

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

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, a partnership between Perry County and Alabama Cooperative Baptist Fellowship that seeks to improve the quality of life and work in Perry County through improved educational opportunities, health care, housing, transportation and economic development.

Proceeds assist 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, evaluations and monitoring services. Funds from the even are used to fill a critical void in health-care distribution by providing medication or supplies to newly diagnosed patients.

Starting with the 2013 ride, the Old Howard 100 is part of the Alabama Backroads Cycling Century Series. The new series of 10 rides 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.

Pre-register by mail using the enclosed form.

For additional information contact Frances Ford at 334-683-4666.

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 on the broad, tree-lined Main Street 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, hero of the Spanish-American War. All riders then return to Marion by way of a stop in Folsom at Holmstead, Alabama's longest continually running plantation, which has been in the same family since the early 1800s. 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: either to return to Marion or to proceed into Dallas County for the final stop at the Selma Public Library. Century riders will be rewarded with views of historic structures, including the Edmund Pettus Bridge and cemeteries framed by live oak trees draped with Spanish moss. The return to Marion takes riders through sweeping farm and pasture land.

Routes of approximately 34, 43, 75 and 103 miles are available and are fully supported with five SAG stops at historic sites. SAG wagon provided by Cahaba Cycles.



Start Times / Itinerary

Ride begins and ends on the grounds of Judson College.

- 6:30 a.m. On-site Registration Begins
- 7:00 a.m. Mass start for all others
- 12 p.m. Hot dog lunch available
- 2-5 p.m. Dinner served

Costs

\$40 Early Bird
What's Included?

T-shirt, lunch, SAG, rest stops

Packet Pickups
Ride Day, 6:30 am

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 ✓
- Nutrition
- Feed / Aid Stations ✓
- Post Event Meal(s)
- Provided As Part of Entry ✓
- Event Size
- Less Than 500 Riders ✓

Start & End Address:
Judson College,
302 Bibb Street
Marion, AL 36756

Early Registration

(no later than April 8) \$40
Late registration \$50
Student rate \$20
Perry, Hale and Dallas County
resident rate \$20
Sport Cut Jersey (men's or women's)
while supplies last \$50

Donation to Sowing Seeds of Hope
\$ _____

Total \$ _____

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
Jersey Size (W) S M L XL XXL
Jersey Size (M) S M L XL XXL

Participants will be required to wear
helmets and to sign a Waiver of
Liability. Cash or check (payable to
Sowing Seeds of Hope)

Mail completed form

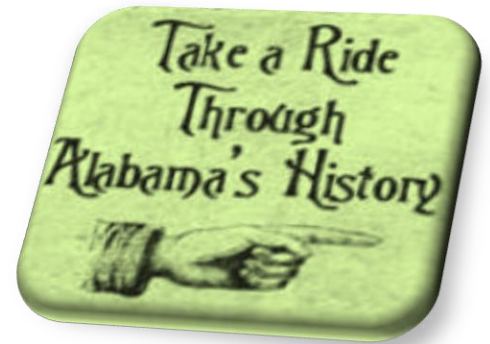
(one per rider) with payment to:
Old Howard 100 Bike Ride
c/o Sowing Seeds of Hope
Attn: Frances Ford
POB 1153
Marion, AL 36756

U. S.
Postage
Stamp



April 21, 2018

6:30 am



**Marion
Newbern
Greensboro
Selma**

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



Perry County, Alabama



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