



RIDING ACROSS GEORGIA SINCE
1980

SPRING TUNEUP 2023

**PRESENTING SPONSOR OF
THE BICYCLE RIDE ACROSS GEORGIA**

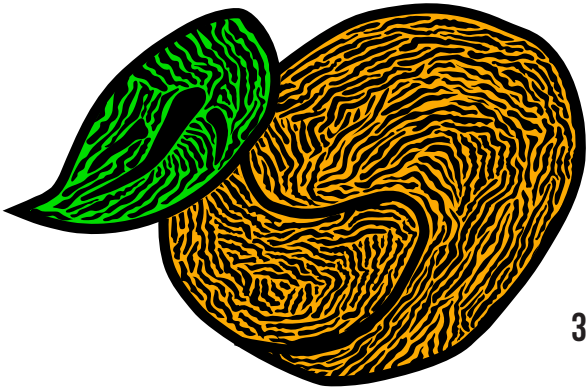


**NORTHSIDE
HOSPITAL**

Northside Hospital is committed to the health and wellness of our community. As such, we dedicate ourselves to being a center of excellence in providing high-quality healthcare. We pledge compassionate support, personal guidance and uncompromising standards to our patients in their journeys toward health of body and mind. To ensure innovative and unsurpassed care for our patients, we are dedicated to maintaining our position as regional leaders in select medical specialties. And to enhance the wellness of our community, we commit ourselves to providing a diverse array of educational and outreach programs.

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WELCOME TO SPRING TUNEUP

Thank you for joining us on Spring TuneUp based in beautiful Rutledge, Georgia! We have a great weekend of activities planned. Each day we will have a ride in the morning that continues into the afternoon, followed by entertainment at the Sunflower Farm each evening. Please refer to this guide as to the day's schedule and routes.

Contacts:

Please dial (678) 548-1938 if you need IMMEDIATE assistance on Spring TuneUp, otherwise please await a SAG vehicle.

Emergencies please dial 911

Madison Police Department (706) 342-1275

Morgan County Sheriff (706) 342-1507

Walton County Sheriff (770) 267-1458

Putnam County Sheriff (706) 485-8557

Jasper County Sheriff (706) 468-4918

Morgan Memorial Hospital - 1077 S Main St, Madison, GA 30650 - (706) 342-1667

Putnam General Hospital - 101 Greensboro Rd, Eatonton, GA 31024 - (706) 485-2711

Piedmont Newton Hospital - 5126 Hospital Dr NE, Covington GA 30014 (770) 786-7053

Piedmont Rockdale - 1412 Milstead Avenue, Conyers GA 30012 - (770) 918-3000

WEEKEND OVERVIEW

Ride Options		
Friday	Saturday	Sunday
11 mile - 581 elevation	23 mile - 1,063 elevation	14 mile - 630 elevation
27 mile - 1,160 elevation	56 mile - 2,414 elevation	28 mile - 1,245 elevation
69 mile - 3,435 elevation	93 mile - 4,360 elevation	44 mile - 2,038 elevation

	Friday	Saturday	Sunday
7:30am	<-----First timers meeting at Registration ----->		
8:15am	<----- Mass Start ----->		
7:00am - 8:30am	<-----Breakfast offered ----->		
11:30am - 8:00pm	<-----Food Trucks on site----->		Food Trucks 11:00a - 2:00p
12:00pm - 9:30pm	<-----BRAG Bar Open----->		
3:30pm - 4:30pm	Reverend Hylton	Conrad Moore	
5:00pm - 7:00pm	The Human DJ	Garrett Collins Project	
7:30pm - 9:30pm	Hughes Taylor	Chris Jon & Scott	

BRAG SAFETY PLEDGE

1. I will ride single file when a car or truck is behind me.
2. I will never ride more than two abreast, in accordance with Georgia law. I will not be a road hog. I will yield to riders trying to pass me.
3. I will ride as far to the right as practicable, except when making a left turn or when going straight at a right-turn only lane.
4. I will call out "car back" or "car up" to riders in front of me.
5. I will call out my intentions to riders immediately behind me: "Slowing," "Stopping," or "Turning." I will use traffic hand signals when appropriate.
6. I will point to road hazards and/or call out to riders behind me: "Gravel," "Hole," "Tracks."
7. I will call out to riders I am about to pass: "On Your Left," or "Good Morning." I will never pass on the right.
8. I will wear my helmet at all times while on my bike.
9. I will obey all traffic signs and signals. I will not call out "Clear" at stop signs or red lights.
10. I will always ride defensively. I will always be aware of other riders, vehicles and pedestrians near me. I will never assume I know what they are going to do.
11. I will use common sense and courtesy toward motorists and other cyclists while I am on my bike.
12. I will provide immediate adult supervision to my bicycling children under age 16.
13. I will not ride before daylight or after dusk unless I have proper lights on my bike, in accordance with Georgia law.
14. If I stop for any reason, I will get completely off the road.
15. I will not wear headphones while riding my bike.
16. I understand I will be ejected from the ride if I violate this Safety Pledge.
17. I will obey this SAFETY PLEDGE. If I am riding with minor children (under age 18), I will read it with them, and they will obey it.

SAFETY FIRST !!!

