

# Carl Andersen Memorial Metric Century Bike Ride

(8<sup>th</sup> annual)

62 miles, with 37 mile option

presented by the Gaston County Cyclists

Sunday, October 11, 2009 Crowders Mountain State Park, Gaston County NC

**When:** Ride Start: 10:00 a.m. Registration 9:00 a.m. to 9:50 a.m. day of event only

**Registration Form** (*on-site registration only, to save time at check-in, go to [www.gastoncountycyclists.com](http://www.gastoncountycyclists.com) and print registration form in advance*)

**What:** Bike ride of 62 miles, with a 37 mile option. Aid stations & rolling SAG. Terrain is rolling to moderately hilly, especially the 62 mile course as this passes through the historic Kings Mtn Battleground National & State Parks.

**Start / finish:** Crowders Mtn State Park, 522 Park Office Lane, Kings Mountain, NC

**Cost:** \$10.00 (\$5.00 members of the Gaston County Cyclists)

## **Directions to Crowders Mountain State Park, NC:**

If you're travelling North on I-85 from South Carolina, take the Hwy 74 East exit (exit #10). After about 1 mile, you will see a sign for *Crowders Mountain State Park* directing you to turn right onto Sparrow Spring Rd. Continue on Sparrow Spring Rd about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Spring Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

If you're travelling East on 74 to Gaston County, you will see a sign for *Crowders Mountain State Park* approximately 2 miles after you pass the city of Kings Mtn. This sign will direct you to turn right onto Sparrow Spring Rd, and in approximately 3 miles you will arrive at the park entrance. **Note: in order to stay on Sparrow Spring Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

If you're travelling to Gaston County on 321, take 321 to I-85, then take the I-85 South exit. Travelling South on I-85, take the Edgewood Rd exit (exit #13), and turn left onto Edgewood Rd. Go about 1 mile, and turn right onto Hwy 74. Travelling West, in about 1 mile you will see a sign for *Crowders Mtn State Park* directing you to turn left onto Sparrow Spring Rd. Turn left onto Sparrow Spring Rd, and continue about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Spring Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

If you're travelling South on I-85 to Gaston County, then take the Edgewood Rd exit (exit #13) and turn left onto Edgewood Rd. Go about 1 mile, and turn right onto Hwy 74. Travelling West, in about 1 mile you will see a sign for *Crowders Mtn State Park* directing you to turn left onto Sparrow Spring Rd. Turn left onto Sparrow Spring Rd, and continue about 3 miles until you arrive at the park entrance. **Note: in order to stay on Sparrow Spring Rd, you will have to make a right turn about ½ mile before arriving at the park entrance.**

For information about **Crowders Mountain State Park**, call 704-853-5375. **This number is for park information only.** Park rangers are graciously letting us use the parking area for start/finish, but they do not have ride information. There is a trail head at the parking area, with several good hiking trails from easy to strenuous available. Mountain biking is strictly prohibited on all trails.

**For additional information**, contact Melissa at [mmagee56@bellsouth.net](mailto:mmagee56@bellsouth.net)

**In Memory of Carl.** Carl Andersen, a local rider active in both the *Gaston County Cyclists* and the *Rock Hill Bicycle Club*, was tragically killed on a club ride during a sudden thunderstorm in July of 2002. Carl loved to ride the bike, and had even made complimentary remarks about this ride's previous name, "Press on Regardless." Carl would want everyone to continue riding, and so we ride in his honor and memory.