bicycle ride across georgia

riding across georgia since 1980



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 health care. 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 BRAG'S WINTER RIDE

Thank you for joining us on Winter Ride based in St Marys, Georgia! We have a great week of activities planned for you. Each day we will have an activity planned, a happy hour at our hotel, and an optional group dinner at a local restaurant. Please refer to this guide as to the day's schedule, routes, and locations of the evenings group dinner. Below you will find a brief overview of the week's activities.

Sunday: Optional ride to downtown St. Marys, followed by reception at SureStay Plus Best Western
Monday: Ferry to Cumberland Island, dungeness ruins, biking, and hiking, walking tour.
Tuesday: A day on Amelia Island, 21 mile ride with a lunch option, optional Fort Clinch ride.
Wednesday: Ride around St. Marys visiting several landmarks.
Thursday: Drive to Jekyll Island, trolley tour of historic Jekyll, 16-mi ride around island, stay at Westin.
Friday: Depart at your leisure.

CONTACTS: FRANKLIN'S PHONE NUMBER IS (678) 548-1938. PLEASE CALL IF YOU NEED ASSISTANCE ON WINTER RIDE. EMERGENCIES PLEASE DIAL 911 ST. MARYS POLICE (912) 882-4488 CUMBERLAND ISLAND NATIONAL SEASHORE (912) 882-4336 FERNANDINA BEACH POLICE (904) 277-7342 JEKYLL DEPARTMENT OF PUBLIC SAFETY (912) 635-2303

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. As much as possible we travel on low traffic roads, 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 5. Please consult the rider handbook provided by Georgia Bikes for more safety information.

Although we will be on a bicycle trail at times, we will frequently cross public roads. YOU MUST STOP AT ALL ROAD CROSSINGS!!! Obey all traffic control devices and exercise caution crossing rail roads!



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. Hazards are always being created and note we can not warn participants of every potential or existing hazard. Cycling can be a dangerous sport - 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 cyclist 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 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.

RIDE INFO

BRAG is not responsible for any road markings or arrows from prior rides or events. If you have any doubt as to the current route, please refer to this route description and/or the route map.

Always wear your helmet while on your bike. Helmets are required on BRAG.

Please take off your gloves and wash your hands at each rest stop before approaching the food table.

Obey all traffic signs and signals.

Ride single file when traffic is present, and never more than two abreast.

Please announce yourself when passing other riders by saying On your left and passing on the left. Please do not pass on the right.

Please consult the rider handbook provided by Georgia Bikes for more safety information.

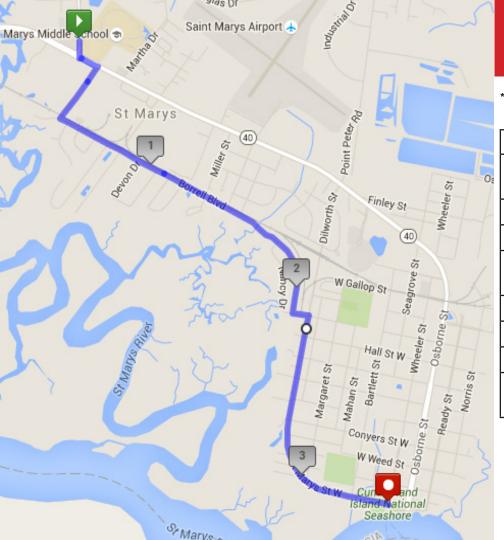
Many marked and unmarked hazards exist on the road; expansion joints, debris, holes, moving vehicles, other cyclist, animals, fluids, curbs, cracks, construction areas, winds, and many more. Please stay alert and always watching for and taking appropriate action when approaching and navigating hazards. Please dismount and remove yourself from danger if you feel uncomfortable.

SUNDAY

Please check in with the Sure Stay Plus by Best Western (2710 Osborne Rd, St Marys, GA 31558) and get settled in your room at your leisure. If you choose, you may bike to downtown St. Marys where you can visit the Submarine Museum, St. Marys Visitor Center or Cumberland Island Museum.