BRAG events take place on public right of ways. We ask motor vehicles to share the road, so we must extend the same courtesy. **You will encounter hazards on the ride which you will need to exercise your duty of care to avoid.** Every road contains hazards. It is your duty as a cyclist to be prepared to detect and avoid hazards on the road. As much as possible we travel in low traffic, however we will need to travel on roads with higher traffic volume from time to time. Please review the BRAG Safety Pledge you were required to sign to participate in this BRAG event on Page 6. Please consult the rider handbook provided by Georgia Bikes for more safety information.

YOU MUST STOP AT ALL STOP SIGNS AND RED LIGHTS!! Obey all traffic control devices and exercise caution crossing rail road tracks and road crossings!



SAFETY INFO

You are responsible for your own safety - BRAG assists as much as possible in ensuring a safe ride, however you are in control of your ride and safety. Please read carefully the cue sheets and take note of hazards outlined. Also be on the look out for BRAG signs on the roadway warning of hazards. Hazards are always being created and note we can not warn participants of every potential or existing hazard. Cycling has inherent dangers - take safety seriously!

You must obey all traffic laws and traffic control devices.

Wear a helmet and ensure your gear is properly functioning.

Communicate with other cyclists to keep each other safe - please yell when appropriate car back, car up, rider on, rider off, etc. Communicate about hazards such as RR tracks, pot holes, rumbles, debris in the road, cracks, animals, etc. Do not yell CLEAR as what is clear for you may not be for others.

Visibility - See and be seen, wear bright clothes, reflective clothing and use lights.

Bicycle lanes and shoulders - please use them when possible and safe to do so.

Report dangerous motorists and cyclists.

In the event of rain, the road and road tires can be slick and brakes can slip. Normal conditions may become more hazardous, especially rail road tracks.

In the event of lightning, take appropriate action and exercise caution.

SAFETY INFO

This is a ride, not a race. We encourage you to stop and smell the roses and get a true taste for the vibrant fiber and culture of Georgia.

You may leave as early as sunrise and as late as 8:30am, however we strongly recommend you leave with the group start if offered. As long as you leave during this time frame and maintain a minimum 10 mph pace you will catch all the rest stops while they are open. If you have a slower pace, try to leave a little earlier, if you are faster, you can afford to get a little extra sleep.

How not to get lost: We have 4 methods for you finding your way:

1. This Ride Guide. It includes cue sheets. Please keep this book with you. You may want to place it in a plastic bag in case of rain.
2. Signs. There will be BRAG arrows at every turn to tell you which way to turn. If there is no arrow it means go straight. Please exercise caution here as sometimes people like to collect our signs.
3. Road Markings. We mark the routes with paint on the road, before, at and after each turn. When approaching an intersection or side street please cautiously look out for markings on the road. They



look like this: They will point you in the direction of the turn. Roads are not marked in downtown areas or in areas where it is prohibited (Bike Trails).

4. GPS routes you can download from the Internet. Please go to www.brag.org, click on the respective ride, then click on routes, Then you can click on the respective day you wish to download and it will direct you to the ride with GPS app. If you do not have it you can download it for free, which will give you access to the map, and your location on it (must have a smart phone).

PRIVATE PROPERTY

Durden Rd
NO PARKING ALONG ROADWAY

SATURDAY START

SUNDAY START

FRIDAY START

CAR ENTRANCE

BIKE ENTRANCE

LOUD CAMPERS

QUIET CAMPERS

OFF LIMITS

KEEP CLEAR



Sunf



FOOD VENDORS

Six Pack Subs: Vietnamese street food, Bánh Mì sandwich, Noodle Bowls, Spring rolls, Egg rolls, Viet Taco, Vegetarian and Gluten Free menu, Chicken Fingers and Fries.

Jackson Family BBQ: Pulled pork, chicken, ribs, baked beans, coleslaw.

The Fresh Truck: A rotating menu of hearty and healthy items to both satisfy strong appetites and address common dietary restrictions

Nine Rabbits - Fresh bowls, rice bowls, grit bowls, salads, all farm fresh.


The Caboose: Hot pies, root beer floats, Pimento cheese sandwiches - veggie delight subs - baked Irish and sweet potatoes with toppings - fresh fruit salad - blondies - brownies - fried pies - Shaved ice - lemonade - ice tea

Biscuits (Breakfast Only): Biscuits, sausage, bacon, egg, cheese, breakfast bowls

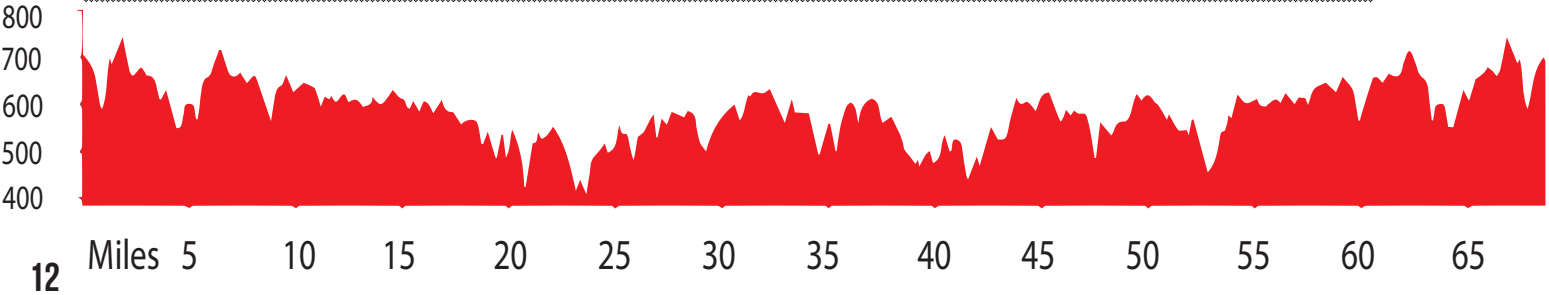
Cafe Campesino: All kinds of coffees, teas, smoothies.

