

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 (Snowdoun 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 (Snowdoun 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