Then join us for a reception / happy hour in the conference room with Terry from Camden Bicycles. Terry has a vast and expansive knowledge of cycling in the area and will be able to answer any questions you have related to the local area or cycling around St. Marys. He will also be able to help you with any me-chanical issues on your bike if you discover any pre-ride.

| Description | Time |
|--|------------------|
| Packet pick-up & check-in | 11:00am - 2:00pm |
| Ride to Downtown St. Marys (3.4 miles) | 2:30pm |
| Happy hour / reception at the hotel | 4:30pm |



SUNDAY

**Route not marked

| | Turn | Cum | Inc | Description |
|------|---------|-----|-----|--|
| TA I | 1 1 1 1 | | 0.0 | Turn right out of the CVS parking lot |
| | L | 0.1 | 0.1 | Osbourne / Hwy 40 |
| | R | 0.2 | 0.1 | City Smitty Dr |
| | ! | 0.5 | | CAUTION CROSSING RAILROAD TRACKS! |
| | L | 0.5 | 0.3 | Borrell Blvd |
| | L | 2.1 | 0.6 | W Ashley |
| | R | 2.2 | 0.1 | Dilworth St |
| | | 3.5 | 1.3 | End in downtown St. Marys |

SUNDAY

St Marys Submarine Museum: The St Marys Submarine Museum is the largest museum of its kind in the South and the fifth largest submarine museum in the country. The museum's 5,000 square feet of displays feature shipboard equipment including a ship's control panel, ballast control panel and working periscope. Visitors are sure to find a special souvenir in the gift shop. \$5 Admission. 102 West St Marys Street, St Marys, GA 31558 Phone: (912) 882-2782 10:00am - 5:00pm

Cumberland Island Museum (Mainland): The Cumberland Island Museum, located in St. Marys, is dedicated to furthering knowledge of the island's natural and cultural history, and to preserving archival materials associated with the island. Free Admission. 129 Osborne Street, St Marys, GA 31558, Phone: (912) 882-4336 1:00pm - 4:00pm

Cumberland Island Visitors Center: There is a small exhibit area on island ecology and a bookstore. 113 W. St. Marys StreetOpen 8:00am - 4:00pm

Lunch Suggestion: Riverside Cafe 106 W Saint Marys St, St. Marys, GA 31558.

MONDAY

Cumberland Island

The ferry to Cumberland island is at 9:00am on Monday Visitors must check in 30 minutes before departure at the Cumberland Island Visitor Center or the reservation will be canceled. Please meet upstairs at the Cumberland Island Visitors Center at 8:30am if you have a National Parks Pass.

The only ferry of the day back to St. Marys is at 4:45pm. Do not miss it!

Please be aware that there is no place on the island to purchase any consumables, including ice, food, beverages or anything else of that kind. Please plan accordingly and bring with you any desired consumables so that you have some sort of nourishment while you are on the island. We recommend stopping at the Subway or the super market on the way to downtown.

| Description | Time |
|--|-------------------------------------|
| Ferry to Cumberland Island | 9:00am |
| BRAG Walking tour | Shortly following our ferry arrival |
| Ferry from Cumberland Island to St Marys | 4:45pm |
| Group Reservation (see group meals list) | 6:30pm |

MONDAY

Announcements:

- Everyone will depart the ferry at Sea Camp. The walk to the ruins from Sea Camp is ~1 mile.
- BRAG will bring some snacks and water and place a cooler at Sea Camp.
- Today is a long day, please bring enough clothes to stay warm and food to eat.
- Bring your camera, Cumberland Island is beautiful! Also get a map from the visitors center.

Walking Tour: A highly informative private walking tour of the southern end of the island offered right when we exit the boat.

Biking: Only 12 bikes are allowed on the Ferry (additional \$10 fee). We would highly discourage roadbikes or skinny tires on the island as there are no paved roads and sandy conditions. If you have a mountain bike or hybrid with beefy tires then you may bring your bike.

Dungeness Ruins: Revolutionary War Hero General Nathanael Greene purchased land on Cumberland Island in 1783. Following his death, his widow Catherine Greene, constructed a four-story tabby home that she named Dungeness. Thomas Carnegie and his wife Lucy began building another Dungeness on the original foundation in 1884. The Carnegie's Dungeness burned in 1959 and today only the ruins remain.

