

Sunday, October 9, 2016

Ride or Stride

START TIMES, MAP AND CUE SHEET LINKS

Gravel Grinder:

Start time: 8:15

Ride with GPS:

<https://ridewithgps.com/users/433320/activities>

Garmin Connect:

<https://connect.garmin.com/modern/course/13675311>

Strava:

<https://www.strava.com/routes/6627399>

26 Mile Road Ride: <https://ridewithgps.com/routes/16386731>

Start time: 9:30

10 Mile Road Ride: <https://ridewithgps.com/routes/16386834>

Start time:10:15

5K Walk/Run: <https://ridewithgps.com/routes/16386966>

Start time:10:30

5K Timed Run: <https://ridewithgps.com/routes/16386966>

Start time:10:45

Registration will begin at 7:45. Please arrive 30 minutes before your start time to allow for sign in or same day registration.