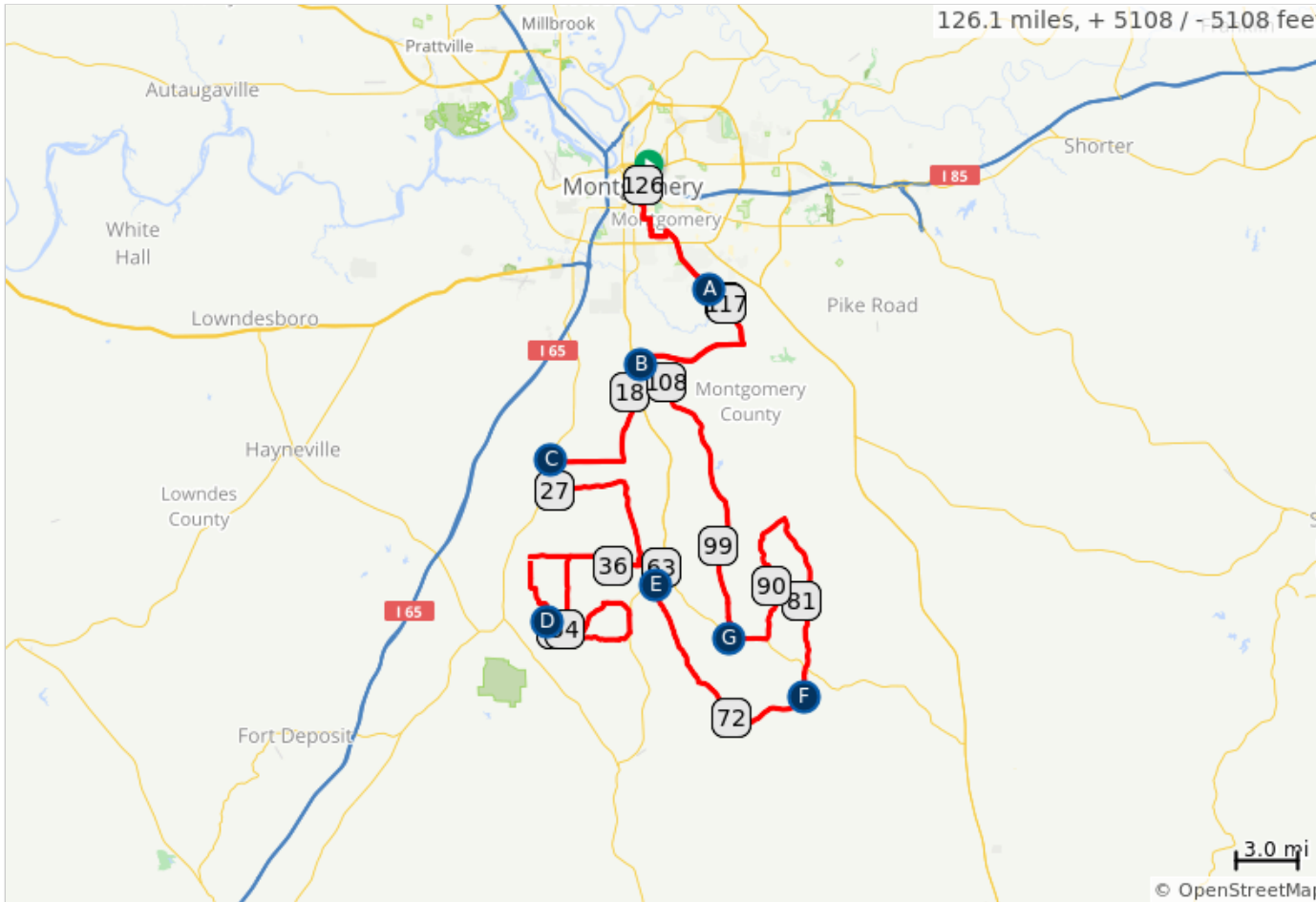


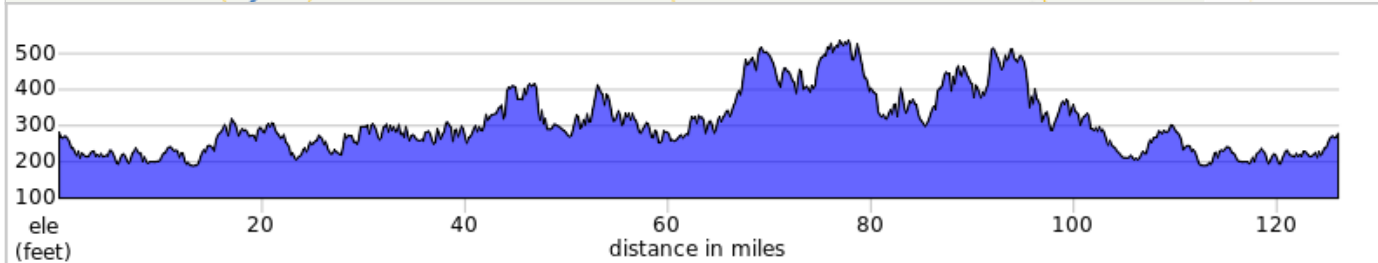
# 2021 Glassner Capital City 200K (Friendship Baptist with Mt. Lebanon)



126.1 miles, 5,108 feet of climbing  
\*\* Follow RED & PINK road markings. \*\*

## 8 REST STOPS

- RS1 @ 7.8 (Covenant Ministries)
- RS2 @ 16.3 (Snowdown UMC, 8.5 from RS1)
- RS3 @ 24.8 (Pintlala Baptist, 8.5 from RS2)
- RS4 @ 44.2 (Mt. Carmel UMC, from 19.4 RS3)
- RS5 @ 63.9 (Pleasant Hill AME Zion, 19.7 from RS4)
- RS6 @ 76.2 (Friendship Baptist, 13.3 from RS5)
- RS7 @ 94.5 (Ramer UMC, 18.3 from RS6)
- RS8 @ 109.7 (Snowdown UMC, 15.2 from RS7)
- FINISH @ 126.1 (16.4 from RS8)



- A. Rest Stop #1
- B. Rest Stop #2 (Going OUT) & #8 (Coming BACK) Church

C. Rest Stop #3 Church

D. RS #4 Mt. Carmel UMC

E. Rest Stop #5 Church

F. Rest Stop #7 Church

G. Rest Stop #7 Church

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Num	Prev	Type	Note	Dist
1.	0.0	📍	Start of route	0.0
2.	0.2	←	L onto Harris Way	0.2
3.	0.4	→	R onto Carter Hill Rd	0.5
4.	0.1	←	L onto Dunbar St	0.6
5.	0.2	↑	Continue onto Park Ave	0.8
6.	0.3	←	L onto Cloverdale Rd	1.1
7.	0.2	→	R to stay on Cloverdale Rd	1.3
8.	0.6	←	L onto E Edgemont Ave	1.9