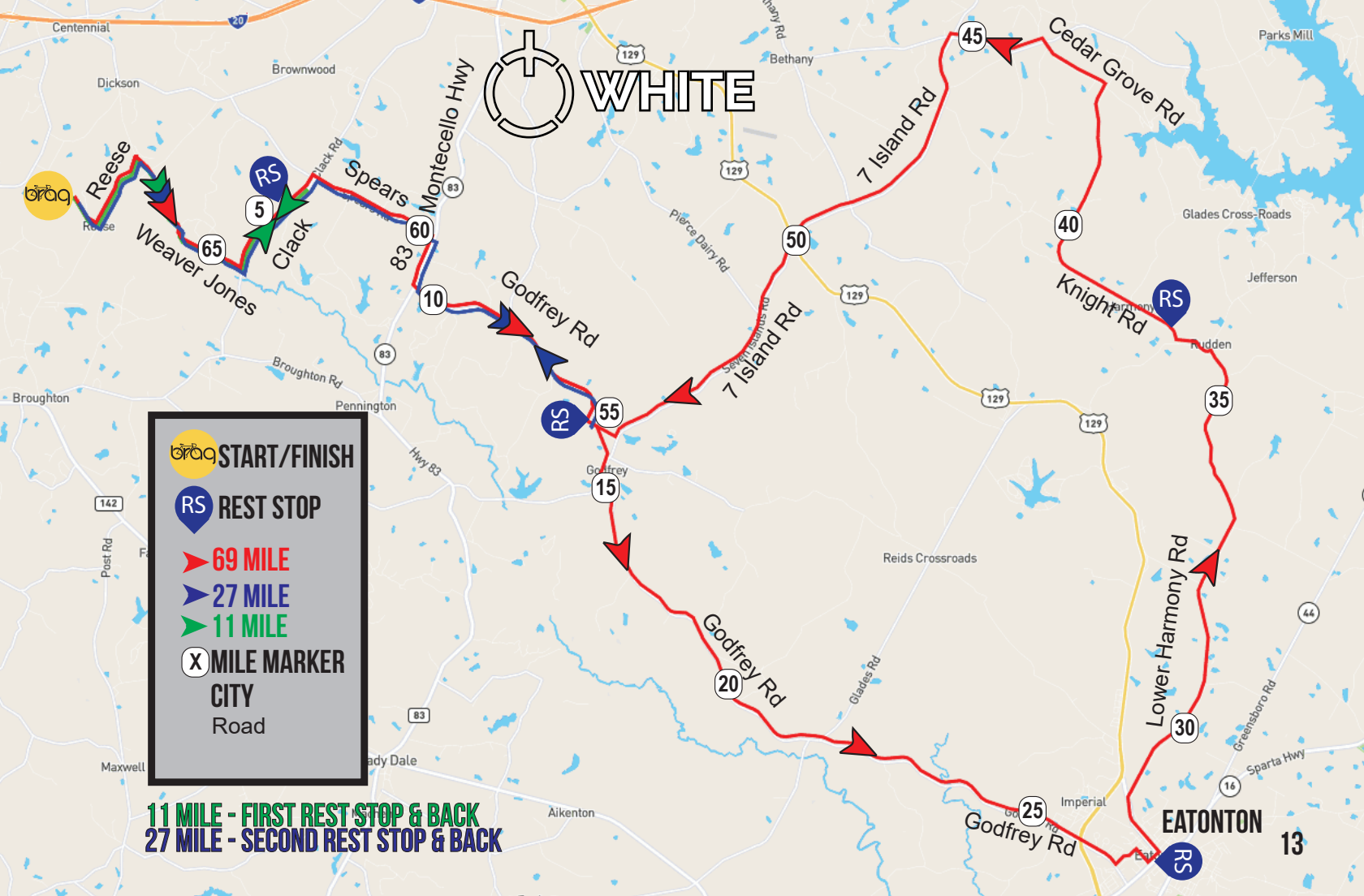


FRIDAY

Fridays ride is comprised of a 11, 27, and 69 mile route (Check page 5 for elevation).
Todays Route is marked in **WHITE** 

8:15am	Mass Start
6:30am - 5:00pm	Registration Open
7:00am - 8:30am	Breakfast offered
11:30am - 8:00pm	Food trucks on site
12:00pm - 9:30pm	BRAG Bar open
3:00pm - 4:30pm	Reverend Hylton
5:00pm - 7:00pm	Slow Parade
7:30pm - 9:30pm	Hughes Taylor





