

**25th**  
**Parrot Head Bike Ride For Our**  
**Environment**

When? Saturday, March 25, 2023, 8AM

Where? Istrouma Brewing  
5590 Bayou Paul Rd.  
St. Gabriel, LA

What? A 7- to 26-mile bicycle ride to raise money for the Nature Conservancy of LA and the Bluebonnet Swamp Nature Project.

Each participant will receive a collector's edition **25th Parrot Head Bike Ride for Our Environment** T-shirt and ride packet, rest stops with drinks/fruit, and lunch and drinks after the ride. Riders are required to provide and use their own helmets.

The ride starts and ends at the Istrouma Brewing in St. Gabriel

The cost is \$25.00 to pre-register and \$30.00 to register the day of the ride.

Registration on ride day begins at 7:00 AM.

Directions to: Istrouma Brewing: From Hwy. Hwy 30 (Nicholson Dr.) turn NE on Bayou Paul Rd. Travel .4 miles and turn right. Istrouma Brewing is .1 mile on the right.

Participant Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

T-shirt size: \_\_\_Small \_\_\_Med  
\_\_\_Large

\_\_\_XL \_\_\_XXL \_\_\_XXXL

\*Registration must be received by March 13, 2023, to ensure T-shirt size selection.

If pre-registering, send money and registration form to:

Parrot Head Bike Ride  
c/o Vicky Womack  
849 Richland  
Baton Rouge, LA 70806

Please make checks payable to:  
LOODPHC  
(Loyal Order of Disorder Parrot Head Club)

If you have any questions, please contact:  
Vicky at 225-938-3179  
[www.brphc.org](http://www.brphc.org)

Participant Release Waiver

In signing this release, I (we) acknowledge that I (we) understand the intent thereof and I (we) hereby agree and will absolve and hold harmless the Loyal Order of Disorder Parrot Head Club of Baton Rouge, corporate sponsors, cooperating organizations, and any other parties connected with this event in any way, singularly, or collectively from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience, or damage hereby suffered or sustained as a result of participation in the Bike Ride for Our Environment or any other activities associated herewith. I (we) also hereby consent to and permit emergency treatment in the event of injury or illness. I (we) further agree to follow all applicable traffic laws, conduct my activities in a safe and prudent manner and wear a helmet.

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Signature (Parent of legal guardian if under 18 years old)

*“The Loyal Order of Disorder Parrot Head Club of Baton Rouge is a non-profit organization whose purpose is to assist in local community and environmental concerns, and to provide a variety of social activities for people with similar tastes and interests.”*



**25th  
PARROT HEAD BIKE  
RIDE FOR OUR  
ENVIRONMENT**



**Saturday,  
March 25, 2023**

**To Benefit the Bluebonnet Swamp  
Nature Project  
and the Nature  
Conservancy of Louisiana**

**Registration - 7:00-8:00 AM**

**Ride - 9:00 AM**

**Post-Race Party - 10:00 AM**