

Crowders Mtn Metric

62 mile Course Marked “ C ←, C↑, or C→ ”

Mile	Turn	Location
0	Start	Crowder’s Parking Area
0.5	L	exit Park onto Sparrow Springs
1.1	R	Freedom Mill Rd
3.3	Cross	Lewis Rd
3.9	Cross	Bethany Rd
4.6	L*	Crowders Creek Rd
		*note that 37 & 60 routes turn left, & the 22 route turns right
5.3	R	Ferguson Ridge Rd
6.3	Cross	Crawford Rd
8.0	R	Hwy 321
8.1	L	Ridge Rd
10.2	R	Glenn Rd
12.3	R	Hwy 557
12.4	L	Griggs School Rd
13.5	L	Hwy 55
13.6	R	Lincoln Rd
18.5	R	Old Limestone
20.6	L	Old Hwy 321
20.9	Cross	321, road becomes Philbeck
21.5	R	Hwy 161
27.3	L*	Hwy 55
		*note that 37 route continues straight here
34.9	R	Hwy 5
39.9	R	Jumping Branch
42.8	R	Antioch Rd
45.9	R	Battleground Rd
		(Route travels through Kings Mtn Battleground National & State Parks)
		Public Restroom
48.4		bathroom available at Kings Mtn National Military Park Visitor Center on left
52.2	L	Hwy 161 (exit KM Park)
56.8	R	Lake Montonia Rd
58.2		road becomes Pinnacle Rd.
60.3	L	Sparrow Springs Rd
61.6	L	Crowders Mtn State Park
60.0	62.1	Finish At Parking Area

Crowders Mtn Metric

37 mile Course Marked “ C ←, C↑, or C→ ”

Mile	Turn	Location
0	Start	Crowder’s Parking Area
0.5	L	exit Park onto Sparrow Springs
1.1	R	Freedom Mill Rd
3.3	Cross	Lewis Rd
3.8	Cross	Bethany Rd
4.5	L*	Crowders Creek Rd
		*Note that 37 & 60 routes turn left, & The 22 route turns right
5.3	R	Ferguson Ridge Rd
6.3	Cross	Crawford Rd
8.1	Cross	321, road becomes Ridge Rd
10.2	R	Glenn Rd
12.3	R	Hwy 557
12.4	L	Griggs School Rd
13.5	L	Hwy 55
13.6	R	Lincoln Rd
18.5	R	Old Limestone
20.6	L	Old Hwy 321
20.9	Cross	321, road becomes Philbeck
21.5	R	Hwy 161
27.3*		continue straight on Hwy 161
		*Note that 60 route turns left here
27.8	R	Grandview Rd
30.0		road becomes Sparrow Springs Rd
31.0	L	Crowders Creek Rd
32.0	R	Unity Church Rd
34.1	R*	Pinnacle Rd
		*Note that the 37 route re-joins the 60 route after making this turn.
35.1	L	Sparrow Springs Rd
36.4	L	Crowders Mtn State Park
36.9		Finish at Parking Area

This ride benefits the

Friends of Crowders Mtn State Park
www.friendsofcrowdersmountain.org

Crowders Mtn Metric

22 mile Course Marked “ C ←, C↑, or C→ ”

Mile	Turn	Location
0	Start	Crowder’s Parking Area
0.5	L	exit Park onto Sparrow Springs
1.1	R	Freedom Mill Rd
3.3	Cross	Lewis Rd
3.8	Cross	Bethany Rd
4.5	R*	Crowders Creek Rd
		*note that 37 & 60 routes turn left, & the 22 route turns right
6.2	L	Lloyd White Rd
8.2	R	Knox Rd
9.7	L	Henry Knob Rd
10.9	R	Hwy 55 (SC)
12.6	R	Hwy 161
		*note that course rejoins 37 route
		**note, if by mistake you miss this right turn, you re-join the 60 route & add 32.7 miles to your ride.
13.1	R	Grandview Rd
15.3		road becomes Sparrow Springs Rd
16.3	L	Crowders Creek Rd
17.3	R	Unity Church Rd
19.4	R*	Pinnacle Rd
		*note that the 22 route re-joins the 60 route after making this turn.
20.4	L	Sparrow Springs Rd
21.7	L	Crowders Mtn State Park
22.2		Finish at Parking Area

Rider Information: 62 mile course only

62 mile course:

The 62 mile course features 2,965 feet of cumulative climbing.

Public Bathroom, 62 mile course only: 48.4 mile mark (available at Kings Mtn National Military Park Visitor Center on left)

Emergency Shortcut, 62 mile course only: At the 52.2 mile mark, riders may choose to eliminate a major hill & 3 miles by crossing Hwy 161 (continuing on Battleground). When Battleground Rd. ends, turn left onto Unity Church Rd. When Unity Church ends, turn right onto Pinnacle, & follow the “C↑” markings to the finish.