9.	0.1	↑	Continue onto Glen Grattan Dr	2.0
10.	0.2	→	R onto Thomas Ave	2.3
11.	0.5	←	L onto Wedgewood Dr	2.8

2.8 miles. +37/-102 feet

Num	Prev	Type	Note	Dist
12.	0.1	→	R onto Thomas Ave	2.8
13.	0.3	←	L onto Birdwood Dr	3.2
14.	0.2	→	R onto Narrow Lane Rd	3.4
15.	0.0	←	L onto Tullis Dr	3.4
16.	0.5	↑	Continue onto Antoinette Dr	3.9
17.	0.3	→	R onto Woodley Rd	4.2
18.	3.6	⚡	RS #1 Church Rest Stop A - Covenant Ministries	7.8
19.	3.3	→	R onto Snowdoun Chambers Rd	11.0
20.	5.3	⚡	RS #2 Church Rest Stop B - Snowdoun United Methodist Church	16.3
21.	0.1	→	R onto Hobbie Rd	16.4
22.	0.1	←	Slight L onto Butler Mill Rd	16.5

13.7 miles. +369/-286 feet

Num	Prev	Type	Note	Dist
23.	4.8	→	R onto W Old Hayneville Rd	21.3
24.	3.5	←	L into 2nd driveway at Pintlala Baptist Church Turn Left into 2nd driveway at Pintlala Baptist Church and exit RIGHT out of the Southern US 31 driveway to continue course.	24.8
25.	0.0	⚡	RS #3 Church Rest Stop C - Pintlala Baptist Church	24.8
26.	0.1	→	R onto US-31 S	24.9
27.	0.1	→	R onto Pintlala Old Rd	25.0
28.	1.2	→	R onto US-31 S	26.2
29.	0.1	←	L onto Pettus Rd	26.3
30.	1.0	←	L onto Liberty Church Rd	27.3
31.	3.3	→	R onto Butler Mill Rd	30.6

