

Sunday, October 9, 2016

Ride or Stride

**START TIMES, MAP AND CUE SHEET LINKS**

Gravel Grinder: <https://ridewithgps.com/routes/15121047>

Start time: 8:15

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.