

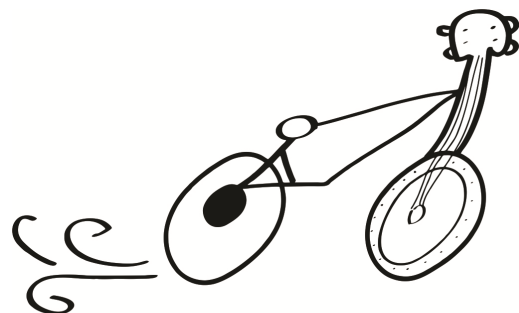
Bagels and Bluegrass Bike Ride Registration
Tourism Association of Southwest Tennessee
P.O. Box 10543
Jackson, Tennessee 38308

15th Annual Bagels and Bluegrass Bicycle Century Tour Across Southwest Tennessee

Presented by Jackson State
Community College Foundation

October 15, 2016

The Bagels and Bluegrass Bicycle Century Tour across Southwest Tennessee is a bicycle ride featuring Southwest Tennessee's State Parks and scenic roads. The ride begins with a breakfast of bagels at the staging area located at Jackson State Community College, corner of State Highway 412 (Parkway) and US 70 (Whitehall) in Jackson, Tennessee. Featured stops include Pinson Mounds State Archaeological Area, the largest Middle Woodland Indian Complex in the Southeast consisting of at least 15 earthen mounds; and Chickasaw State Park, near Henderson, Tennessee. Geared toward cycling enthusiasts of all abilities, the Bagels and Bluegrass ride features a century ride, metric century ride, a 32-mile ride and a family fun ride of 14.1 miles.



Bagels and Bluegrass

Rider Information

Headquarters for the ride will be Jackson State Community College at 2046 N. Parkway in Jackson, Tennessee. Registration will begin at 6 a.m.-Mass start at 8:00 a.m. Registration fee is \$25 in advance and \$30 the day of the event. Fee for the Family Fun Ride (14.1 mile only) is \$35 per family. This includes official ride information and maps, breakfast, SAG stops with refreshments, and bluegrass entertainment. Proceeds from this event will benefit a scholarship fund for Jackson State Community College as well as the Friends of Chickasaw and Pinson Mounds State Parks. Pre-registered riders may pick up packets at the registration area. Commemorative t-shirts and a meal ticket for a hot meal will be available for cyclists at no additional cost. Shower facilities will be available if needed.

Directions: Jackson State Community College is located at the corner of State Highway 412 (North Parkway) and US 70 (Whitehall Street) in Jackson, Tennessee. (Take Exit 85A off I-40. left at 2nd red light.) Automobiles may be left at the college for the day in a designated parking area.

Information regarding routes and support will be available at registration the day of the event.

To register for the event, visit the Bagels and Bluegrass website at www.bagelsandbluegrass.tn.org or return the attached registration form with a check to **Bagels and Bluegrass** for \$25 to the following address:

Bagels and Bluegrass Bike Ride Registration
Tourism Association of Southwest Tennessee
P.O. Box 10543
Jackson, Tennessee 38308

Registration day of event will be \$30—Bring 4 paying riders and you ride free! Door prizes will be given away in the afternoon to registered participants.

Health Tips

1. Make sure water bottles are full of fresh water
2. Drink plenty of liquids to replenish lost body fluids. Juices will replace lost potassium.
3. Do stretching exercises or knee bends before starting out to prevent muscle spasms.

For more information, visit our web site:
www.bagelsandbluegrass.tn.org

Bagels and Bluegrass 2016 Registration Form

Name: _____

Age: _____ Sex () Male () Female

Address: _____

City, State, Zip: _____

E-mail: _____

Home Phone: () _____

Cell Phone: () _____

T-Shirt Size: _____

Allergies: _____

Medication: _____

Emergency Contact Information:

Name: _____

Address: _____

Phone: () _____

Please circle one:

14.1 mile 32 mile 60 mile 100 mile
Bagels & Bluegrass Bike Ride \$25 per person
Bagels & Bluegrass Family Fun Ride \$35 per family

Please make checks payable to Bagels & Bluegrass..

Participants under 18 must be accompanied by a parent or legal guardian. If you are under 18, please have the responsible adult fill in the following information:

Name: _____

Signature of Parent/Guardian: _____

Address: _____

Age: ___ Relation: _____

Please see other side for safety rules. Liability waiver will be available to sign at registration.

