

GroupRide Results



Challenges



Awards

1 7%

0 ft

↔ 1.75 mi

↑ 498 ft

1



M. Blair
10:13:25



2 7%

0 ft

↔ .85 mi

↑ 658 ft

1



Marrissa T.
10:13.25

GARMIN

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Jenny Oliver

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Start Your Dream Business Today James G. Palumbo,2022-05-24 This energizing entertaining yet practical guide will launch you into an entrepreneurial career that will immediately make your life as well as those around you better Most people are not able to make the practical connection from observing their community and the world around them to what a great business idea looks like They need a blueprint not only an idea of what kind of business to start but tips and techniques on how to make it work The Biblenomics approach and philosophy with principles that are guaranteed to work will not only put great opportunities within your grasp but you ll see that making money is easy and there is no mystery or secret to achieving success In fact the only thing that can kill your dreams is you With profiles in creativity and the mission of empowering people with a dream and the drive to succeed the author will inspire you with his knowledge of Why be an entrepreneur Stories of entrepreneurs who pioneered a niche or a great idea 101 Business that require no money or education How to get started Marketing advice Tips and techniques for building your business Suggestions for horizontal growth Suggestions for vertical growth Variations How to write a mini business plan The foundation stones upon which every good business is built How to differentiate yourself from similar businesses The opportunity to be an entrepreneur is for everyone everywhere We all long for the dignity of financial independence Let this book empower equip and teach you to build your own dream

Instagarm Your Brand 2020 Amie Pendle,2020-03-09 Stand Up and Stand Out with the Brandographer as she teaches you her online bestie how to dominate social media with a brand that screams YOU Learn everything from how to take your own photos to posting hacks that will get you seen Wanna work with brands as an influencer and grow your following We have you covered there too

Financial Freedom: A Complete Guide to Achieving Financial Objectives and Living Your Dream Life at Any Age Jordan Parker,2019-12-16 How to achieve financial freedom at any age even if you don t know how to budget or save No matter who you are where you live or what you do chances are you long for financial freedom You want the peace of mind that comes with knowing you can take care of yourself and that your money works for you not the other way around Unfortunately to most people financial freedom seems impossible The debt cycle traps many victims and can make you feel hopeless How are you supposed to get ahead when you re so far behind It s time to change your mindset and realize that you re not a passive player in life You can take control of your financial future You just need to know how Financial Freedom aims to show you how to budget manage your finances and use clever tactics to build your wealth and become debt free In this book you ll learn How to create an effective budget that works for you The psychology behind debt How minimalism can help you save money Why investing is always a good idea How to start a low maintenance business Money myths that you should unlearn asap How to apply all the tips and tricks to your life to achieve financial freedom You don t have to look at money as a curse Financial freedom is possible It s not easy but nothing worth it ever is Reclaim control over your financial future Click add to cart to find out how to build your wealth

and achieve the life you've always dreamed of [Business Model Innovation](#) Allan Afuah, 2018-10-03 Rooted in strategic management research Business Model Innovation explores the concepts tools and techniques that enable organizations to gain and or maintain a competitive advantage in the face of technological innovation globalization and an increasingly knowledge intensive economy Updated with all new cases this second edition of the must have for those looking to grasp the fundamentals of business model innovation explores the novel ways in which an organization can generate deliver and monetize benefits to customers

Good With Money Emma Edwards, 2024-02-27 A game changing practical guide to the psychology behind your spending habits revealing how to manage your money without missing out on the things you love Have you ever avoided looking at your banking app after a big night out Placed an online order during a late night dooms scroll Or felt helpless when your new budget simply failed to stick despite your best intentions If that sounds familiar this is the book for you In the age of smartphones and social media we're surrounded by an endless stream of stuff we could buy not to mention social conditioning around what makes us happy as well as fast fashion algorithmic advertising and where did you get that culture Financial behaviour expert Emma Edwards will help you unpack the reasons you're so emotionally tangled with your money spoiler it's absolutely not your fault and look at what might be keeping you stuck She'll teach you to reclaim your decision making deep dive into your beliefs identity and habits and come out the other side feeling Good With Money With a step by step guide to creating a money management system that actually works Good With Money will change the way you think about budgeting consumption and yourself and put you back in the driver's seat of your own financial future A practical funny and relatable guide that won't make you feel bad about your finances Sal Al from Two Broke Chicks Emma Edwards is redefining financial wellbeing for a whole generation of women Realistic inclusive and tangible money advice with heart Maggie Zhou This book will not just tell you HOW to improve your financial situation but help you understand WHY it's always been so damn hard Ash London