WHITE

 **START/FINISH**

 **REST STOP**

 **69 MILE**

 **27 MILE**


 **11 MILE**

 **MILE MARKER**


CITY
Road

11 MILE - FIRST REST STOP & BACK
27 MILE - SECOND REST STOP & BACK



FRIDAY

Total	Inc	Description
0.0	0.0	Turn Right out of the Sunflower Farm
0.6	0.6	Turn left onto Reese Rd
1.9	1.3	Sharp right onto Weaver Jones Rd
4.6	2.7	Turn left onto Clack Rd
5.3	1.9	Rest Stop 1, 3481 Clack Road, Madison GA 30650 Open 7:45AM - 2:45PM
		Turn Around here and return for the 11 mile route
6.6	0.1	Turn right onto Spears Rd
8.8	2.2	 Turn right onto GA-83 S - Caution High Traffic Road - Ride Single File
9.6	0.8	Turn left onto Godfrey Rd
13.4	3.8	Right onto Antioch Rd,
13.7	0.3	Rest Stop 2, Godfrey Community Park - 1199 Antioch rd, Madison GA 8:45AM - 2:00PM
		Turn Around here and return for the 27 mile route Follow the 69 mile cue sheet starting at mile 55
13.7	0.0	Left out of the rest stop and continue on Godfrey Rd

FRIDAY

Total	Inc	Description
14.6	0.8	Left to stay on Godfrey, go over bridge Easy Turn to Miss
25.5	10.9	Caution crossing 441
26.3	0.8	 Turn left onto Church St
26.7	0.4	Turn right onto N Lafayette Ave
27.2	0.5	Turn left onto N Jefferson St / N Marion St
27.2	0.0	Rest Stop 3, Life Source Pavilion - 304 W Marion St Eatonton, GA 31024 - Open 9:30AM - 12:15PM
27.4	0.2	Cross N Jefferson after court house, CAUTION LOW BRIDGE , Turn left onto N Maple St
27.9	0.5	Turn left onto Phillips Dr
27.9	0.0	Caution, Railroad Tracks, Bad Angle
27.9	0.0	Turn right onto N Maple Ave
28.1	0.2	Caution, Railroad Tracks, Bad Angle
28.3	0.2	Turn Right onto Lower Harmony Rd NE
36.4	8.1	Turn left onto Harmony Church Rd, Easy to miss

FRIDAY

Total	Inc	Description
36.9	0.5	Rest Stop 4, Harmony Church - 120 Harmony Church Rd, Eatonton, GA Open 10:15AM - 1:00PM
37.0	0.1	Left onto Harmony Rd
37.2	0.2	Turn right onto Little Rd
39.3	2.1	Little becomes Kingston Rd
42.4	3.1	Turn left onto Cedar Grove Rd
43.7	1.3	Turn left onto Bethany Rd
45.3	1.6	Turn left onto 7 Island Rd
50	4.7	 Caution, Busy Intersection, Cross traffic does not stop
54.5	4.5	Turn right onto Antioch Church Rd
54.6	0.1	Caution, Railroad Tracks, Bad Angle
54.8	0.2	Right on Godfrey Rd
55	0.2	Rest Stop 2 (again), New Enon Baptist Church - 2410 Godfrey Rd, Madison GA Open 8:45AM - 2:00PM
59.1	4.1	 Turn right onto GA-83 N Caution High Traffic Road - Ride Single File

FRIDAY

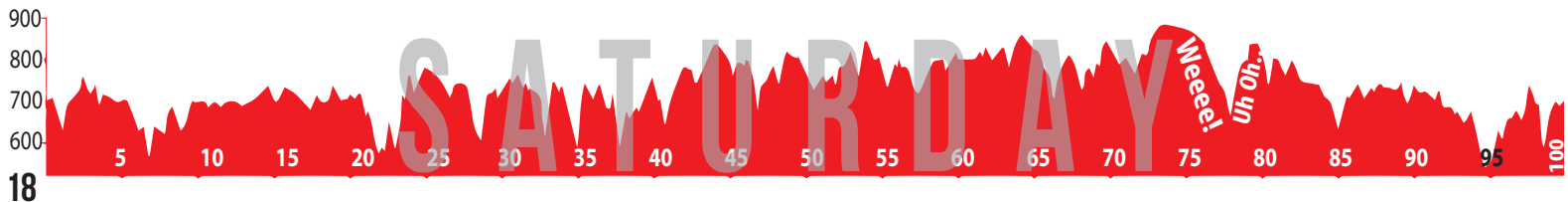
Total	Inc	Description
59.9	0.8	Turn left onto Spears Rd
62.1	2.2	Turn left onto Clack Rd
63.5	1.6	Rest Stop 1 (again), 3481 Clack Road, Madison GA 30650 Open 7:45AM - 2:45PM
64.1	1.9	Turn right onto Weaver Jones Rd
66.8	2.7	Sharp left onto Reese Rd
68.1	1.3	Turn right onto Durden Rd
68.8	0.7	Into Sunflower Farm



SATURDAY

Saturday's ride is comprised of a 23, 40, 56, and 93 mile route.
Today's route is marked in **WHITE** 


8:15am	Mass Start
6:30am - 5:00pm	Registration Open
7:00am - 8:30am	Breakfast offered
11:30am - 8:00pm	Food trucks on site
11:00am - 6:00pm	Northside Sports Medicine Recovery Onsite (Free)
12:00pm - 9:30pm	BRAG Bar open
3:00 - 4:30	Conrad Moore
5:00pm - 7:00pm	The Garrett Collins Project
7:30am - 9:30pm	Chris Jon & Scott








