



Lifecycles Louisiana Parent Newsletter #1 – January 2023

Dear Lifecycles Parents,

I wanted to get this information in your hands early in the year so that you can plan for the upcoming ride season and especially the Challenge Ride in June. It will be important for your teen to attend as many of our rides this spring as possible in order to prepare them for the difficulties associated with the Challenge Ride.

Challenge Ride details:

Dates:	Sunday June 11 – Friday June 16
First Day:	Drive from Mandeville to Tupelo, MS on Sunday afternoon, ride will start on Monday morning
Route:	Tupelo, MS to Natchez, MS along the Natchez Trace Parkway
Total Distance:	280 miles (an average of 56 miles per day over 5 days)
Overnight Stops:	Eupora, MS, Kosciusko, MS, Ridgeland, MS, and Port Gibson, MS
Accommodations:	Hotels, except in Port Gibson where we have an Airbnb
Last Day:	Ride ends at the Natchez Historic Park on Friday afternoon; we will then drive back to Mandeville
Support:	We will have several adult leaders riding with us and at least one vehicle following the team
Cost per teen:	Free of charge

Teens will have to earn the right to take part in the Challenge Ride. They will do this by participating in our training rides, completing the portions of the syllabus that have been assigned over the course of the season, and by demonstrating a positive attitude throughout the season. I will have the final say on who can participate. Please let me know as early as possible if your teen plans to attend the Challenge Ride and/or if you know that they will not be able to attend due to other commitments. Participating in the Challenge Ride is not required to be a part of Lifecycles.

Spring Riding Season: Our spring riding season will start on Saturday, February 25 providing that the weather is acceptable. We will ride every Saturday from then until the Challenge Ride at 11:00 AM at the Koop Dr Trailhead in Mandeville. Daylight Savings Time starts on Sunday, March 12 and beginning the following Tuesday, March 14, we will offer weekday rides every Tuesday and Thursday (weather permitting) at 5:00 PM also starting from Koop Dr.

In order for the teens to be ready for the Challenge Ride, they will need to make every effort to participate in at least two rides per week throughout the spring season. I understand that there will be times when that is not possible, and so it is not a hard and fast rule. But I will keep track of their participation and will use that to help determine who is ready for the Challenge Ride.

Bike Giveaway: At the end of the season, we will hold a raffle to give away one of our bicycles. Every Saturday starting March 18, we will enter the names of each teen who has completed two rides that week into a jar and then will draw a name from that jar at the conclusion of the Challenge Ride. The more they participate, the better their chances to win that bike.

We appreciate the opportunity to partner with you in this ministry. Please don't hesitate to contact us with questions.

Doug and Patty Connor

Lifecycles Louisiana, Inc.

Lifecycles Louisiana is a 501(c)(3) nonprofit
Check out our website at www.lifecyclesla.com