



RIDING ACROSS GEORGIA SINCE
1980

SPRING TUNEUP 2026

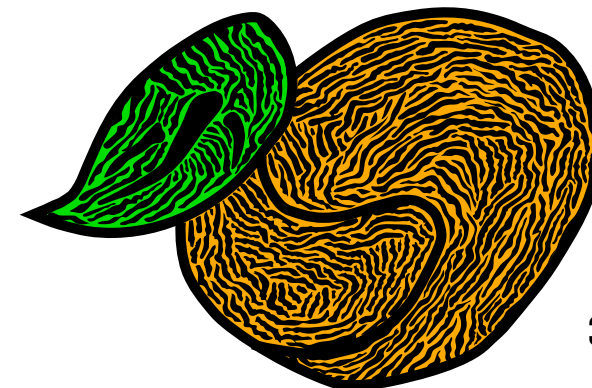
PRESENTING SPONSOR OF THE BICYCLE RIDE ACROSS GEORGIA

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.

SPRING TUNEUP TABLE OF CONTENTS

4	WELCOME & OVERVIEW	26	SUNDAY
6	SAFETY INFORMATION	27	MAP
10	SITE MAP	28	CUE SHEETS
11	FOOD VENDORS		
12	FRIDAY		
	13 MAP		
	14 CUE SHEETS		
18	SATURDAY		
	19 MAP		
	20 CUE SHEETS		



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

Newton County Sheriff (678) 625-1403

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
18.4 mile - 977ft elevation	15 mile -775ft elevation	17 mile - 917 elevation
40.6 mile - 1,689ft elevation	31 mile - 1,420ft elevation	41 mile - 1,767 elevation
53 mile - 2,305ft elevation	62 mile - 2,991ft elevation	
	100 mile - 4,978ft elevation	

	Friday	Saturday	Sunday
7:00am - 8:30am	<-----Breakfast Offered ----->		
7:30am	<-----First timers meeting at Registration ----->		
8:00am	<-----Mass Start ----->		
11:30am - 8:00pm	<-----Food Trucks on site----->		Food Trucks Breakfast Only
12:00pm - 9:30pm	<-----BRAG Bar Open----->		
2:30pm - 4:00pm	Human DJ	Jewel Rose	
4:30pm - 6:30pm	Robert Peace	Frankie's Blues Mission	
7:00pm - 9:00pm	Hughes Taylor	Chris Jon and 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 fiber and culture of Georgia.