WHITE


White Mountain


**START/FINISH**

**REST STOP**

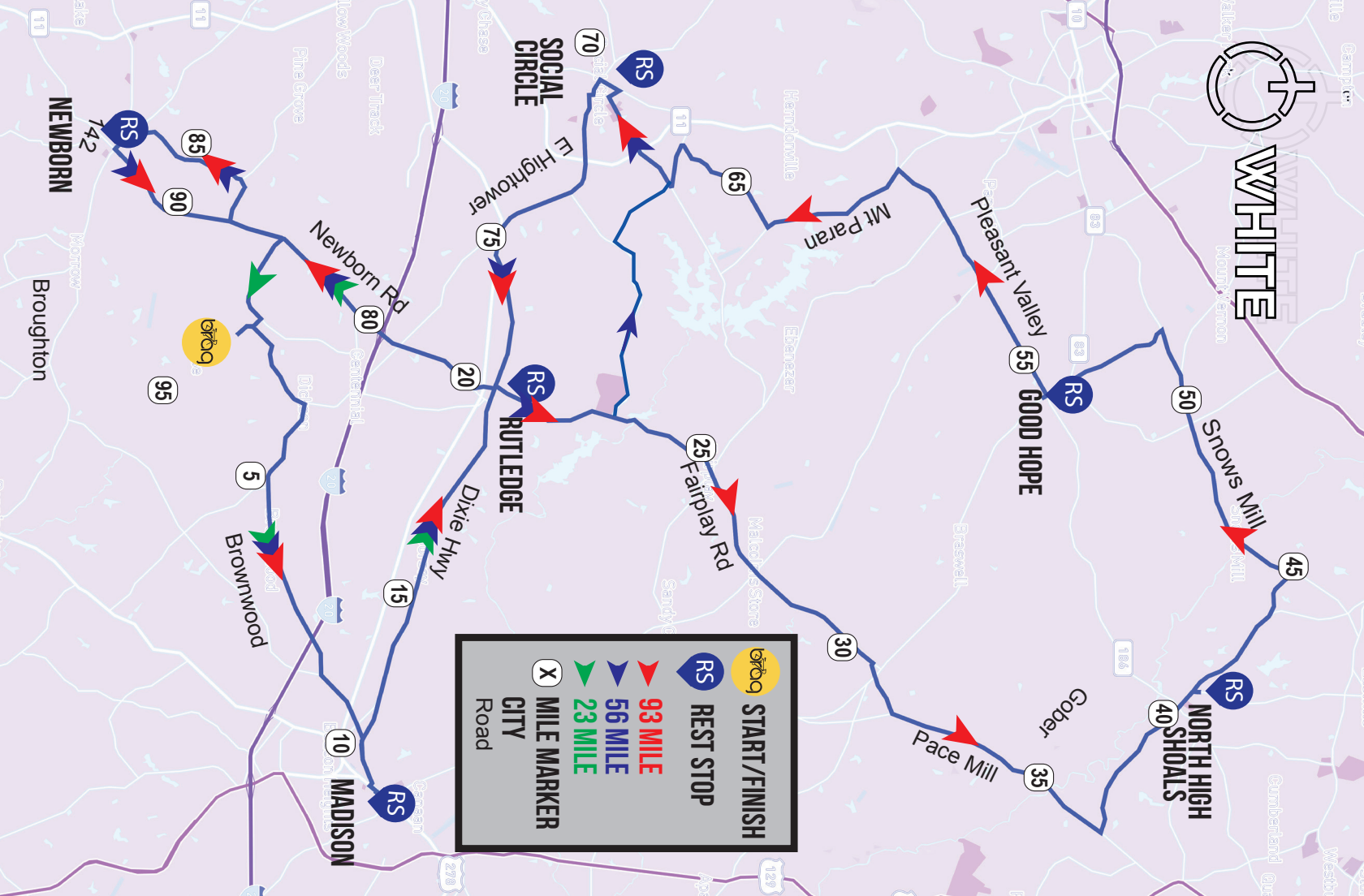
**93 MILE**

**56 MILE**


**23 MILE**

**MILE MARKER**

CITY
Road





SATURDAY

Total	Inc	Description
0.0		Left out of the Sunflower Farm
0.4	0.4	Right onto West St
1.0	0.6	Right onto Dickson Rd
2.4	1.4	Right onto Brownwood Rd
7.5	5.1	Cross over I-20
9.2	1.7	Caution, Busy Intersection, 278, Cross traffic does not stop
9.8	0.7	Right onto Dixie Hwy
10.1	0.2	Caution - Railroad Tracks Cross with Caution
10.8	0.7	Left Onto Walton St
10.8	0.1	Right onto Academy St  CAUTION at W.Washington St
11.4	0.1	Right onto W. Jefferson St.
11.4	0.0	Rest Stop 1, 171c GA-83, Madison, GA 30650 Open 7:45AM - 10:30AM
11.4	0.0	Left onto W. Jefferson St. - Watch for Incoming Cyclists
11.5	0.1	Right N 2nd St  CAUTION at W.Washington St.
12.1	0.1	Left onto Walton St.
12.1	0.1	Left onto Dixie Ave
12.3	1.0	Caution, Railroad Tracks
12.6	0.3	22 mile route Turns left onto Brownwood Road - Flip to Page 23 - All other routes continue straight

