



SMALL TOWN, BIG BEACH™

**For Immediate Release:**

September 5, 2019

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**Gulf Shores Recreation Department announces Bike to the Iron Bowl challenge**

Gulf Shores, Ala – September 5, 2019 – Calling all Alabama Crimson Tide and Auburn Tiger fans! The Gulf Shores Recreation Department is excited to announce the Bike to the Bowl Challenge, a free 8-week fitness program that will challenge you to bike to the Iron Bowl.

Participants will bike the distance of Gulf Shores to Jordan-Hare Stadium in Auburn, Ala., which is approximately 240 miles, in the span of 8 weeks beginning on October 5 and ending on November 30. Participants may bike outside, use indoor stationary bikes or use COAST bikes at the Cultural Center – Studio Fitness. Biking miles must be logged each week at the front desk of the Bodenhamer or Cultural Center.

All individuals who complete the Bike to the Bowl Challenge will receive a visor in their favorite team’s color and will be eligible for entries in random prize drawings. Drawings include gift cards, collegiate wear, Bodenhamer Recreation Center memberships and more.

“We are very excited to offer this fitness program to members and non-members this season,” Recreation Manager Nicole Ard said. “While all of our programs are geared to get members motivated and moving, the Bike to the Bowl Challenge adds a little more enthusiasm and competition to the mix by utilizing the fiercest rivalry in Alabama. We are excited to have both our Crimson Tide fans and our Tiger fans come together for this great event and bike to the Iron Bowl!”

Registration will open on September 3 and close on October 4. Participants may register in person at the Bodenhamer Recreation Center or Cultural Center and online at [www.gulfshoresal.gov/recreationregistration](http://www.gulfshoresal.gov/recreationregistration). All ages are encouraged to participate, and admission is free to the public.

For more information, please visit [www.gulfshoresal.gov/biketothebowl](http://www.gulfshoresal.gov/biketothebowl) or contact the Bodenhamer Recreation Center at 251-968-1420.

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