MONDAY

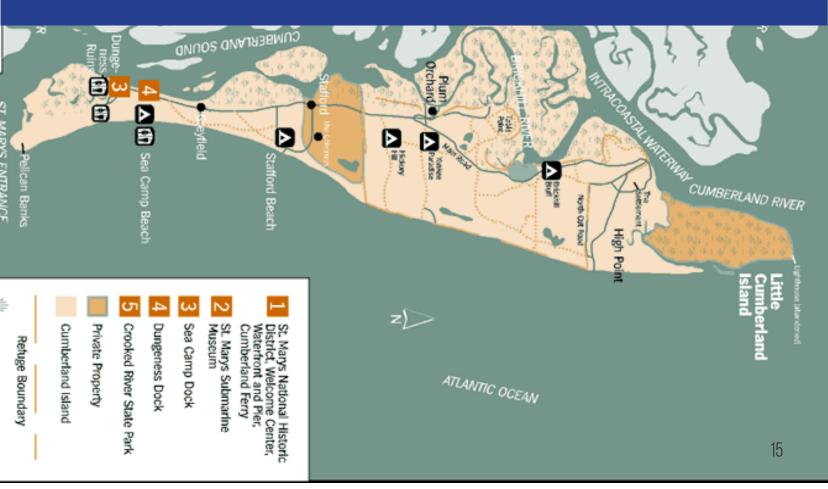
Hiking: A total of 50 miles of hiking trails meander through maritime forests, interior wetlands, historic districts, marsh ecosystems, and the beautiful beaches. Trails are accessible only by foot. Traveling north on the dirt shell road known as Grande Avenue you travel through the heart of the island under a draping canopy of live oaks, across forest floors packed with palmetto, through tall stands of stately pines, over open fields, near tidal creeks, fresh water wetlands and lakes. It also takes you near Plum Orchard Mansion, and it loops through the Settlement at the north end of Cumberland Island including the site of the First African Baptist Church.

Plum Orchard: Built in 1898, Plum Orchard is an 20k sqft, Georgian Revival mansion. Built by Lucy Carnegie for her son, George and his wife, Margaret Thaw. It is almost 8 miles from the Sea Camp dock to visit Plum Orchard. Access is by foot or bicycle and is open 9am -12pm and 1pm - 4pm. The free tours are offered on the hour and last 45 minutes. Ask at the Sea Camp Ranger Station for more info. Please do not attempt to reach on foot, it is ~16 miles round trip.

Land & Legacies Tour: Lang's Seafood Inc., a National Park Service approved concessioner, offers interpretive tours via passenger van to historic locations around the Seashore, including Plum Orchard Mansion, the Settlement (including the First African Baptist Church), Cumberland Island Wharf, and other sites along the main road. \$45 per person, call 877-860-6787 to reserve.

Dinner Reservation: (see group meals list)



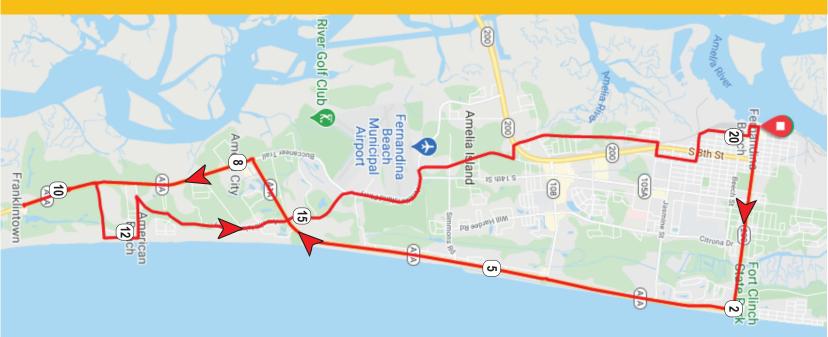


Amelia Island

Today we are headed to Fernandina Beach on Amelia Island. We will all drive to Amelia. Free parking located at **1 S Front St, Fernandina Beach, FL 32034** or any on street parking near the Welcome Center. From there we will be greeted by the Visitors Bureau. Franklin will then lead us in a 21 mile ride stopping ~halfway at Marché Burette for an optional lunch, then continue back downtown Fernandina Beach. You may also choose to ride through Fort Clinch for some extra miles. Please see cue sheet for directions (pg 17 - 19).