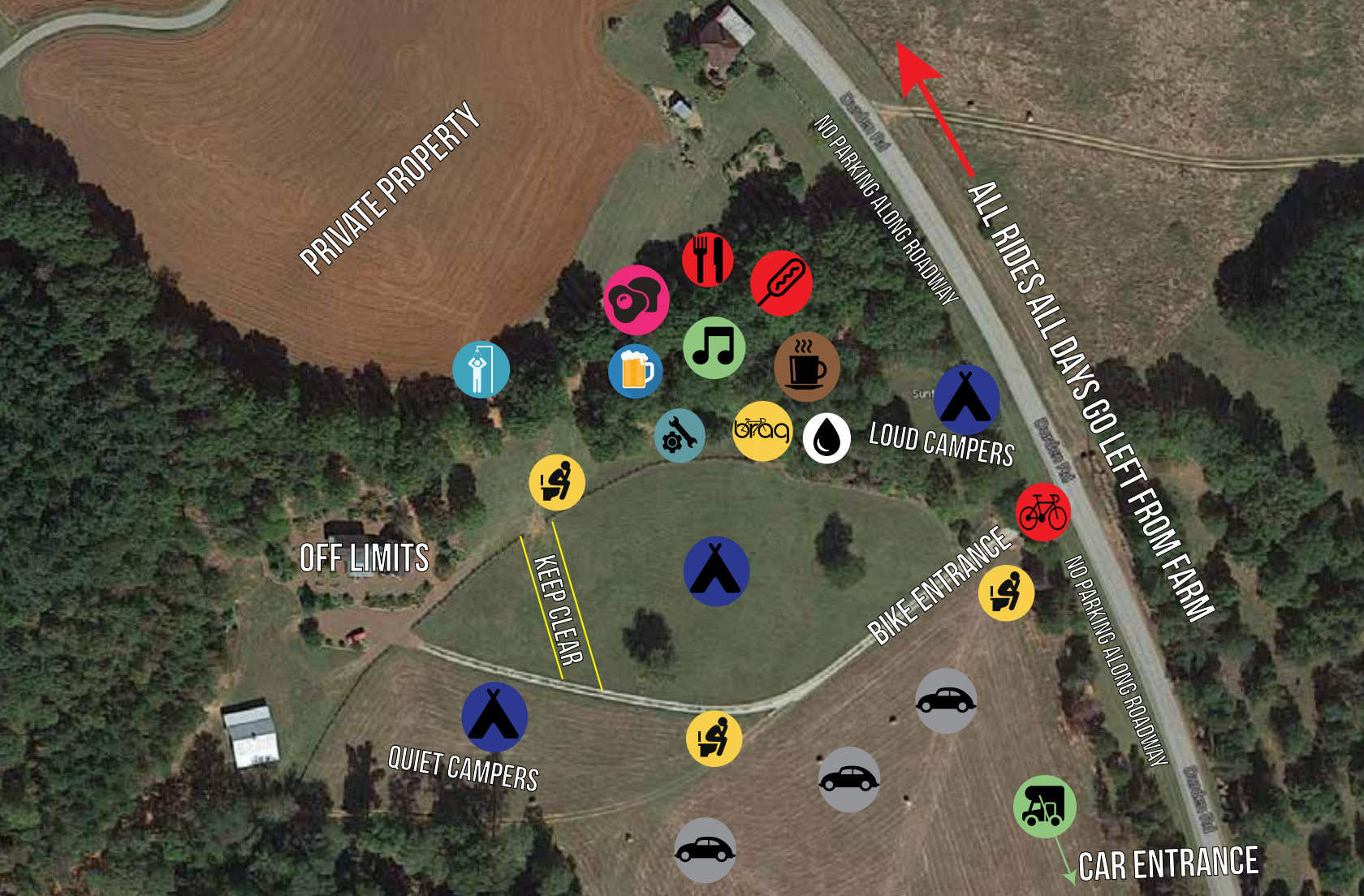
You may leave as early as sunrise and as late as 8:30am, however we strongly recommend you leave with the group start if offered. As long as you leave during this time frame and maintain a minimum 10 mph pace you will catch all the rest stops while they are open. If you have a slower pace, try to leave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



FOOD VENDORS

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

Gekko Food Truck: Hibachi & Sushi favorites, plus Poke & Ramen bowls

Jackson Family BBQ: Pulled pork, chicken, ribs, baked beans, coleslaw. Breakfast: Biscuits, sausage, bacon, egg, cheese, breakfast bowls

Tres Jardines: Choose from a Wide Range of Mexican Dishes, like tacos, quesadillas, and bowls

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

Cafe Campesino: All kinds of coffees, teas, smoothies, in addition to fruit, oatmeal and snacks

