

The Old Howard 100 is a bike ride through three counties in Alabama's Black Belt sponsored by Sowing Seeds of Hope (SSOH) in Marion, Alabama. This event sponsored by Samford University, Birmingham, Alabama, was formerly

This year's route will include Selma, with the final rest stop at the Selma Public Library just a few blocks from the historic Edmund Pettus Bridge.

Proceeds from the ride will benefit Sowing Seeds of Hope for Perry County residents who receive care through year-round health programs. Students and faculty from Samford University's nursing, pharmacy, and exercise and sports medicine programs offer regular health-care screenings,.

The Old Howard 100 Bike Ride seeks to promote the growth and development of long-distance cycling in the state of Alabama, encourage participation in established Alabama Century (100-mile) rides, recognize and reward individuals for their accomplishments, and benefit the charities and advocacy efforts supported by each of the events.

Start & End Address:

Judson College,
302 Bibb Street
Marion, AL 36756

Start Times / Itinerary

Ride begins and ends on the grounds of Judson College.

- 7:30 a.m. On-site registration
- 8:00 a.m. Century riders
- 8:30 a.m.. Mass start for all
- 12 p.m. Hot dog lunch
- 2-5 p.m. Dinner served

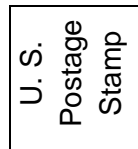
Route

Riders begin at Judson College and ride through downtown Marion, past Marion Military Institute, former home of Howard College. Riders will head west for 17 miles through the Perry County countryside to Newbern, home to the Rural Studio project of Auburn University. Thirty-four-mile riders will return to Marion by the same route.

Proceeding north in Hale County, riders will pass through downtown Greensboro with its many homes of distinctive architecture—Greek Revival, Federal, Victorian, Gothic Revival—and onto the grounds of Magnolia Grove, built circa 1838 and the ancestral home of Admiral Richmond Hobson. The 43-mile route ends back at Judson.

Century and 75-mile riders continue through Marion and southward, across the Cahaba River and the Perry Lakes wetlands region to Suttle; before splitting Dallas County for the final stop at the Selma Public Library and Edmund Pettus Bridge.

Routes of approximately 34, 43, 75 and 103 miles are available and are fully supported with five SAG stops.



Old Howard 100 Bike Ride
c/o Sowing Seeds of Hope
P. O. Box 1153
1728 S. Washington St.
Marion, AL 36756

Facilities

- Adequate Car Parking ✓
- Free Parking ✓
- Toilets / Changing Rooms ✓
- Sign On Desk ✓
- Registration/Entry On the Day ✓
- Support for Participants
- Route Signposted ✓
- Emergency Contact No ✓
- SAG Wagon ✓
- Roving Mechanical Support ✓
- Feed / Aid Stations ✓
- Post Event Meal(s)
- Provided As Part of Entry ✓
- Event Size
- Less Than 500 Riders ✓

Participants will be required to wear **Helmets** and to sign a **Waiver of Liability**.

Costs

\$40 Early Bird
 What's Included?
 T-shirt, lunch, SAG, rest stops
 Packet Pickups
 Ride Day, 7:30 am

Early Registration

(no later than April 8) \$40

Late Registration \$50

Student rate \$20
 Perry, Hale and Dallas County
 resident rate \$20

T-shirts (men's or women's) while supplies last

Note: Event T-shirts are guaranteed only for early registrants.

Name _____

Age _____ Male or Female

Address _____

City _____

State _____ ZIP _____

Phone _____

Email _____

Emergency Contact:

Name _____

Phone _____

Intended Ride Distance

___ 32 miles ___ 45 miles

___ 75 miles ___ 103 miles

T-shirt Size

S M L XL XXL

On-site Cash or check:
(payable Sowing Seeds of Hope)

Donation to Sowing Seeds of Hope
\$ _____

Mail completed form (one per rider)

with payment to:
 Old Howard 100 Bike Ride
 c/o Sowing Seeds of Hope
 Attn: Frances Ford
 POB 1153
 Marion, AL 36756

Pay Online at:

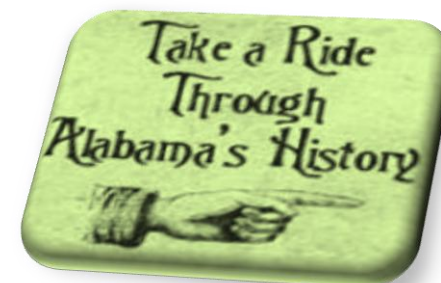
<https://www.BikeReg.com/old-howard-100>

register online @



April 22, 2017

7:30 am



Marion
 Newbern
 Greensboro
 Selma



Sowing Seeds of Hope
Marion, Alabama
334-683-4666