

# Flint Hills Gravel Ride

### Schedule of Events

#### Thursday April 7th

4-6 PM - Mulreadys Pub (Emporia KS) - Rider check-in and swag grab.

#### Friday April 8th

3-7 PM - Harry & Lloyds (Americus KS) - Rider check-in and swag grab.

#### Saturday April 9th

#### PRE-RIDE

Look for the Mulreadys Pub Pop-up tent near the Start/Finish Line for last minute bike concerns. Simple things will be provided like adjustment tools, tire pressure checks, etc. No major overhauls here folks. They WILL NOT have spare parts or items to purchase. Make sure and tell the Mulreadys Folks thank ya!

ESB Financial Hospitality Table provided just for you! Featuring Hostess Cakes!! Located near the Rider Check-in area.

**6:30 - 8:30AM** - Americus Community Center - Building near the Start/Finish Line. All rider check-in and swag grab.

**7:45 AM** - **THE ADVENTURE** - Start Line area near the basketball court. Last Minute emergency info delivered

8:00 AM - The Adventure rolls out.

**8:15 AM** - **THE CHALLENGE** - Start Line area near the basketball court. Last Minute emergency info delivered and Roll OUT!

8:30 AM - THE ROCKOUT!! - Start Line area near the basketball court. Last Minute emergency info delivered and Roll OUT!

**8:40 AM** - **THE JOURNEY** - Start Line area near the basketball court. Last Minute emergency info delivered and Roll OUT!

9:00 AM - FHG Ten K - Start Line area near the basketball court. Last Minute emergency info delivered

9:05 AM - FHG Five K - Start Line area near the basketball court. Last Minute emergency info delivered

## POST RIDE

#### FOOD and DRINKS

**Runners** - Please visit the ESB Financial Hospitality Tent post run!! Thanks to the generosity and support of ESB Financial, FHGR will have hydration and nutrition ready for you!! The tent will be located near the Finish Line at the Americus Community Center.

**Riders** - Please visit the Walnut River Brewing and Radius Brewing Recovery Zone hosted by Harry & Lloyds!!! Located on the basketball court near the Finish Line. You can redeem the Drink Token you received in your swag bag in the Recovery Zone, at one of the food trucks OR down at the Harry & Lloyds Bar and Grill!! Water, Soda, Sports drink OR enjoy some Walnut River and Radius beer!! The Rolling Hills Bar and Grill is available down the street (Drink token NOT valid) and Caseys always has some fine pizza!

Too crowded for you?? We also encourage you to stop by Mulreadys Pub and Harry & Lloyds East in Emporia.

