

EAST LYME



BIKE & BBQ

The East Lyme Bike, Hike & BBQ will be held Saturday, September 29th at the Smith Harris House in Niantic, CT.

Date: Saturday, September 29th, 2018

Location: Rider Registration and start at the Smith Harris House, 33 Society Road, Niantic, CT. Walker registration and start at Veteran's Field.

Race Day: Registration at the Smith Harris House, Niantic begins an hour before ride time (5:00 AM for the first two rides). Walker registration begins at 10:00AM at Veteran's Field.

Cost:

Rider Registration Prior to September 25th:

\$65/rider (Teams of 5 or more registering together will receive a \$5/rider Discount).

Rider Registration September 26th-September 29th: \$75/rider

Walker Registration: \$25

Registration includes: Ride of your choice, event shirt, event goodie bag (first 200) and post ride meal. Walks do not include a shirt.

Meal ticket ONLY: \$20*

Event long sleeve moisture wicking shirt: \$20*

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

Online registration ends Sept. 25th @ BikeAndBBQ.com

Ride Options:

1. The Horrible Hundred / 100 Miles Starts **6:00AM**
2. The Happy Hundred/ 100 Miles Starts **6:00AM**
3. The Miserable Metric / 62 Miles Starts **8:30AM**
4. The Mild Metric/ 62 Miles Starts **8:30AM**
5. The 40 Caliber/ 40 Miles Starts **9:30AM**
6. The No Jive 25 / 25 Miles Starts **10:30AM**

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

Walk Options:

1. Long Trail Oswegatchie Hills Nature Preserve 3.4 Miles (~5 Km)
2. Niantic Streets Hike 6.2 Miles (10 Km)
3. Combined Long Trail & Street 9.6 Miles (15 Km)
4. Short Trail Hike on Oswegatchie Hills Nature Preserve 1.7 Miles (2.7 Km)

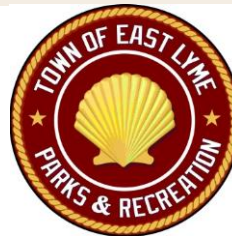
All Walks start at **11:00AM** at Veteran's Field

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.
Rider registration fee is \$65 prior to September 22nd and \$75 after. Walker registration is \$25.

I'm registering for:

Rides: 25 mile 40 mile Mild Miserable Happy Horrible

Walks: 1.7 mile 3.4 mile 6.2 mile 9.6 mile

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

Signature: _____

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|----------------------|----------------------|----|---|----|-----|
| Sex: | F | M | | | |
| Age on 9/29/18: | <input type="text"/> | | | | |
| Shirt Size: | S | M | L | XL | XXL |
| Are you with a team? | Yes | No | | | |
| Team Name | _____ | | | | |

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

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