

# Ride or Stride

Sunday, October 6, 2024

**RIDE in one of the three bike route options or STRIDE at your own pace!  
After the race, join other participants for mingling and free refreshments!**

All races start and finish at the Moodus Sportsman's Club  
299A East Haddam Colchester Turnpike, Moodus, CT

**Kids 12 & under free with paid, participating adult;**

\$10 discount for students; additional financial assistance available.



## **37-mile Gravel Grinder**

Cyclocross, gravel bike, or mountain bike on scenic, maintained, active roads & unmaintained fire/Jeep roads. Challenging route recommended for experienced riders. NOT for road bikes. Start time: 7:45 a.m.

## **23-mile Backroad Burner**

Bike on beautiful, low traffic country roads along lakes and through Devil's Hopyard State Park. Start time: 9:30 a.m.

## **10-mile Causeway Cruiser**

A shorter but beautiful ride past a farm & lakes. Start time: 10:00 a.m.

## **Registration for all 3 bike rides:**

**\$40 before Sept. 29; \$45 after**



## **5K Foliage Walk/Run**

Walk or run along quiet country roads. Start time: 11:00 a.m.

## **Registration for 5K:**

**\$25 before Sept 29; \$30 after**

**Can't make it but want to support EHYFS? Donate here!**



**venmo**

**Register at [EHYFS.org/ride-or-stride](https://ehyfs.org/ride-or-stride) or scan the QR Code**



East Haddam Youth & Family Services, Inc.

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