| Description | Time |
|---|----------|
| Drive to Fernandina Beach, then a 21 mile ride around Amelia Island | 10:00am |
| Optional Lunch along the route at Marche Burette | ~12:30pm |
| Drive back to Fernandina Beach back to St. Marys | 5:00pm |
| Happy Hour at the hotel in St Marys | 5:30pm |
| Group Reservation (see group meals list) | 7:00pm |





There are multiple RR Tracks on this route, and Truck Traffic please be cautious.

| Turn | Inc | Cum | Description |
|------|-----|------|--|
| | 0 | 0.0 | Head East on Centre St (towards Ocean away from River) |
| | 0.4 | 0.4 | Continue onto Atlantic Ave |
| R | 1.6 | 2.0 | Turn right at the 1st cross street onto S Fletcher Ave A1A |
| | 2.0 | 4.0 | At the traffic circle, continue straight onto Florida A1A S/S Fletcher Ave |
| L | 3.7 | 7.7 | At the traffic circle, take the 3rd exit and stay on Florida A1A S |
| | 2.0 | 9.7 | At the traffic circle, continue straight to stay on Florida A1A S |
| | 0.6 | 10.3 | Exit the traffic circle onto Amelia Village Cir, Signs for The Omni Resort, Spa and Shops. |
| | 0.1 | 10.4 | Keep right and Marche Burette will be on your left. Optional Lunch Stop |
| R | 0.2 | 10.5 | Exit Marche Burette headed north on the path parallel to A1A |
| R | 0.6 | 11.1 | Turn right onto Burney Rd |
| L | 0.6 | 11.7 | Burney Rd turns left and becomes Gregg St |
| L | 0.4 | 12.1 | Turn left onto Julia St |
| R | 0.5 | 12.6 | Turn right onto Amelia Island Pkwy |

| Turn | Inc | Cum | Description |
|------|-----|------|--|
| | | 14.3 | Continue straignt onto Amelia Island Parkway |
| R | 3.4 | 16.0 | At the traffic circle, continue straight to stay on Amelia Island Pkwy |
| R | 0.1 | 16.1 | Turn right onto Amelia Rd |
| L | 1.1 | 17.2 | Turn left onto Magnolia St |
| R | 0.1 | 17.3 | Cross over A1A, Continue onto Clinch Dr (CAUTION CROSSING, BUSY INTER- SECTION) |
| R | 1.6 | 18.9 | Turn right onto Lime St |
| L | 0.2 | 19.1 | Turn left at the 2nd cross street onto S 10th St |
| L | 0.4 | 19.5 | Turn left at the 1st cross street onto Gum St |
| R | 0.3 | 19.8 | Turn right onto S 4th St |
| | 0.0 | 19.8 | Continue onto S 3rd St |
| | 0.7 | 20.5 | Turn right onto S Front St |

Fernandina Beach: is the most northern city on Florida's east coast. It has many shops, restaurants, and bars adorning it's downtown area. Be sure to stop in for a coffee or beer after your ride.

Optional Lunch Marché Burette: From hearty breakfasts to homemade ice creams, Marché Burette is the market/deli of your dreams. Step back in time at this grocery and wine shop. 85 Amelia Village Cir, Fernandina Beach, FL 32034. Arrive early to grab a table!

Fort Clinch State Park: Its 1,100 acres include the 19th-century Fort Clinch, sand dunes, plains, maritime hammock and estuarine tidal marsh. To get to the fort, at mile 20 make a right on Atlantic Ave and the fort will be 1/2 mile on your left. The park drive provides 3.3 miles of paved road for those wishing to ride through the oak shaded canopy drive which terminates at the Visitor Center for historic Fort Clinch. A 6-mile off-road multi-use trail is located adjacent to the park drive and provides a more adventurous ride through the maritime forest as dune elevation changes provide rolling hills and turns.