[My Facebook for Seniors](#) Michael Miller, 2013-09-10 This introduction to Facebook has been written with one fast growing audience in mind seniors My Facebook for Seniors approaches every topic from a senior's point of view using meaningful examples and realistic tasks Step by step instructions for the tasks you care about most Large full color close up photos show you exactly what to do Common sense help whenever you run into problems Tips and notes to help you do even more We've identified the Facebook skills you need to stay connected with the people you care about reconnect with old friends and classmates and share your life with loved ones near and far Our crystal clear instructions respect your smarts but never assume you're an expert Big colorful photos on nearly every page make this book incredibly easy to read and use Sign up for Facebook it's free and create a new account Find old friends who are also on Facebook Use the News Feed to discover what your friends are up to Update your friends and family on your current activities View your friends digital photos and share your photos with friends and family Personalize the Timeline page that your friends see Chat privately with friends and family via text or video Find and follow pages from your

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Everything You Need to Know about Social Media

Greta Van Susteren,2017-11-14 A simple step by step guide to the major social media platforms Facebook Twitter LinkedIn Instagram Snapchat and more by former news anchor and media maven Greta Van Susteren

Mosby's Fundamentals of Therapeutic Massage - E-Book

Sandy Fritz,Luke Allen Fritz,2020-02-13 Success in massage therapy begins with a solid foundation in the fundamentals Mosby's Fundamentals of Therapeutic Massage 7th Edition helps you build the skills you need from assessing problems and planning treatment to mastering massage techniques and protocols Hundreds of photographs demonstrate massage techniques step by step and case studies bring concepts to life How to videos on the Evolve companion website show manipulation techniques body mechanics positioning and draping and more If you want to prepare for licensing and certification exams and succeed in practice this resource from massage therapy expert Sandy Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations it also prepares you for success on licensing and certification exams Step by step full color photographs demonstrate massage techniques and protocols by body area Three hours of video on the Evolve website demonstrate techniques and body mechanics each clip is narrated and performed by author Sandy Fritz as well as review activities for licensing exams Proficiency exercises provide opportunities to practice and apply what you are learning Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice Coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure drag and duration application while applying massage methods Coverage of multiple charting methods helps you develop record keeping and documentation skills including SOAP and computer charting with simulation on Evolve Learning features include chapter outlines objectives summaries key terms practical applications activities and exercises and workbook type practice Review tools include matching exercises short answer questions fill in the blank questions drawing exercises and critical thinking questions all available on Evolve Research Literacy and Evidence Based Practice chapter includes new research findings and explains how research is done and how to read and understand it Adaptive Massage chapter explains how to address the needs of specific populations from pregnant women and infants to hospice patients and people with physical impairments Massage Career Tracks and Practice Settings chapter covers massage therapy services offered at spas and looks at the spa as a possible massage career In depth coverage of HIPAA shows how to store records in a HIPAA compliant manner and explains HIPAA requirements and training Foot in the Door boxes outline the professional skills expected by prospective employers Updated

Basic Pharmacology for the Massage Therapist appendix provides up to date information on common medications

Content Strategy in Technical Communication Guiseppe Getto,Jack Labriola,Sheryl Ruszkiewicz,2019-09-19 Content Strategy in Technical Communication provides a balanced comprehensive overview of the current state of content strategy within the field of technical communication while showcasing groundbreaking work in the field Emerging technologies such as content management systems social media platforms open source information architectures and application programming interfaces provide new opportunities for the creation publication and delivery of content Technical communicators are now sometimes responsible for such diverse roles as content management content auditing and search engine optimization At the same time we are seeing remarkable growth in jobs devoted to these other content centric skills This book provides a roadmap including best practices pedagogies for teaching and implications for research in these areas It covers elements of content strategy as diverse as Editing Content for Global Reuse and Teaching Content Strategy to Graduate Students with Real Clients while giving equal weight to professional best practices and to pedagogy for content strategy This book is an essential resource for professionals students and scholars throughout the field of technical communication

