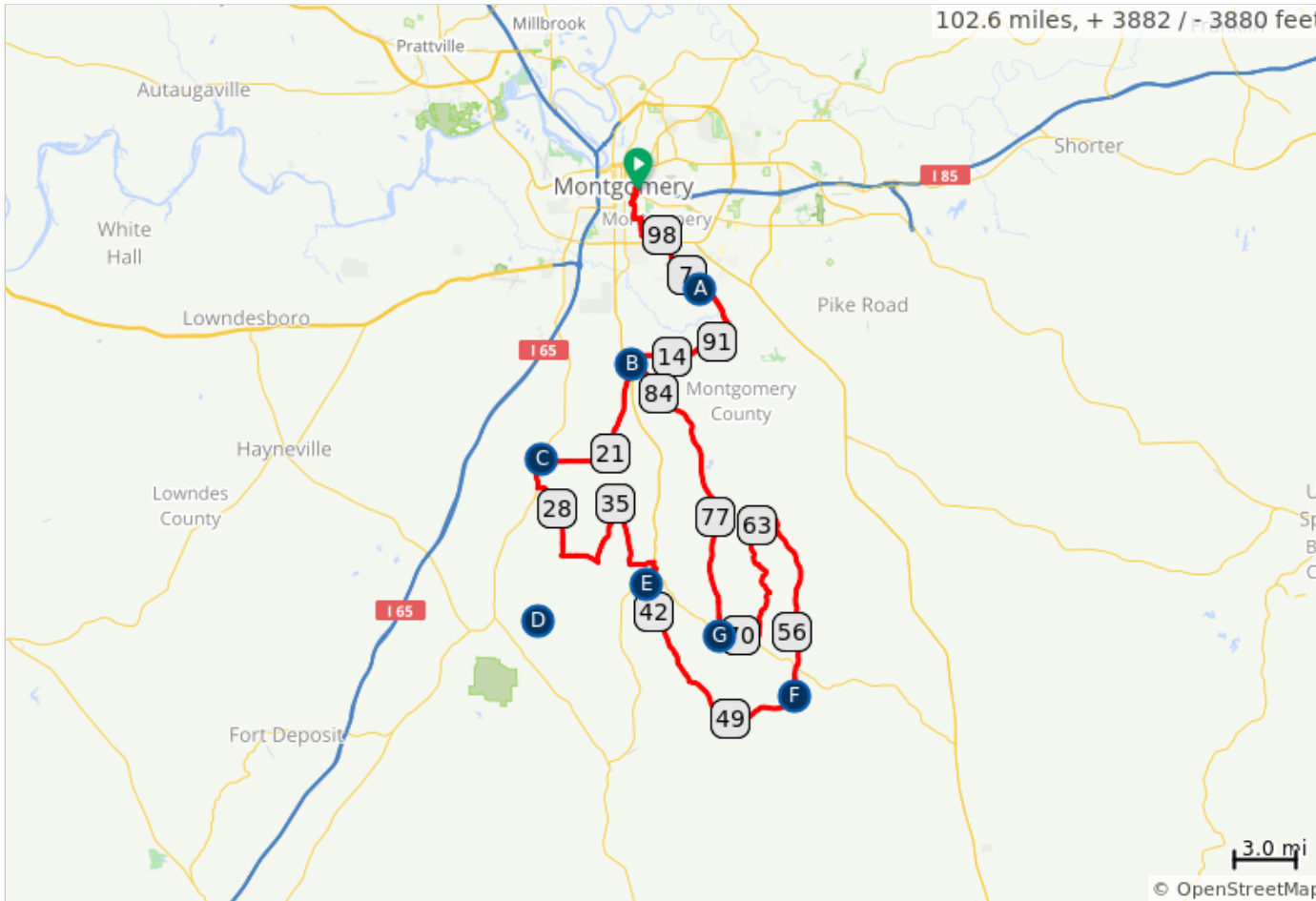


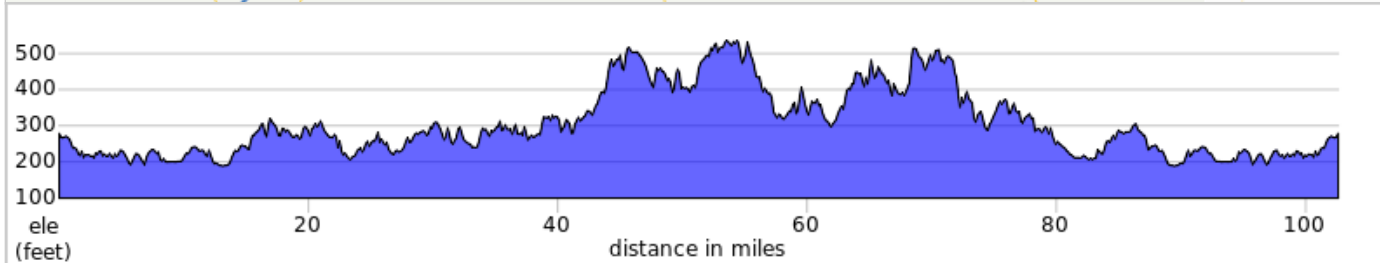
# 2021 Glassner Capital City 100 (Friendship Baptist with Mt. Lebanon)



102.6 miles, 3,883 feet of climbing  
 \*\* Follow WHITE & PINK road markings. \*\*

## 7 REST STOPS

- RS1 @ 7.7 (Covenant Ministries)
- RS2 @ 16.3 (Snowdoun UMC, 8.6 from RS1)
- RS3 @ 24.7 (Pintlala Baptist, 8.4 from RS2)
- RS4 @ 40.4 (Pleasant Hill AME Zion, 15.7 from RS3)
- RS5 @ 52.8 (Friendship Baptist, 12.4 from RS4)
- RS6 @ 71.1 (Ramer UMC, 18.3 from RS5)
- RS7 @ 86.2 (Snowdoun UMC, 15.1 from RS6)
- FINISH @ 102.6 (16.4 from RS7)



- A. Rest Stop #1
- B. Rest Stop #2 Church (Going OUT) & #7 (Coming BACK)
- C. Rest Stop #3 Church

D.	Rest Stop D - Mt. Carmel UMC
E.	Rest Stop #4 Church
F.	Rest Stop #5 Church

G. Rest Stop #6 Church