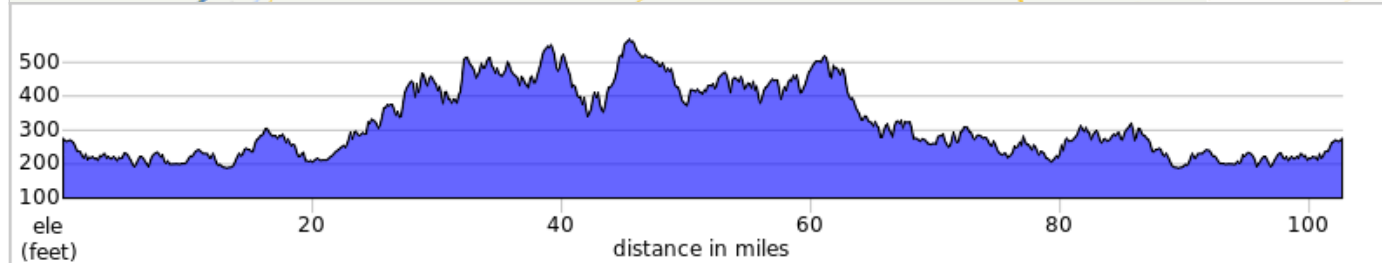


2019 Glassner Capital City 100









102.5 miles, 3,524 feet of climbing
 ** Follow WHITE road markings. **






Start at the new ASU football stadium and go South to Pintlala

- 7 REST STOPS, 6 Store Stops
- RS1 @ 7.7 (Covenant Ministries)
 - RS2 @ 16.3 (Snowdoun UMC, 8.6 from RS1)
 - RS3 @ 34.8 (Ramer UMC, 18.5 from RS2)
 - RS4 @ 48.2 (Pisgah Primitive Baptist, 13.4 from RS3)
 - RS5 @ 66.8 (Pleasant Hill AME Zion, 18.6 from RS4)
 - RS6 @ 77.9 (Pintlala Baptist, 11.1 from RS5)
 - RS7 @ 86.3 (Snowdoun UMC, 8.4 from RS6)
 - FINISH @ 102.5 (16.2 from RS7)







2019 Glassner Capital City 100

Num	Dist	Type	Note	Next
1.	0.0		Start of route	0.1
2.	0.1		L onto Harris Way	0.4
3.	0.5		R onto Carter Hill Rd	0.1
4.	0.6		L onto Dunbar St	0.2
5.	0.7		Continue onto Park Ave	0.3
6.	1.0		L onto Cloverdale Rd	0.2



1.0 miles. +5/-32 feet

Num	Dist	Type	Note	Next
7.	1.2		R to stay on Cloverdale Rd	0.6
8.	1.9		L onto Edgemont Ave	0.1
9.	2.0		Continue onto Glen Grattan Dr	0.2
10.	2.2		R onto Thomas Ave	0.5
11.	2.7		L onto Wedgewood Dr	0.1

1.7 miles. +30/-56 feet

Num	Dist	Type	Note	Next
12.	2.8		R onto Thomas Ave	0.3
13.	3.1		L onto Birdwood Dr	0.2
14.	3.3		R onto Narrow Lane Rd	0.0
15.	3.3		L onto Tullis Dr	0.5
16.	3.8		Continue onto Antoinette Dr	0.3
17.	4.1		R onto Woodley Rd	3.6

1.4 miles. +40/-28 feet

Num	Dist	Type	Note	Next
18.	7.7		Rest Stop 1 Church Rest Stop A - Covenant Ministries	3.3
19.	11.0		R onto Snowdon Chambers Rd	5.4

6.9 miles. +69/-58 feet

Num	Dist	Type	Note	Next
20.	16.3	⚓	Rest Stop 2 Church Rest Stop 2 - Snowdoun UMC on LEFT GOING OUT	0.0
21.	16.4	←	L onto Hobbie Rd	9.3
22.	25.6	←	L onto Hillabee Rd	2.2
23.	27.8	→	R to stay on Hillabee Rd	1.5

16.9 miles. +501/-366 feet

Num	Dist	Type	Note	Next
24.	29.3	↑	Continue onto Mt Lebanon Rd	1.3
25.	30.6	→	R to stay on Mt Lebanon Rd	2.4
26.	33.1	→	R onto AL-94 W	1.7
27.	34.8	⚓	Rest Stop 3 Church Rest Stop C - Ramer United Methodist Church	0.0

6.9 miles. +305/-277 feet

Num	Dist	Type	Note	Next
28.	34.8	←	L to stay on AL-94 W	0.1
29.	34.9	←	Slight L onto Ramer Grady Rd	0.5
30.	35.5	↑	Continue onto Lower Dublin Rd	3.0
31.	38.4	→	R onto AL-94 E	0.8
32.	39.3	←	L onto Mt Zion Rd	2.3
33.	41.6	→	R onto Coon Rd	0.9