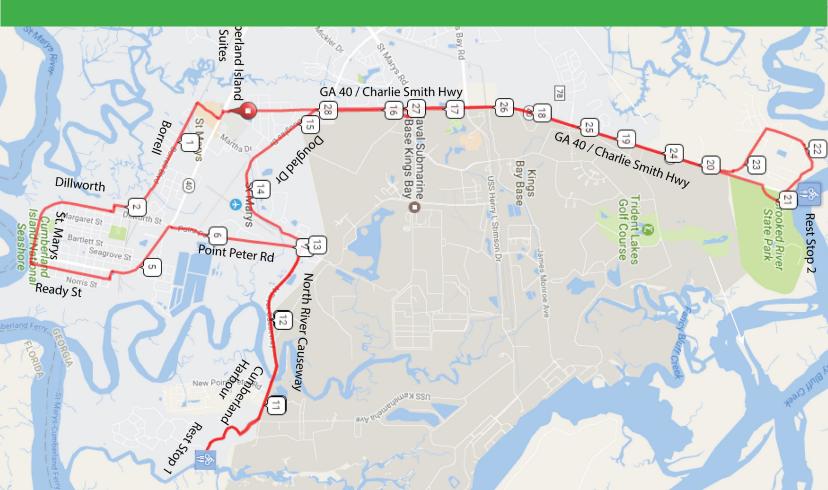
Dinner Reservation: (See Group Meal List)

St. Marys

Today is a ride around St. Marys. We will visit the War of 1812 site, the U.S. Navy Kings Bay Submarine Base, including the USS Bancroft Memorial, the Sugar Mill Tabby Ruins, and Crooked River State Park. If the ride is too ambitious, there is a cut back to the hotel at mile 15 reducing the miles down to 16. Cue sheets provided in a separate document. Camden bikes will lead the ride and it will be signed.

| Description | Time |
|---|-----------------|
| Breakfast at Hotel | 6:30am - 8:30am |
| Group Departure for ride | 9:00am |
| Happy hour at Hotel | 4:30pm |
| Group Reservation: (see group meals list) | 6:15pm |





War site of 1812: The War of 1812 was fought between the United States and Britain between 1812 and 1815. The causes of the war were many. British finally evacuated St. Marys after the ratification of the treaty on February 17, 1815.

Kings Bay Submarine Base: The Submarine Base is the U.S. Atlantic Fleet's home port for U.S. Navy Fleet ballistic missile nuclear submarines armed with Trident missile nuclear weapons. This submarine base covers about 16,000 acres (6,400 hectares) of land, of which 4,000 acres (1,600 hectares) are protected wetlands.

Tabby Ruins: McIntosh Sugarworks, aka Tabby Ruins, was built in the late 1820s by John Houstoun McIntosh. They are a significant example of tabby architecture and represent an industrial component of southeastern plantation agriculture. McIntosh began planting in Camden County, Georgia after the War of 1812.

Crooked River State Park: The park's nature trail winds through forest and salt marsh, and hikers may see gopher tortoises, fiddler crabs, herons and other birds. A nature center features fish, snakes, turtles and other animals native to coastal Georgia.

Dinner Reservation: See Group Reservation List



Today is Sponsored by: Camden Bicycle Center

Our service staff is professionally trained and certified to work on all bicycle makes and models, not just the ones we sell. And every member of our service team participates in training sessions with factory service techs several times each year. So, whether it's a minor tune-up or a major overhaul, you can count on us to do the job right the first time, every time.

Located at 1929 Osborne Rd St. Marys, GA 31558. 912-576-9696

GROUP MEAL LIST

| | Monday Feb 19 | Tuesday Feb 20 | Wednesday Feb 21 | Thursday Feb 22 |
|---------|-----------------------------|-----------------------------|------------------------|---------------------|
| | 6:30pm | 6:30pm | 6:00pm | 6:30pm |
| Group A | Southern River Walk | The Firefly Taco Cantina | Locals Dockside | Zachry's Riverhouse |
| Group B | Seagle's | Southern | The Firefly | Eighty Ocean |
| | Restaurant | River Walk | Taco Cantina | Kitchen |
| Group C | The Firefly Taco Cantina | Seagle's Restaurant | Southern River Walk | The Reserve |