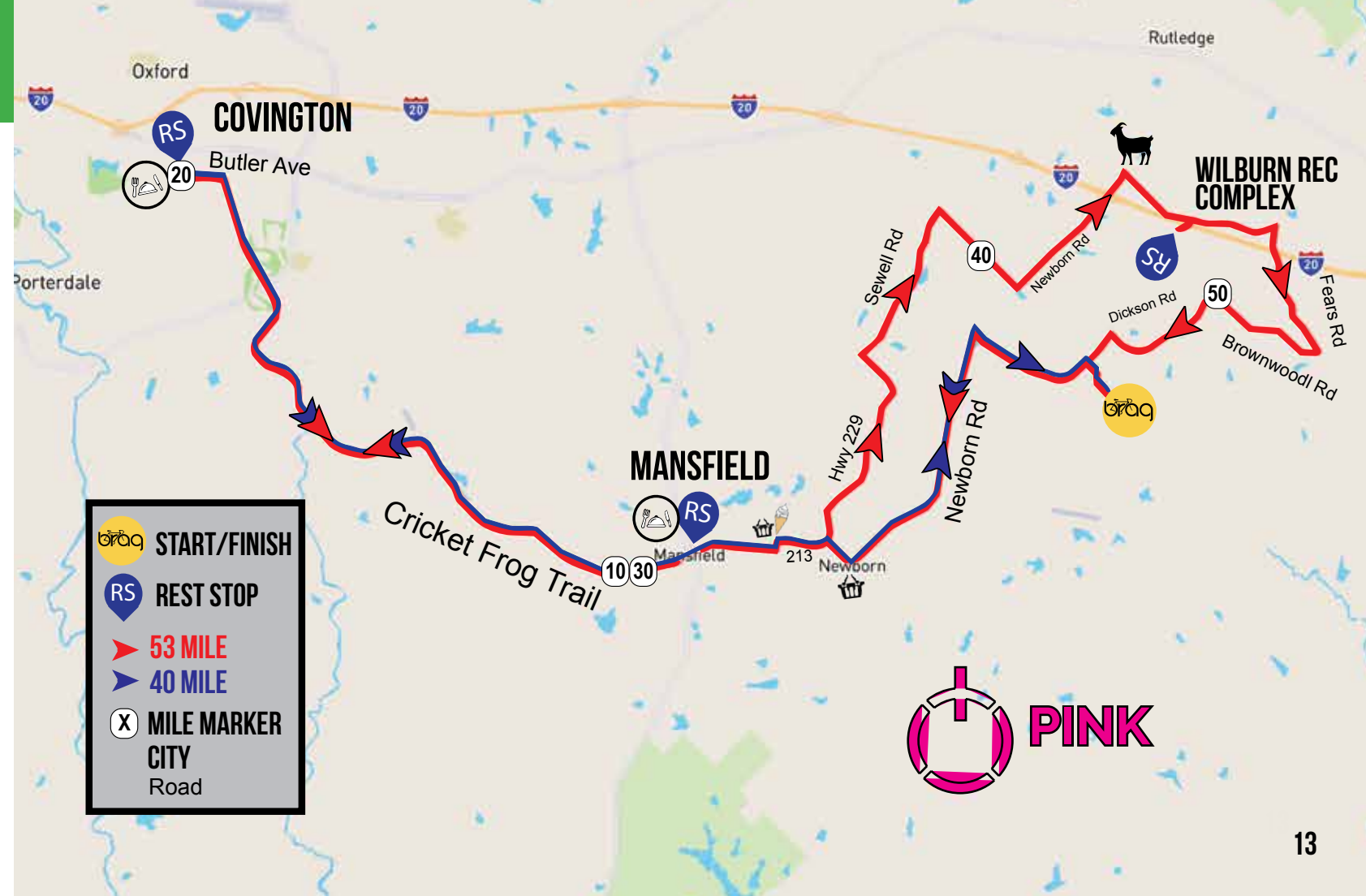


FRIDAY

Friday's ride is comprised of 18, 40, and 53 mile routes. Today's Route is marked in **PINK**

6:30am - 7:00pm	Registration Open
7:00am - 8:30am	Breakfast offered
8:00am	Mass Start
11:30am - 8:00pm	Food trucks on site
12:00pm - 9:30pm	BRAG Bar open
2:30pm - 4:00pm	Human DJ
4:30pm - 6:30pm	Robert Peace
7:00pm - 9:00pm	Hughes Taylor Band


53 mile - 2,305ft 40 mile - 1,689ft 18 mile - 977ft



FRIDAY

Total	Inc	Description
0.0	0.0	Left from Sunflower Farm
0.6	0.6	Left onto Keencheefoonee Rd
2.5	1.9	Left onto Newborn Rd
6.6	4.0	Right onto GA-142 W
7.1	0.5	Left onto County Rd 213
7.8	0.7	Left onto Zeigler Rd Caution - Short Dirt Path
7.9	0.1	Right onto Cricket Frog Trail (paved)
9.2	1.3	Rest Stop - Mansfield Depot - 3095 GA-11, Mansfield, GA 30055 OPEN 7:45AM-2:45PM
		Turn Around here and return for the 18 mile route
19.9	10.7	Right onto Butler Ave SE
19.9	0.0	Left onto Floyd St NE
20.4	0.5	Rest Stop - Covington Town Square 1105 Church St, Covington, GA 30014 OPEN 8:45AM-2:00PM
20.9	0.5	Right onto Butler Ave SE
20.9	0.0	Left onto Cricket Frog Trail