6.8 miles. +333/-419 feet

Num	Dist	Type	Note	Next
34.	42.5	→	R onto Long Rd	3.9
35.	46.4	→	R onto AL-94 W	0.0
36.	46.4	←	L onto Gardner Rd	1.8
37.	48.2	⚓	Rest Stop 4 Church Rest Stop D - Pisgah Primitive Baptist Church ON LEFT	2.6
38.	50.8	↑	Continue onto Cty Rd 51	0.4

9.2 miles. +380/-367 feet

Num	Dist	Type	Note	Next
39.	51.2	→	R onto County Rd 1132	0.5
40.	51.7	↑	Continue onto Huffman Rd	1.3
41.	53.0	←	L onto Fannin Mill Rd	3.3
42.	56.3	→	Slight R onto Ramer Grady Rd	0.8
43.	57.1	↑	Continue onto Fannin Mill Rd	0.2

6.3 miles. +297/-258 feet

Num	Dist	Type	Note	Next
44.	57.3	←	L onto Meriwether Trail	0.5
45.	57.8	→	R onto Hassey Rd	1.0
46.	58.8	→	R onto Smiley Ferry Rd	2.5
47.	61.2	→	R to stay on Smiley Ferry Rd	5.2

4.2 miles. +217/-157 feet

Num	Dist	Type	Note	Next
48.	66.4	⚓	Rest Stop 5 Church Rest Stop E - Pleasant Hill AME Zion Church ON LEFT	0.9
49.	67.4	←	L onto AL-94 W	0.1
50.	67.4	↑	Continue onto Co Rd 14	0.1
51.	67.5	→	R to stay on Co Rd 14	0.2

6.3 miles. +67/-36 feet

Num	Dist	Type	Note	Next
52.	67.7	←	L onto Union Academy Ada Rd	4.8
53.	72.5	→	R onto Pettus Rd	3.9
54.	76.4	→	R onto US-31 N	0.1
55.	76.5	←	L onto Pintlala Old Rd	1.2
56.	77.7	←	L onto US-31 N	0.1
57.	77.8	←	L onto Federal Rd	0.1

10.4 miles. +331/-401 feet

Num	Dist	Type	Note	Next
58.	77.9	⤵	Rest Stop 6 Church Rest Stop E - Pintlala Baptist Church on LEFT	0.0
59.	77.9	↻	Make U-Turn at Rest Stop Make a U-Turn at Rest Stop #6 at Pintlala Baptist Church	0.1

0.1 miles. +0/-0 feet

Num	Dist	Type	Note	Next
60.	78.0	↑	Continue onto W Old Hayneville Rd	3.4
61.	81.4	←	L onto Butler Mill Rd	4.8
62.	86.2	↑	Continue onto Hobbie Rd	0.1
63.	86.3	←	L onto Snowdown Chamber s Rd	0.0

8.4 miles. +348/-297 feet

Num	Dist	Type	Note	Next
64.	86.3	⤵	Rest Stop 7 Church Rest Stop 7 - Snowdown United Methodist Church GOING BACK	5.4
65.	91.7	←	L onto Woodley Rd	6.9
66.	98.6	←	L onto Antoinette Dr	0.3
67.	98.8	↑	Continue onto Tullis Dr	0.5

12.5 miles. +264/-352 feet

Num	Dist	Type	Note	Next
68.	99.3	→	R onto Narrow Lane Rd	0.0
69.	99.3	←	L onto Birdwood Dr	0.2
70.	99.6	→	R onto Thomas Ave	0.3
71.	99.9	←	L onto Wedgewood Dr	0.0
72.	99.9	→	R onto Thomas Ave	0.5
73.	100.4	←	L onto Glen Grattan Dr	0.2

1.6 miles. +20/-29 feet

Num	Dist	Type	Note	Next
74.	100.7	↑	Continue onto E Edgemont Ave	0.1
75.	100.8	→	R onto Cloverdale Rd	0.6
76.	101.4	←	L to stay on Cloverdale Rd	0.2
77.	101.6	→	R onto Park Ave	0.3
78.	101.9	↑	Continue onto Dunbar St	0.2

1.5 miles. +58/-11 feet

Num	Dist	Type	Note	Next
79.	102.1	→	R onto Carter Hill Rd	0.1
80.	102.2	←	L onto Harris Way	0.4
81.	102.5	→	R onto Pineleaf St	0.1
82.	102.6	📍	End of route	0.0

0.7 miles. +8/-5 feet