



8 a.m. • Saturday, March 31, 2007
Nacogdoches Treatment Center
119 Hughes Street • Nacogdoches, Texas
www.nactreatmentcenter.org

30- to 100-Mile Routes

Routes overlap as course mileage expands

★

A challenging 10-mile route is located inside Nacogdoches city limits. Courses will be marked on event day.

★

to Henderson

to Lufkin

Special thanks to The Bike Shop for helping design the ride routes!
 Routes are subject to change.

The Loblolly Liberator is an annual bike ride fund raiser hosted by, and benefiting, the Nacogdoches Treatment Center.

The center's programs include a day activity program for individuals with Alzheimer's Disease and a training program for individuals with disabilities who want to work and learn to live more independently.

What is the Loblolly Liberator?

The Loblolly Liberator is an annual fund-raising event hosted by, and benefiting, the Nacogdoches Treatment Center. The bike ride features five different courses (a 10-mile, 30-mile, 53-mile, 77-mile and 100-mile) with the majority of the mileage outside the city limits. Being in East Texas, the routes are all hilly, challenging and scenic with early Spring blooms among the Loblolly pines. All routes begin at the Nacogdoches Treatment Center; routes include about 5 miles inside city limit traffic and a few miles of four-lane highway traffic. The remainder of the ride is on fair-to-good paved FM and County Roads. The course was designed by bike riders in our area. All routes have SAG support and rest stops with restrooms and refreshments. All proceeds from the ride support the worthy mission of the Nacogdoches Treatment Center, a non-profit organization that offers programs for individuals with disabilities who are not eligible for services through agencies or schools.

The unique name—Loblolly Liberator—came from one of the Treatment Center's employees. Using a hand cycle, he participated in his first bike ride (a 25-miles course) in October 2000. After completing the ride, he felt exhilarated, excited and totally liberated. He developed a plan for a Spring bike ride fund raiser that took riders through the East Texas countryside filled with native Loblolly pines. "Liberator" represents his experience after completing his first ride. It also applies to the treatment center's goal for its clients—liberating individuals with disabilities from their barriers, and liberating the caregivers in families of an Alzheimer's patient for a few hours a day.

What are the ride specifics?

1. **Eligibility.** All riders under 18 must ride with a parent, and all riders must wear helmets.
2. **Courses.** All courses are typical scenic East Texas countryside with natural terrain being hilly and challenging. Manned rest stops with restrooms, snacks and drinks. SAG support on each course.
3. **Registration.** Early registration is \$25 per rider through March 16; registration after March 16 is \$30. Riders who register before March 16 will receive a free event T-shirt. Day-of-Ride Registration begins at 7 a.m. at the Nacogdoches Treatment Center, 119 Hughes Street. Coffee, juice, fruit and muffins will be available prior to ride. Light lunch provided upon returning from ride. *For safety reasons, all riders must turn in their assigned entry number upon returning from ride.* Donate \$100, and your name will be entered into a drawing for a new bike donated by The Bike Shop in Nacogdoches.
4. **Ride Begins:** Ride starts and ends at the Nacogdoches Treatment Center, 119 Hughes Street —4 blocks north of Main Street and 1/2 block east of Hwy 59 Business North (also called North Street). The Treatment Center is a large red brick building with two parking lots. Additional parking is available at a nearby school, one block east.
5. **Ride Time:** Helmets are required for all riders. Ride time is 8 a.m. with 5-minute staggered starts for each route; 100-mile riders begin first. No late starters due to SAG following last rider on each route. The 10-mile ride closes at noon. The 30- to 100-mile rides close at 5 p.m. Riders must turn in their assigned number upon ride return. We want all riders to safely return.

What do you do to participate?

1. **Read, Complete and Sign the Ride Registration Form.** The Rider Entry Fee is \$25 (\$30 after March 16). Riders who register before March 16 will receive a free event T-shirt. All riders under 18 must ride with a parent, and all riders must wear helmets.
2. **Collect Donations.** Ask coworkers, friends and family members to help you support the Loblolly Liberator by sponsoring your ride. Everyone who has donations totalling \$100 or more will be entered in a drawing for a new bike donated by The Bike Shop of Nacogdoches.
3. **Fuel up!** A pre-ride spaghetti dinner will be held at Ride Headquarters (the Nacogdoches Treatment Center) from 6 p.m. to 8 p.m. on Friday, March 30.
4. **Show Up with Your Helmet!** The ride starts at 8 a.m. on Saturday, March 31, at the Nacogdoches Treatment Center. Check-in and registration will be at the Nacogdoches Treatment Center.
5. **Accommodations.** A block of rooms has been reserved at each of the following hotels for this year's event. Please call the hotel directly for reservations.
 - **Hotel Nacogdoches** (936-569-8100, 3400 South Street, 5 miles south of the Nacogdoches Treatment Center). Cost is \$55 per night (plus taxes).



Nacogdoches Treatment Center
119 Hughes
Nacogdoches, TX 75961
(936) 569-7173

What is the Nacogdoches Treatment Center?

The Nacogdoches Treatment Center is a non-profit organization that offers programs for persons with Alzheimer's Disease and individuals with disabilities. Its goal is to work with individuals who are not eligible for these services through other agencies or schools.

The Nacogdoches Treatment Center relies heavily on donations, memorials, vendor fees from various agencies and fund raisers such as the Loblolly Liberator and an annual Christmas bazaar to stay operational.

What are the current programs provided by the Nacogdoches Treatment Center?

- **Alzheimer's/Dementia Day Activity Program**

This program offers a safe, secure, 4-hour per day activity program in which family caregivers can leave their loved one for mind-stimulating activities. Light physical exercises, simple art projects, games, singing as well as a monthly theme-oriented entertainment is planned for clients. The program has a professionally certified activity director, an assistant director and several volunteers who work with 16 to 24 clients per day. A caregiver support group for family and friends is scheduled on the last Friday of each month at the Nacogdoches Treatment Center.

To learn more . . .

To learn more about the Nacogdoches Treatment Center or to make a contribution to the organization, feel free to contact the staff: **Nacogdoches Treatment Center, 119 Hughes St., Nacogdoches, Texas 75961, (936) 569-7179, (936) 569-1074; www.nactreatmentcenter.org; info@nactreatmentcenter.org**