

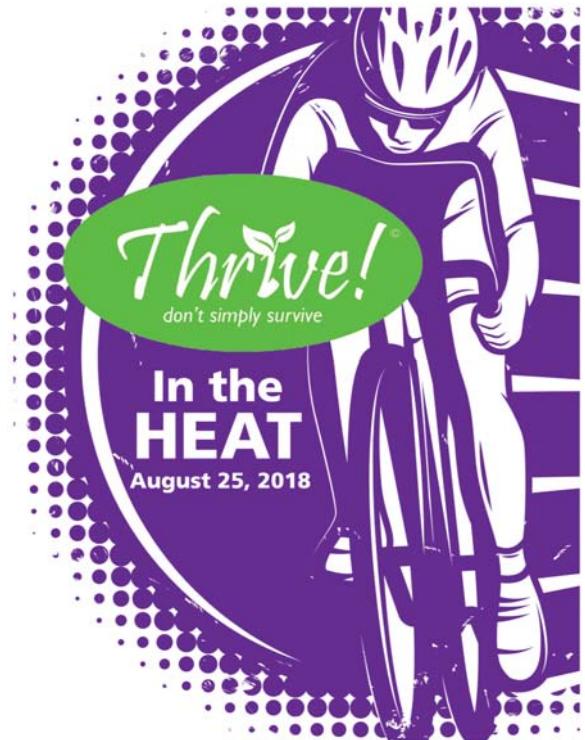


Thrive! Flint Hills works to reduce poverty by building skills and relationships that strengthen families and individuals. Our vision is to alleviate generational poverty in our community. Thrive! operates very differently from other nonprofits. We utilize a long-term “walk with me” approach that pairs individuals living in financial poverty with community volunteers who want to help fight the stressors of poverty. Since the program’s inception in 2015, we have helped 25 families build their resources and move from surviving to thriving. We hope you will join us for Thrive! In the Heat and help us in our work to end poverty.

612 Poyntz Ave.
Manhattan, KS 66502

THRIVE! FLINT HILLS

THRIVE! FLINT HILLS
PRESENTS



**METRIC CENTURY
AND FUN RIDES**

Long's Park
17th and Yuma, Manhattan
Saturday, August 25, 2018

THRIVE! IN THE HEAT 2018

Please join us on Saturday, August 25 for a day of cycling in the scenic Flint Hills to support Thrive! Flint Hills. Thrive! In The Heat 2018 includes two supported rides: a metric century touring through the Flint Hills and a fun ride to either the Ashland Community Center (12 miles round trip) or to the McDowell Creek Community Center (30 miles round trip). Join us for lunch after the ride!

* Support stops will include water, sports drinks, fruit, and snacks

* Well-marked routes

* Bicycle mechanics available at start/finish

* Post-ride meal

* Roving support vehicle for emergencies

All events start and finish at Long's Park at 17th and Yuma in Manhattan, Kansas

Metric Century Ride

This 67-mile (~100 km) ride tours through the scenic Flint Hills starting in Manhattan and riding through the Flint Hills. Support stops will be available approximately every 10 miles. **A great warm-up for rides like the MS 150!**

Check-In: 7:00 a.m. – 7:45 a.m.

Mass Start: All riders depart at 8:00 a.m.

Course Close: All riders in by 3:00 p.m.

Fun Ride

This casual ride follows an out-and-back route along McDowell Creek Rd. to either the Ashland Community Center or the McDowell Creek Community Center. Cyclists may turn around at any point along the route for a customized distance. Support will be provided at the Ashland Community Center and McDowell Creek Community Center.

Check-In: 7:00 a.m. – 7:45 a.m.

Mass Start: All riders depart at 8:00 a.m.

Course Close: All riders in by 3:00 p.m.

MORE INFORMATION & ONLINE REGISTRATION: WWW.THRIVEFLINTHILLS.COM

We have small blocks of hotel rooms for August 24 at the Super 8 (785-537-8468) starting at the price of \$72 plus tax. If you need accommodations, please call the hotel directly and let them know you're with Thrive!

Event (choose one only):

<input type="checkbox"/> Metric Century (16 & older)	\$35.00
<input type="checkbox"/> Metric Century (under 16)	\$20.00
<input type="checkbox"/> Fun Ride (16 & older)	\$30.00
<input type="checkbox"/> Fun Ride (under 16)	\$15.00

- Online registration is available at <https://www.eventbrite.com/e/thrive-in-the-heat-bicycle-tour-tickets-46857681587>
- Each participant must register separately
- Registrations by mail must be received by August 20, 2018
- Registration available on morning of event—add \$5.00 to the registration fee
- Helmet required for all riders.

Name _____

Address _____

City, State, Zip _____

Email _____

Accident Waiver and Release of Liability

I understand that I may be injured while bicycling or otherwise participating in this event, and I agree to be responsible for my own actions. I hereby for my self or my child or my heirs, executors, or administrators, waive and release any and all rights and claims for damages I or my child may have against the board members, employees and volunteers from Thrive! Flint Hills Foundation, Inc., and employees and volunteers for the City of Manhattan or Riley County. I agree to indemnify and hold harmless the above-mentioned parties from any claims for injury or damages which I or said minor may sustain. I consent to emergency medical treatment in the event of injury.

Signature _____

Date _____

Thrive! Flint Hills

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