Total	Inc	Description
20.7	7.3	Right onto Fairplay St
19.9	0.0	Caution, Railroad Tracks
20.0	0.1	Rest Stop 2, Rutledge City Park - 102 W Main St, Rutledge, GA 30663 - Open 9:00AM - 4:00PM
		43 Mi Route Heads South on Fairplay, Left on W Dixie Hwy, Right on Newborn - Then Follow Century Route at Mile 77.9
20.0	0.0	100 & 61 mile keep North on Fairplay
22.8	2.8	61 Mile Option make a Left onto Knox Chapel Rd - Turn to Page 23 for those routes - 100 Mile option keep straight
31	7.4	Turn right onto Malcolm Rd
31.3	0.3	Continue onto Wellington St
32.1	0.8	Turn left onto Price Mill Rd
37	4.9	Turn left onto Gober Rd
40.6	3.1	Continue onto Rays Church Rd
40.8	0.2	Rest Stop 3, North Shoals City Park - 252 Hillsboro Rd N High Shoals, GA 30621-Open 10:30AM -1:30PM
40.9	0.3	Turn right onto Rays Church Rd
42.9	2.0	Turn left on Aycock Rd
45.0	2.1	Turn left onto Snows Mill Rd
52.2	7.2	Turn right onto Bearden Rd NW
54.4	2.2	Continue onto GA-83 S
52.6	0.3	Rest Stop 4, Good Hope Park, 169 GA-83, Good Hope, GA 30641 - Open 11:00AM - 2:30PM 
55.4	0.6	Right on 83 then Left on Pleasant Valley Rd
60.9	5.5	Turn left onto Mount Paran Church Dr
63.9	3	Turn right onto Lipscomb Rd/ Chicks Bridge Rd
65.2	1.3	Left onto Grady Lemonds Rd

SATURDAY


Total	Inc	Description
66.5	1.2	Turn left onto Social Circle Fairplay Rd
67.4	0.9	Sharp right onto Roy Malcom Rd (60 Mile Route comes in here)
68.4	1.0	 Cross GA11 - Busy road, cross traffic does not stop
69.7	1.3	Caution: Rail Road Tracks Bad Angle
69.7	0.0	Turn right onto Oak Dr NE
69.9	0.2	Turn left onto N Cherokee Rd
70.1	0.2	Rest Stop 5, Bluewillow Inn - 294 N Cherokee Rd Social Circle, GA 30025 - Open 11:30AM - 3:30PM
70.3	0.4	Left out of Rest Stop, Turn left onto E Hightower Trail
70.7	0.3	Turn right to stay on E Hightower Trail
70.8	0.1	Turn left to stay on E Hightower Trail
73.3	2.5	Caution Rail Road Tracks - Bad Angle
74.4	3.7	 Turn left onto US-278 E (Unsigned) Caution Busy Intersection and Road
75.0	0.5	Slight left onto Dixie Hwy
77.6	2.6	Turn Left onto Fairplay Street Caution Railroad Tracks
77.7	0.1	Rest Stop 2 (again), Rutledge City Park Open 9:00AM - 4:00PM

Total	Inc	Description - 93 Mile Option
77.7	0.0	Head south on Fairplay St and turn Left onto W Dixie Hwy - Caution Railroad Tracks
77.7	0.0	Turn right onto Newborn Rd
80.4	2.7	Cross over interstate 20
84.2	6.5	Turn right onto Elliott Rd
85.2	0.9	Turn left onto Hwy 229
87.7	2.5	Turn left onto GA-142 E
88.2	1.0	Rest Stop 6 Newborn City park - 4220 GA-142 Newborn, GA 30056 Open 10:30am - 4:30pm
88.3	0.1	Turn left onto N Johnson St
92.2	3.9	Turn right onto Keencheefoonee Rd
94.1	1.3	Turn right onto Durden Rd
94.8	0.7	End at Sunflower Farm!!!

Total	Inc	56 Mile Option
22.8	2.8	Left onto Knox Chapel Rd
26.9	4.1	Turn right onto Hawkins Academy Rd
28.6	1.7	Turn left onto Social Circle Fairplay Rd
28.6	0.0	Continue onto Roy Malcom Rd Century comes in here. Pick up Century at Mile 67.4

Total	Inc	23 Mile Option
12.6	0.3	Turn left onto Brownwood Rd
13.2	0.6	Busy Intersection, 278, Cross traffic does not stop
20.0	6.8	Turn left to stay on Brownwood Rd
20.0	0.0	Turn left onto Dickson Rd
21.4	1.4	Slight left onto West St
22.0	0.6	Slight left onto Durden Rd
		End at Sunflower Farm! - Yay!
		23



The background of the slide is a photograph of a paved road winding through a lush green forest. In the distance, a person is riding a bicycle on the road. The text is overlaid on a semi-transparent white box.

The BRAG Dream Team is a program focused on providing growth and learning experiences for underprivileged youth through mentorship and cycling. The Dream Team provides mentorship to its program participants throughout the year. With the help and guidance of the coaches, program participants ride in all BRAG rides, broadening their horizons and providing a myriad of learning experiences they might not otherwise have a chance to experience.

