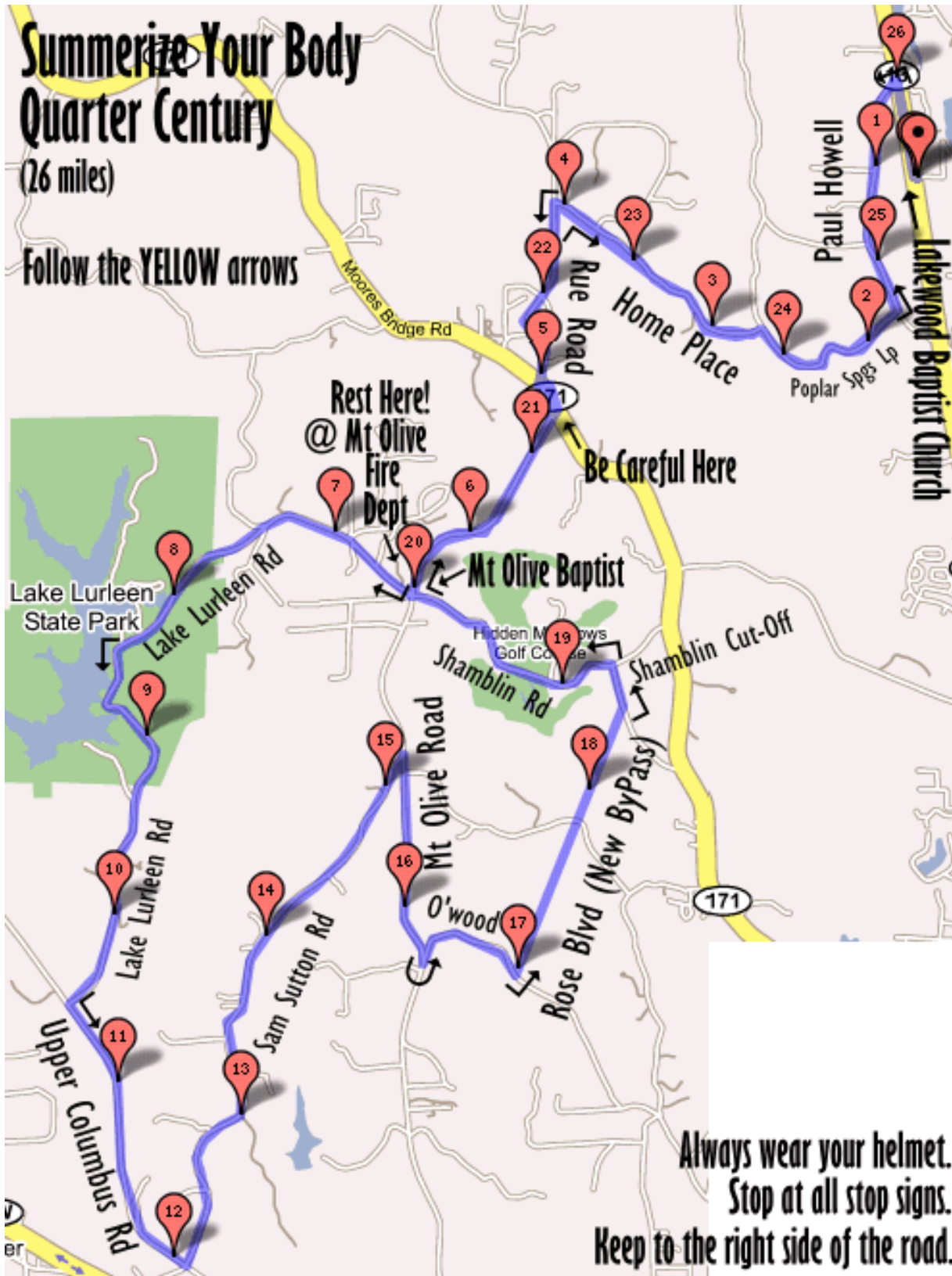


Summerize Your Body Quarter Century

(26 miles)

Follow the YELLOW arrows



Rest Here!
@ Mt Olive
Fire
Dept

Be Careful Here

Always wear your helmet.
Stop at all stop signs.
Keep to the right side of the road.

**Rest stop at mile 6.5 and mile 20,
Mt Olive Volunteer Fire Department.**

Lakewood Baptist **Summertime Your Body** Quarter Century

1. Turn left on to Hwy 43 -- Go a third of a mile
2. Turn left onto Paul Howell Road -- Go 1 miles
3. Turn right on Poplar Springs Loop -- Go 1 mile
4. Turn left on Home Place -- Go 1.5 miles
5. Turn left on Rue Road -- Go 1 miles
6. Turn left on Hwy 171 -- Go 0.1 mile
7. Turn immediately right on Mt Olive Road -- Go 1 mile
8. At the Mt Olive Volunteer Fire Dept (feel free to stop and rest/restroom) turn RIGHT onto Lake Lurleen Rd -- Go 4 miles
9. Turn left on Upper Columbus -- Go 2 miles
10. Turn left on Sam Sutton Road -- Go 3 miles
11. Turn right on Mt Olive Road -- Go 1 mile
12. Turn sharply left on Olivewood Rd -- Go 1 mile
13. Turn left on Rose Blvd (new By-Pass - enjoy the pavement!) -- Go < 1.5 miles
14. Turn left on Shamblin Cutoff -- Go a very short bit
15. Turn left on Shamblin Road -- Go 1.5 miles
16. Turn right on Mt Olive Road (you are at Mt Olive Church and Mt Olive Vol. Fire Dept - take a rest stop if you like) -- Go 1.5 miles
17. Turn left onto Hwy 171 -- Go 0.1 mile
18. Turn immediately right on Rue Road -- Go 1 mile
19. Turn right on Home Place -- Go 1.5 miles
20. Turn right on Poplar Springs Loop -- Go 1 mile
21. Turn left on Paul Howell -- Go 1 mile
22. Turn right on Hwy 43 --Go about a third of a mile (keep to shoulder for safety please) and return to church (on your right)

EMERGENCY NUMBERS: Church: 205.333.0414

SAG wagon: Eric @ 205.292.3645