

Blood, Sweat, & Gears 2001

You should warm-up before this ride, because the first 5 miles are tough. Lots of climbing on the way to Banner Elk on NC194. On the other side of Banner Elk is a nice climb on Hickory Nut Gap Road. Then there's the 2 mile jaunt from Linville to Grandfather Mountain on US221. By the time you get to Blowing Rock, you've already climbed about 4000'. Fortunately there's plenty of time to recover before the route's "feature" climb over Snake Mountain on Meat Camp Road. Save a little energy for the climb on George's Gap Road at about the 85m point. As always, the "rollers" between the climbs add a lot of character.

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At	Turn	Go	On Segment	Notes
0.0			START at Valle Crucis Elementary	
0.0	Right	8.5	NC194	
8.5	Left	0.3	NC184	Banner Elk
8.8	Right	6.5	Hickory Nut Gap (1342)	
15.3	Left	0.6	Watauga Street (1345)	
15.9	Left	6.0	NC181	
21.9	Straight	15.8	US221 - North	
37.7	Right	1.4	Main Street - Blowing Rock	
39.1	Right	1.8	US321	Merge
40.9	Left	2.7	Greenhill Road	
43.6	Right	5.0	Blue Ridge Parkway - North	
48.6	Left	0.2	Deerfield Road	
48.8	Right	4.0	Bamboo Road (1312)	
52.8	Left	1.7	US421	
54.5	Right	3.2	NC194	
57.7	Left	11.0	Meat Camp Road (1340)	Cross Snake Mt.
68.7	Left	5.0	NC88	
73.7	Left	1.0	US421	Trade, TN
74.7	Right	8.5	Old 421	
83.2	Right	0.2	Dale Adams Road	

83.4	Right	4.6	Georges' Gap Road (1213)	
88.0	Straight	3.9	Bethel Road (1201)	
91.9	Left	5.3	US321	
97.2	Right	2.2	Mast Gap Road (1117)	
99.4	Right	1.4	NC194	
100.8	Left		FINISH @ Valle Crucis Elementary	