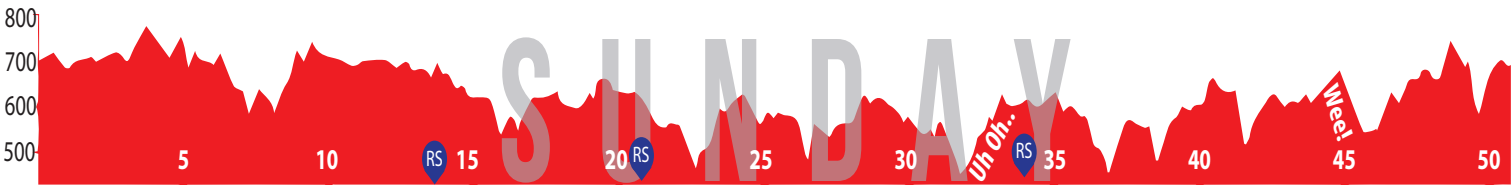
Thanks to sponsors, the cycling equipment, food and transportation costs are covered for the BRAG Dream Team. The targeted students are from low-income families who cannot afford to participate on BRAG. They're given bikes, helmets and other accessories needed to ride safely and confidently. Since 1994, more than 200 students have completed BRAG as Dream Team members.

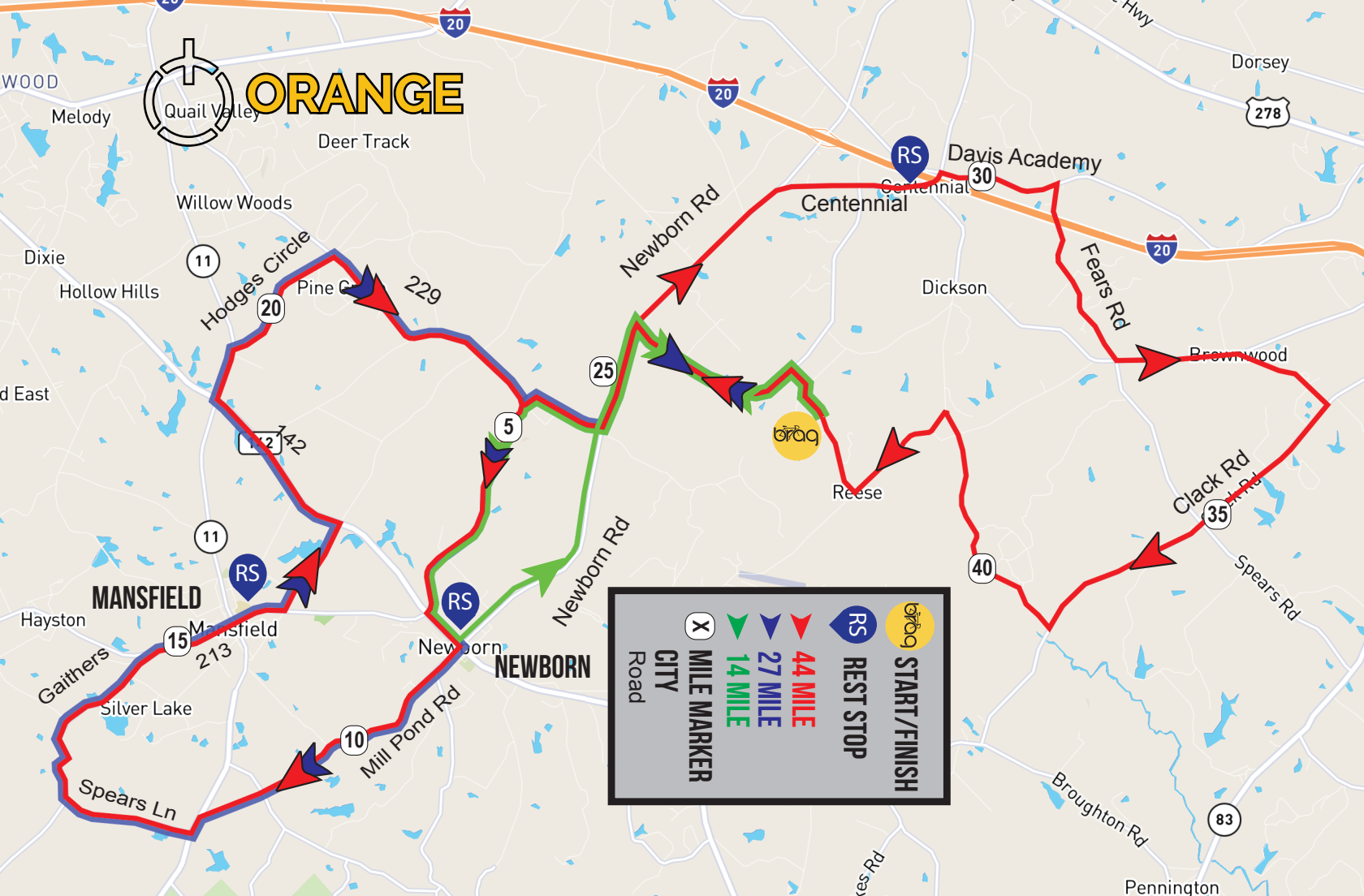
To find out more about the Dream Team, donate time or resources please contact Dream Team Head Coach Atiba Mbiwan - atiba@mindspring.com

SUNDAY

Sundays ride is comprised of a 44, 28, 14, mile route.
Todays route is marked in **ORANGE** 

6:30am - 2:00pm	Registration open
8:15am	Mass Start
7:00am - 8:30am	Breakfast offered
11:00am - 1:00pm	Food trucks on site
4:00pm	All vehicles must be off premise