Mail entry form and registration fee to:
Bagels and Bluegrass Bicycle Tour Registration
Tourism Association of Southwest Tennessee
P.O. Box 10543; Jackson, TN 38308

Safety Rules and Liability Waiver

Safety Rules

1. **All riders must wear an ANSI or Snell-Approved helmet.**
Failure to wear secured helmet will result in expulsion. Other gear to consider: water bottles, cycling gloves, rearview mirror, extra tubes, patch kit, air pump (frame), tire irons, handlebar or seat bag, bike lock, sunscreen, personal first aid kit, rain gear, insect repellent.
2. Riders are reminded to obey all traffic signs and signals.
3. Do not attempt routes that are beyond your capabilities.
4. Keep bicycle in good condition. Check for loose/worn parts regularly.
5. Persons riding upon a roadway shall not ride more than two abreast and shall not impede the normal and reasonable movement of traffic. Ride on the right-hand side of the road with traffic.
6. Pass cyclists on the left side only.
7. Signal all turns well in advance; keep both hands on the handlebars when executing a turn.
8. No headphones are permitted during the ride.
9. Wear bright colors for visibility. Avoid loose fitting clothing that might get caught in spokes or the chain.
10. Ride defensively and in a predictable manner. Stay alert. Watch out for speeding drivers. Keep traffic flowing by helping drivers pass you in a safe manner.
11. Before starting descents or long downgrades, make sure brakes, cables, tires and wheels are in good condition and load is secure.
12. Use your water bottle to scare dogs that chase you.
13. Because this is a family event to encourage health and fitness, no alcoholic beverages are allowed.

Waiver of Liability—to be signed day of event -

In consideration of the acceptance of my entry, I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless the Bluegrass and Bagels planning committee and its assisting organizations, Jackson State Community College, Jackson and Madison County, any sponsors, owners and operators of motor vehicles and officers, directors, employees volunteers or lessors of any of the foregoing persons or entities from any and all liability, whether resulting from negligence of any aspect of the Bagels and Bluegrass Bicycle Century Tour, whether a pre-ride, post-ride activity or the ride itself. I also expressly covenant with the aforementioned persons and entities not to sue any such persons and entities for any such activity, including the negligence of any such persons or entities. I certify and represent by my application for entry that my physical condition is adequate to participate safely in the Bagels and Bluegrass Bicycle Century Tour and hereby acknowledge the above persons and entities have no obligation to provide medical care and have not undertaken the responsibility to do so. In the event that I receive medical care as a result of a medical emergency, I hereby consent to such care and fully release the person(s) providing such care from any and all liability, whether resulting from negligence or otherwise. I authorize and consent to, whether by videotape, film, newsprint, written advertisement, or otherwise, of any materials containing my name or picture and I release any sponsors and all persons acting under authority from any claims I might have due to initial or subsequent publication of any such materials or photographs. I hereby certify I have fully read and understand for foregoing release, waiver and covenant not to sue, and sign it voluntarily. I also agree to wear a helmet at all times during the ride.

Lodging

All Suites Hotel: 541 Carriage House Drive. 731-668-6000.

America's Best Value Inn: 220 Vann Drive. 731-668-0808.

Baymont Inn: 465 Vann Drive. 731-661-9995.

Best Western: 1936 Hwy. 45 Bypass. 731-664-3030.

Comfort Inn: 40 International Cove; 731-421-2711.

Comfort Suites: 61 Casey Jones Lane. 731-868-1700.

Country Inn & Suites: 1935 Emporium Drive. 731-660-0077; (800) 456-4000

Courtyard by Marriott: 200 Campbell Oaks Drive; 731-422-1818.

Days Inn Bypass: 1919 Highway 45 Bypass. 731-668-3444.

Roadway Inn 2239 Hollywood Dr.. 731-668-4840.

Doubletree Hotel: 1770 Highway 45 Bypass. 731-664-6900.

EconoLodge: 1890 Highway 45 Bypass. 731-664-4312.

Hampton Inn & Suites: 150 Campbell Oaks Drive. 731-427-6100.

Holiday Inn Express: 55 Parkstone; 731-736-1174.

Howard Johnson: 1292 Vann Drive. (800) 526-3766; 731-660-8651.

LaQuinta Inn: 2370 North Highland. 731-664-1800.

Old Hickory Inn: 1849 Hwy. 45 Bypass. 731-668-4222.

Quality Inn: 535 Wiley Parker Road. 731-668-1400.

Residence Inn: 126 Old Medina Crossing. 731-935-4100

Additional Southwest Tennessee Activities

Chester County

Chickasaw State Park

Decatur County

Beech Bend Recreational Park
Parsons Historical Museum & Visual Arts Gallery

Hardeman County

Bolivar Historic Districts
National Bird Dog Museum, Field Trial Hall of Fame, and Wildlife Heritage Center

Hardin County

Pickwick Landing State Resort Park
Shiloh Indian Mounds National Historic Landmark
Shiloh National Military Park
Tennessee River Museum

Haywood County

Hatchie National Wildlife Refuge
Historic District/College Hill Center/Mindfield
West Tennessee Delta Heritage Center

Henderson County

Beech River Cultural Center and Museum
Beech River Watershed
Natchez Trace State Park
Parkers Crossroads Battlefield

Madison County

Britton Lane Battlefield
Carnegie Center for Arts & History
Casey Jones Village & Old Country Store
Cypress Grove Nature Park/Raptor Center
International Rockabilly Hall of Fame
N.C.& St. L. Depot and Railroad Museum
Pinson Mounds Archaeological Park
Rusty's TV and Movie Car Museum
Salem Cemetery Battlefield
Jackson Generals Minor League Baseball

McNairy County

McNairy County Historical Museum
Sheriff Buford Pusser Home and Museum



For more info:
Tourism Association of Southwest Tennessee
www.visitswtenn.com—info@visitswtenn.com
1-866-261-7534