FRIDAY

Total	Inc	Description
31.5	10.7	Rest Stop (again) - Mansfield Depot - 3095 GA-11, Mansfield, GA 30055 OPEN 7:45AM-2:45PM
		Continue on the Cricket Frog Trail
32.8	1.3	Left onto Zeigler Rd Caution - Short Dirt Path
32.9	0.1	Right onto County Rd 213
33.7	0.7	Continue onto Hwy 229
		40 Mile Route turns Right and Returns to Sunflower Farm
36.9	3.2	Right onto Sewell Rd
39.4	2.4	Right onto Sewell Church Rd
40.9	1.6	Left onto Newborn Rd 
43.2	2.3	Right onto Davis Academy Rd
44.5	1.2	Right onto Centennial Rd
44.7	0.2	Rest Stop Wilburn Rec Complex 5321 Brownwood Rd, Rutledge, GA 30663 OPEN 9:30AM-12:15PM
44.7	0.0	Right toward Brownwood Rd
44.8	0.1	Right onto Centennial Rd

FRIDAY

Total	Inc	Description
45.0	0.2	Right onto Davis Academy Rd
46.3	1.3	Right onto Fears Rd
48.3	2.1	Right onto Brownwood Rd
50.3	1.9	Left onto Dickson Rd
52.0	1.7	Left onto Keencheefoonee Rd
52.5	0.6	Left onto Durden Rd
53.0	0.5	Into Sunflower Farm



presented by
**NORTHSIDE
 HOSPITAL**



SATURDAY

Saturday's ride is comprised of 15, 31, 62, and 100 mile routes. Today's route is marked in **WHITE** 

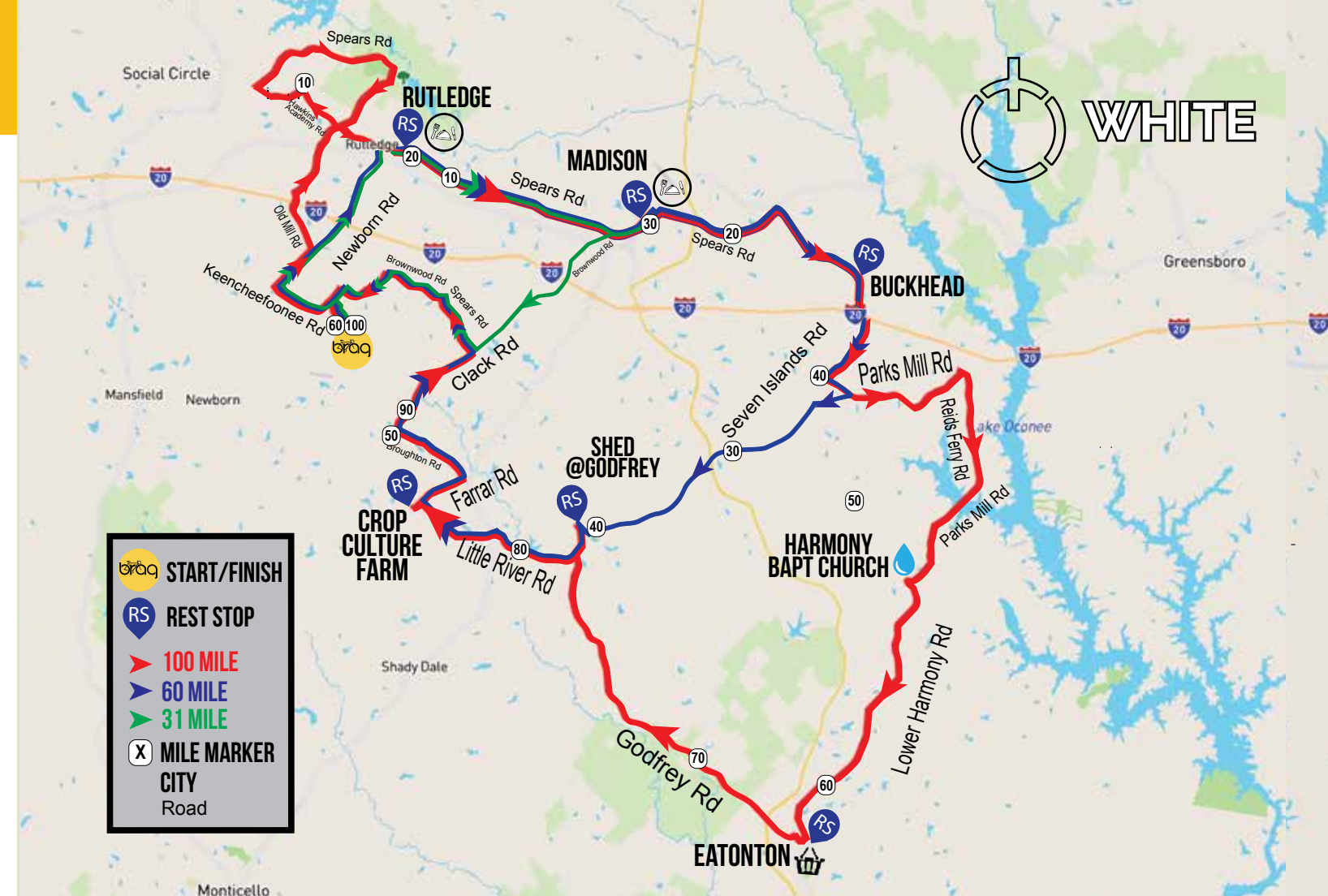
6:30am - 5:00pm	Registration Open
7:00am - 8:30am	Breakfast offered
8:00am	Mass Start
11:30am - 8:30pm	Food trucks on site
12:00pm - 9:30pm	BRAG Bar open
2:30pm - 4:00pm	Jewel Rose
4:30pm - 6:30pm	Frankie's Blues Mission
7:00pm - 9:00pm	Chris, Jon, and Scott