SUNDAY

Total	Inc	Description
0.0	0.0	Turn left out of the Sunflower Farm
0.6	0.6	Turn left onto Keencheefoonee Rd
2.5	1.9	Turn left onto Newborn Rd
3.7	1.2	Turn right onto Elliott Rd
4.6	0.9	Turn left onto Hwy 229
7.1	2.5	Turn left onto GA-142 E
7.4	0.3	Caution, Rail Road Tracks, Bad Angle
7.4	0.3	Rest Stop 1, Newborn City Park - 4224 GA-142 Newborn, GA 30056 - Open 8:00AM - 10:30AM
7.6	0.2	14 Mile route turns Left onto N Johnson / Newborn Rd - turn to page 29
7.6	0.2	44 and 28 mile options turn right onto S Johnson St
8.2	0.6	Continue onto Mill Pond Rd
11.0	2.8	 Left on GA-11 S CAUTION CrossTraffic Doesn't Stop
11.2	0.2	Turn right onto Spears Ln
12.6	1.4	Right onto Gaithers Rd
14.7	2.1	Turn right onto 2nd Ave
16.0	1.3	Rest Stop 2, Nonie Needam Nature Trail Open 8:30AM - 11:30AM
16.1	0.1	Turn left onto Sewell Rd Caution Rough Pavement and Pot Holes
17.2	1.1	Turn left onto GA-142 W Caution Busy Rd
19.0	1.8	Turn right onto GA-11 N
19.5	0.5	Turn right onto Hodges Cir
21.0	1.5	Turn right onto Hwy 229
23.7	2.7	Turn left onto Elliott Rd
24.6	0.9	Turn left onto Newborn Rd

Total	Inc	Description
25.7	1.1	28 mile option turns Right onto Keencheefoonee Rd - Follow 14 mile route in (pg 29) 44 Mile Option continues Straight
27.7	2.0	Turn right onto Centennial Rd
29.3	1.6	Turn right onto Brownwood Rd
29.3	0.0	Rest Stop 3, Centennial Baptist Church, Wilburn Rec Area - Open 9:30AM - 12:30AM
29.4	0.1	Turn left onto Brownwood, right onto Centennial Rd
29.6	0.2	Turn right onto Davis Academy Rd
30.8	1.2	Turn right onto Fears Rd
32.9	2.1	Turn left onto Brownwood Rd
34.1	1.2	Slight right onto Thankful Rd
35.2	1.1	Turn right onto Clack Rd
39.0	3.8	Turn right onto Weaver Jones Rd
41.7	2.7	Sharp left onto Reese Rd
43.0	1.3	Turn right onto Durden Rd
44.0	1.0	End at Sunflower Farm!

Total	Inc	14 Mile Option
7.6	0.2	Turn left onto N Johnson St / Newborn
8.7	1.1	Continue onto Newborn Rd
11.7	3.0	Turn right onto Keencheefoonee Rd
13.6	1.9	Turn right onto Durden Rd
14.2	0.6	End at Sunflower Farm!



Scan Here
for Details &
Registration



Keep the Party
Rolling!

BIG BRAG 2023

JUNE 3-10 | 440 MILES

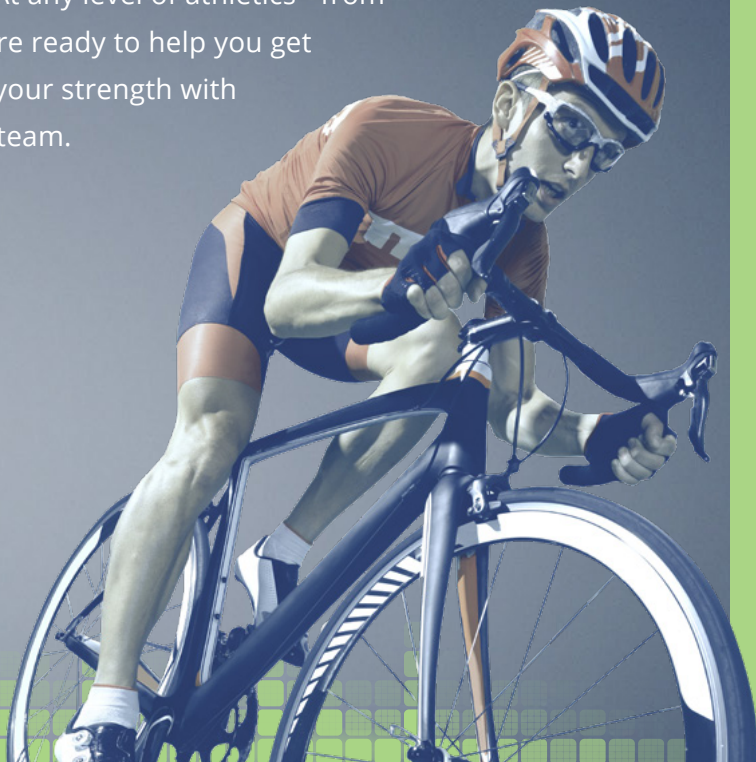
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Elite sports medicine. For every athlete.

Northside Hospital Orthopedic Institute-Sports Medicine is here to bring out your best. At any level of athletics - from pickup to the pros - we're ready to help you get back in the game. Find your strength with Georgia's most trusted team.



SCAN ME



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