



MOVE FOR GRADY 2025 AGE REQUIREMENTS

ALL MINORS must have consent of parent or legal guardian and always remain with parent of legal guardian. **Parent or legal guardian responsible for selecting the appropriate course that matches the child's ability.**

AGE	ALLOWANCES
18 and Up	- No Restrictions
14 to 17	- 5K and 10K - 20 Mile Ride / 45 Mile Ride / 62 Mile Ride
8 to 13	- 5K and 10K
7 and Under	- 5K and 5K with Stoller

www.MoveForGrady.com



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