

# Bicycles Rule!

## Polk County Crime Stoppers Presents the 1<sup>st</sup> Annual:



November 16<sup>th</sup>, 2013

**Benefiting Polk County Crime Stoppers, Childrenz Haven, Saafehouse, and CASA**

**When & Where:** Saturday morning, November 16th 2013, the first annual Spirit Ride will offer experienced and beginning cyclists an opportunity to ride along the shore line of Lake Livingston and the surrounding rolling hills of Polk County, Texas. **RAIN OR SHINE.**

**Registration:** available in advance at [spiritrides.com](http://spiritrides.com) for a contribution of \$30. You can also register on-site the day of the ride beginning at 6:30am for \$35. Family and group rates available upon request.

**Start Location:** Our ride begins at the Livingston High School parking lot located at 400 FM 350 South Livingston, TX 77351. Livingston is located 75 miles north of Houston on Highway 59 ([Directions](#)). All routes will start promptly at 8am. SAG support available until 2 pm.

**Routes:** We offer four routes for all levels of riders, including a "Metric Century" 62 mile course. The routes will take participants through the historic downtown Livingston, Texas and rolling hills south and west of Livingston via 4 courses of increasing length, all of which will take riders northward along the eastern shore of Lake Livingston, and then back to the finish at the High School where the rides begin.

[23 Mile Ride](#)   [33 Mile Ride](#)   [42 mile Ride](#)   [100km Ride](#)

**Support:** Rest stops and SAG support will be available on all routes. This will include fruit and drinks along with plenty of port-a-potties. So whether you need to take a break, need help with a flat or just need a lift, we will be there for you. Lunch and refreshments will be provided to riders on their return to the High school parking lot.

### Safety Requirements:

- Anyone 16 or under must be accompanied by adult
- Helmets are required, **NO HELMET, NO RIDE**
- No head phones or cell phones allowed while riding
- Obey all traffic signs & signals
- No Trailers or Tag-a-longs
- Ride on right side a few feet from edge in same direction as traffic
- Never ride more than two abreast
- Pass on the left only
- Use hand signals for stops and turns
- Ride friendly and respect the communities we ride through

**After the Ride:** We encourage everyone to bring the whole family, as November 16<sup>th</sup> is also Livingston [Trade Days at Livingston's Pedigo Park](#). For more information on activities in the Livingston area, including RV parks, hotels and restaurants, visit the Livingston Polk County Chamber of Commerce.

We look forward to riding with you...  
Dr. Ray Luna, Ride Marshal  
Contact us at: [spiritrider@yahoo.com](mailto:spiritrider@yahoo.com)