Vanity Fair,2015 **Terms of Service** Jacob Silverman,2015-03-17 Social networking has grown into a staple of modern society but its continued evolution is becoming increasingly detrimental to our lives Shifts in communication and privacy are affecting us more than we realize or understand Terms of Service crystalizes this current moment in technology and contemplates its implications the identity validating pleasures and perils of online visibility our newly adopted view of daily life through the lens of what is share worthy and the surveillance state operated by social media platforms Facebook Google Twitter and others to mine our personal data for advertising revenue an invasion of our lives that is as pervasive as government spying

Jacob Silverman calls for social media users to take back ownership of their digital selves from the Silicon Valley corporations who claim to know what's best for them Integrating politics sociology national security pop culture and technology he reveals the surprising conformity at the heart of Internet culture explaining how social media companies engineer their products to encourage shallow engagement and discourage dissent Reflecting on the collapsed barriers between our private and public lives Silverman brings into focus the inner conflict we feel when deciding what to share and what to like and explains how we can take the steps we need to free ourselves from its grip

The Island House Amanda Brittany,2021-08-11 Wow what a rollercoaster read I loved everything about this story A gripping chilling and addictive thriller I found hard to put down

NetGalley Reviewer *The Horticulturist* ,2023 **The Sunshine and Biscotti Club** Jenny Oliver,2016-05-19 You know you're in for a treat when you open a Jenny Oliver book Debbie Johnson From the top 10 best selling author of The

Summerhouse by the Sea *Texas Parks & Wildlife* ,2017 *SHRM-CP/SHRM-SCP Certification All-in-One Exam Guide* Dory Willer,William H. Truesdell,William D. Kelly,2018-12-21 Take the SHRM Certified Professional SHRM CP and SHRM Senior Certified Professional SHRM SCP exams with complete confidence This integrated exam preparation system delivers

100% coverage of all topics for both the SHRM Certified Professional SHRM CP and SHRM Senior Certified Professional SHRM SCP exams To aid in self study each chapter includes Exam Tips that highlight key information summaries that reinforce salient points and end of chapter questions that are accurate to the content and format of the real tests Fulfilling the promise of the All in One series this comprehensive reference serves as a study tool AND a valuable on the job reference that will serve HR professionals well beyond the exams SHRM CP SHRM SCP Certification All in One Exam Guide features real world examples and sidebars that offer insight and call out potentially harmful situations Written by a team of HR professionals and experienced educators Features full coverage of all functional areas within the SHRM Body of Competency Knowledge BoCK Electronic content includes Test engine that provides full length SHRM CP and SHRM SCP practice exams as well as customized quizzes by exam topic *SHRM-CP/SHRM-SCP Certification Bundle* Dory Willer,William H.

Truesdell,William D. Kelly,Joanne Simon-Walters,2019-01-11 Prepare for the SHRM CP and SHRM SCP exams with this money saving comprehensive study package Designed as a complete self study program this collection offers a variety of proven exam focused resources to use in preparation for the SHRM Certified Professional SHRM CP and SHRM Senior Certified Professional SHRM SCP exams Comprised of SHRM CP SHRM SCP Certification All in One Exam Guide SHRM CP SHRM SCP Certification Practice Exams and bonus electronic content this bundle covers 100% of the topics on the exams and features a total of over 800 accurate practice questions The bundle serves both as a study tool AND a valuable on the job reference that will serve HR professionals well beyond the exams Covers 100% of the SHRM Body of Competency Knowledge and features 800 practice exam questions This bundle is 10% cheaper than buying the books individually AND includes content unavailable elsewhere Electronic content includes practice exams a quick review guide study worksheets exercises and more **Wines & Vines** H. F. Stoll,2018 **Iowa Outdoors** ,2018 *The Virginia Quarterly Review* ,2015

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