100 mile - 4,978ft

62 mile - 2,991ft

31 mile - 1,420ft

15 mile - 775ft



SATURDAY

Total	Inc	The Perfect Century - 100 Mile Option
0.0	0.0	Start - Left from the Sunflower Farm
0.6	0.6	Left onto Keencheefoonee Rd
2.5	1.9	Right onto Newborn Rd
5.5	3.0	Take 2nd exit at traffic circle
6.0	0.5	Right onto Frontage Rd
6.1	0.1	Left onto Old Mill Rd
8.4	2.3	Left onto Hawkins Academy Rd
10.0	1.5	Left onto Amber Stapp Studdard Rd
11.5	1.5	Right onto Knox Chapel Rd
16.4	4.9	Right onto Fairplay Rd
16.8	0.5	Right onto Old Mill Rd
20.1	1.2	Right onto Fairplay St
20.2	0.1	Rest Stop - Rutledge Park Gazebo 126 Fairplay St, Rutledge, GA 30663 OPEN 7:45 - 9:30AM
20.3	0.1	Left onto W Dixie Hwy
28.9	8.6	Left onto Walton St
28.9	0.0	Right onto Academy St
29.5	0.6	Rest Stop - Madison Town Park 171c GA-83, Madison, GA 30650 OPEN 9:30 - 11:30AM
29.7	0.1	Left onto Hancock St
33.7	4.0	Right onto Buckhead Rd
36.8	3.1	Rest Stop - Buckhead Town Pavilion 4741 Buckhead Rd, Buckhead, GA 30625 OPEN 10:00AM - Noon
37.1	0.3	Left onto Parks Mill Rd
37.1	0.0	Right onto Seven Islands Rd
40.6	3.5	Left onto Bethany Rd

43.5	2.9	Left onto Mt Zion Rd
45.4	1.8	Right onto Parks Mill Rd
45.6	0.2	Right onto Reids Ferry Rd
49.0	3.3	Continue onto Parks Mill Rd
51.9	2.9	Right onto Harmony Rd
52.9	1.0	Left onto Harmony Church Rd
53.0	0.1	Water Only Stop - Harmony Bapt Church 120 Harmony Church Rd, Eatonton, GA 31024 OPEN 10:30AM - 1:15PM
53.2	0.2	Right onto Lower Harmony Rd
61.3	8.1	Left onto N Jefferson Ave/Madison Rd
62.3	1.0	Right onto W Harris St
62.4	0.2	Left onto N Washington Ave
62.5	0.0	Right toward N Washington Ave
62.5	0.0	Rest Stop - Life Source Pavilion 304 W Marion St, Eatonton, GA 31024 OPEN 11:45AM - 3:30PM
62.6	0.0	Left onto N Washington Ave
63.3	0.1	Left onto W Harris St
63.4	0.1	Right onto N Lafayette St
63.6	0.2	Left onto Church St
64.2	0.6	Right onto Godfrey Rd
77.9	13.7	Left onto Antioch Rd Metric enters here
78.1	0.2	Rest Stop - The Shed @ Godfrey Community Park 1111 Antioch Rd, Madison GA 30650 OPEN 11:15AM - 2:30PM
78.3	0.2	Right onto Godfrey Rd
81.8	3.5	Right onto GA-83 N
81.8	0.1	Left onto Little River Rd
84.5	2.7	Right onto Pennington Rd
88.7	2.7	Rest Stop - Culture Crop Farm 1600 Farrar Rd, Newborn, GA 30056 OPEN Noon-4 PM

