



MOVE FOR GRADY 2025 CYCLING & RUNNING/WALKING GUIDELINES

Route Distance	Allowed	Not Allowed
5K	<ul style="list-style-type: none"> - Baby jogger with large wheels - Expect 1 Water Stop - Surface – City Roads 	<ul style="list-style-type: none"> - Bicycles
10K	<ul style="list-style-type: none"> - Expect 2 Water Stops - Surface – City Roads 	<ul style="list-style-type: none"> - Bicycles
20-, 45- & 62- Mile Cycling Routes	<ul style="list-style-type: none"> - Standard Bicycle with pedals - Recumbent (w/ flag at least 6' high) - Hand Cycle - Para-cycling type bicycles Tandem - Electric Bike (E-Bike) 	<ul style="list-style-type: none"> - Motorized vehicles - Tag-A-Long/Burley Kart on 20, 45 & 65-mile rides - Training Wheels - Kids Tricycles - Wheelchairs - Scooters - Unicycle

www.MoveForGrady.com



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