



East Haddam

Moodus

# Ride or Stride

**Sunday, October 6, 2019**

*Ride* in one of the 3 bike route options or *Stride* at your own pace! Don't forget to join us for a post-race picnic & raffle prizes!

- **37-mile GRAVEL GRINDER**
- **23-mile BACKROAD BURNER**
- **10-mile CAUSEWAY CRUISER**
- **5K FOLIAGE WALK/RUN**

**REGISTER HERE!**

**For more information, please visit the event website by clicking here**



**East Haddam Youth & Family Services, Inc.**

*Building community support to give our youth the foundation they need to become the next generation of successful parents, workers, leaders and citizens.*