

The 5th Annual Crank Your Heart Ride (held in conjunction with the 23rd Annual Love Your Heart Run) will be held on Saturday, Feb. 18., at Chewacla State Park in Auburn, Ala.

There will be two different, yet very spectacular routes that you may choose: 3.5, 11 and 22 Miles. The 3.5 Mile Route takes advantage of Auburn's beautiful Charlotte and Curtis Ward Bike Path. The path is separated from the roadway (Shell Toomer Parkway) and is set back into the woods. The 11 and 22 Mile routes follow winding bike lanes on one of the most popular cycling routes in Auburn. A rest station will be provided at the halfway point of both routes. Each ride will include a challenging climb to the summit of Chewacla State Park. Note: The 22 Mile Ride will complete the 11 Mile Route Twice.

Registration for the bike ride will be at 8:30 a.m. and the ride will begin at 9:30.

These events benefit the Exceptional Outreach Organization, a nonprofit dedicated to providing therapeutic programs for children and adults with special needs, such as Lee County Special Olympics and Best Buddies of Auburn University.

For more information or to register for the event, you can visit [www.loveyourheartrun.com](http://www.loveyourheartrun.com). All pre-registered participants receive a free long sleeve t-shirt before the event.

Thank you, and we appreciate your support!

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