risk arising from my participation in this event. I understand that children under 16 must be accompanied by an adult at all times.