Southern River Walk - 101 Stable Alley W, St Marys, GA 31558 Seagle's Restaurant - 105 Osborne Street, St. Marys, GA 31558 The Firefy Taco Cantina – 609 Osborne St, St Marys, GA 31558 Locals Dockside - 307 W Saint Marys St St. Marys, GA 31558

Zachry's Riverhouse - 1 Harbor Rd, Jekyll Island, GA 31527 Eighty Ocean Kitchen and Bar – 80 Ocean Way, Jekyll Island, GA 31527 The Reserve Steak House – Inside the Westin Hotel

THURSDAY

Jekyll Island

Today we are headed to beautiful Jekyll Island! You will need to pack up, check out, and drive to Jekyll, as we will not be returning to St. Marys. Please note there is a **\$8 toll** to get onto the island.

| Description | Time |
|--|-----------|
| Drive & meet at Westin Jekyll Island (Be dressed to ride!) | by 8:30am |
| Begin Bike at Westin Parking Lot to Mosaic Jekyll Island Mueseum | 9:20am |
| Trolley tour of Historic Jekyll Island | 10:00am |
| Continue bike ride around the island | 11:15pm |
| Return to the Westin & Check In | 12:30pm |
| Happy Hour at the Westin | 5:30pm |
| Optional Group Dinner (See Group Meals List) | 6:30pm |



THURSDAY

| Turn | Inc | Cum | Driving Directions to Westin Jekyll Island |
|------|------|------|--|
| R | 0 | 0 | Take State Rt 40 W to exit for I-95 N |
| R | 5.7 | 5.7 | Take exit for I-95 N to Exit 29 - Hwy 17 toward Jekyll Island |
| R | 26.0 | 31.7 | Follow I-95 N to Exit 29 - exit to 520 E/Hwy 17 N toward Jekyll Island |
| R | 5.3 | 37.1 | Follow HWY 17 to Jekyll Island Causeway/520 E |
| R | 6.6 | 43.7 | At traffic circle after toll, take first exit onto S Beachview Dr |
| L | 0.2 | 43.9 | Follow S Beachview Dr to Ocean Way |
| R | 0.1 | 44.0 | Turn into Westin parking lot at 110 Ocean Way, Jekyll Island, GA 31527 |

Westin Jekyll Island: 110 Ocean Way, Jekyll Island, GA 31527

Please note there is a **\$8 toll** to get onto the island.

THURSDAY

Jekyll Island: From its sprawling beaches to our historic ruins, Jekyll Island is a beautiful blend of serenity and discovery. Situated within the chain of the Golden Isles, Jekyll is the smallest of Georgia's barrier islands. As a State Park, Jekyll Island is a coastal haven where nature and humans peacefully co-exist. From the moment you see our turtle crossing signs, you'll know you've arrived somewhere special. A canopy of live oaks will draw you in, and 20 miles of picturesque paths and trails will keep you here.

Passport to the century trolley tour: The Jekyll Island Club members created an exclusive gilded era island retreat for family and friends on this barrier island. Those empire builders shaped our nation's future, now step into their past. This guided tram tour of the entire 240-acre historic district includes entry into two cottages and Faith Chapel.

Horton House: In 1735, William Horton was granted Jekyll Island by the trustees of the colony of Georgia. Following a Spanish attack that destroyed his first house on the island, Horton rebuilt the home in 1743 that still stands today. As one of Gen. Oglethorpe's top military aides, Horton was in charge of troops garrisoned at Fort Frederica on nearby St. Simons Island. Horton "found the land exceeding rich" on his Jekyll Island property, and grew a variety of crops to supply the nearby Frederica Settlement. Horton also brewed Georgia's first beer at his plantation on Jekyll Island.

Dinner Reservation: (see group meals list)



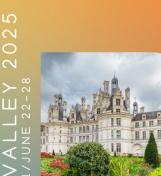
FRIDAY

Thanks for joining us on the Winter Ride! Today you may depart at your own leisure. Have a safe drive home and be sure to join us for Spring TuneUp and Big BRAG!



UPCOMING BIKE RIDES





HISTORIC CHÂTEAUX CASTLE TOURS BY BIKE FRENCH WINE COUNTRY ALL INCLUSIVE

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CHOOSE SHORT OR LONG ROUTES



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n m **BIG** JUNE