14.1 miles. +318/-326 feet

Num	Prev	Type	Note	Dist
32.	1.2	↑	Continue onto Old Sellers Rd	31.9
33.	2.9	→	R onto Union Academy Ada Rd	34.8
34.	5.5	←	L onto Brady Rd	40.3
35.	3.8	←	Slight L onto W Hickory Grove Rd	44.1
36.	0.1	⚡	RS #4 Church Rest Stop D - Mt. Carmel UMC	44.2
37.	4.5	←	L onto Boyd Springs Rd	48.7
38.	2.5	←	L onto Butler Mill Rd	51.1
39.	2.1	→	R onto W Hickory Grove Rd	53.2
40.	0.7	→	R onto Pettus Rd	53.9
41.	3.9	→	R onto Union Academy Ada Rd	57.8
42.	4.8	→	R onto Co Rd 14	62.5

31.9 miles. +1427/-1393 feet

Num	Prev	Type	Note	Dist
43.	0.2	←	L to stay on Co Rd 14	62.8
44.	0.1	↑	Continue onto AL-94 E	62.8
45.	0.1	→	R onto Smiley Ferry Rd	62.9
46.	0.9	⚓	RS #5 Church Rest Stop E - Pleasant Hill AME Zion Church	63.9
47.	5.2	←	L to stay on Smiley Ferry Rd	69.1
48.	2.5	←	L onto Hassey Rd	71.5
49.	1.0	←	L onto Meriwether Trail	72.5
50.	3.4	←	Sharp L onto Huffman Rd	75.9
51.	0.3	⚓	Rest Stop #6 Church Rest Stop F - Friendship Baptist Church	76.2
52.	1.6	↑	Continue onto Mt Zion Rd	77.8
53.	7.7	←	L onto Paulk Rd	85.5

23.0 miles. +994/-1011 feet

Num	Prev	Type	Note	Dist
65.	0.5	→	R onto Narrow Lane Rd	122.7
66.	0.0	←	L onto Birdwood Dr	122.7
67.	0.2	→	R onto Thomas Ave	122.9
68.	0.3	←	L onto Wedgewood Dr	123.2
69.	0.1	→	R onto Thomas Ave	123.3
70.	0.5	←	L onto Glen Grattan Dr	123.8
71.	0.2	↑	Continue onto E Edgemont Ave	124.1
72.	0.1	→	R onto Cloverdale Rd	124.1
73.	0.6	←	L to stay on Cloverdale Rd	124.8
74.	0.2	→	R onto Park Ave	125.0
75.	0.3	↑	Continue onto Dunbar St	125.3

3.1 miles. +85/-52 feet

Num	Prev	Type	Note	Dist
54.	2.0	↑	Continue straight onto Hillabee Rd	87.5
55.	1.5	↑	Continue onto Mt Lebanon Rd	89.0
56.	1.3	→	R to stay on Mt Lebanon Rd	90.3
57.	2.4	→	R onto AL-94 W	92.8
58.	1.8	→	R onto Hobbie Rd	94.5
59.	0.0	⚓	Rest Stop #7 Church Rest Stop G - Ramer United Methodist Church (UMC)	94.5
60.	15.1	→	R onto Snowdoun Chambers Rd	109.7
61.	0.0	⚓	RS #8 Church Rest Stop B - Snowdoun United Methodist Church	109.7
62.	5.4	←	L onto Woodley Rd	115.1
63.	6.9	←	L onto Antoinette Dr	121.9
64.	0.3	↑	Continue onto Tullis Dr	122.2

36.6 miles. +1121/-1350 feet

Num	Prev	Type	Note	Dist
76.	0.2	→	R onto Carter Hill Rd	125.4
77.	0.1	←	L onto Harris Way	125.5
78.	0.4	→	R onto Pineleaf St	125.9
79.	0.2	📍	End of route	126.1

0.8 miles. +14/-6 feet