SATURDAY

Total	Inc	The Perfect Century - 100 Mile Con't
86.0	1.5	Left onto Broughton Rd
93.6	4.9	Left onto Spears Rd 31 Mile Ride enters here
95.6	2.0	Left onto Brownwood Rd
97.5	1.9	Left onto Dickson Rd
99.2	1.7	Left onto Keencheefoonee Rd
99.8	0.6	Left onto Durden Rd
100.4	0.6	Ride End - Right into the Sunflower Farm

Total	Inc	The Perfect Metric - 60.2 Mile Option
0.0	0.0	Start Ride - Left from Sunflower Farm
0.9	0.9	Left onto Keencheefoonee Rd
2.8	1.9	Right onto Newborn Rd
8.2	5.4	Left onto W Dixie Hwy
8.3	0.1	Right onto Fairplay St
8.3	0.1	Rest Stop - Rutledge Park Gazebo 126 Fairplay St, Rutledge, GA 30663 OPEN 7:45 - 9:30AM
8.3	0.0	Right onto Fairplay
8.4	0.1	Left onto W Dixie Hwy
17.0	8.6	Left onto Walton St
17.0	0.0	Right onto Academy St
17.6	0.6	Rest Stop - Madison Town Park 171c GA-83, Madison, GA 30650 OPEN 9:30 - 11:30AM
17.6	0.0	Right onto W Jefferson St
17.8	0.1	31 Mile Ride turns Right onto Academy
21.8	4.0	Left onto Hancock St
		Right onto Buckhead Rd

24.9	3.1	Rest Stop - Buckhead Town Pavilion 4741 Buckhead Rd, Buckhead, GA 30625 OPEN 10:00AM - Noon
25.2	0.2	Left onto Parks Mill Rd
25.2	0.0	Right onto Seven Islands Rd
28.7	3.5	Left onto Bethany Rd
29.7	1.0	Right onto Porter Rd
29.7	0.0	Right to stay on Porter Rd
30.9	1.2	Left onto Seven Islands Rd
39.3	8.4	Right onto Antioch Church Rd
39.7	0.3	Left onto Godfrey Rd Century comes in here. Pick up Century at Mile 77.9, before Rest Stop

Total	Inc	31 Mile Option
17.6	0.0	Right onto Academy St
18.0	0.4	Left onto Walton St
19.1	0.0	Right onto Dixie Ave
20.0	0.9	Left onto Brownwood Rd
21.5	1.5	Left onto Clack Rd
25.7	4.2	Right onto Spears Rd Century comes in at Spears. Pick up Century at Mile 93.6 to complete ride.



AZTEC CYCLES



The BRAG Dream Team is a program focused on providing growth and learning experiences for Georgia 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

Sunday's ride is comprised of 17 and 41 mile routes.
 Today's route is marked in **ORANGE** 

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

41 mile - 1,767ft 17 mile - 917ft



SUNDAY

Total	Inc	41 Mile Option
0.0	0.0	Left from Sunflower Farm
0.6	0.6	Right onto Keencheefoonee Rd
2.8	2.1	Left onto Centennial Rd
3.6	0.9	Left onto Newborn Rd
6.8	3.1	Right onto Elliott Rd
7.7	0.9	Right onto Hwy 229 - 17 Mile Ride turns Left
11.2	3.5	Left onto Adams Cir
13.2	2.0	Right onto GA-142 W - Caution Busy Rd
14.1	0.9	Left onto Dixie Trail
15.1	1.0	Right onto Glengarry Chase
15.6	0.5	Right into Clubhouse
15.6	0.0	Rest Stop - Lochwolde Clubhouse 215 Glengarry Chase, Covington, GA 30014 Open 8:30AM - 11:30AM
15.7	0.0	Right onto Glengarry Chase
16.0	0.3	Straight at traffic circle
16.5	0.5	Left onto Elks Club Rd
17.9	1.3	Right onto Dixie Rd
18.4	0.5	Left onto Cricket Frog Trl
24.1	5.7	Left onto Spears Ln
25.4	1.4	Left onto GA-11 N
25.6	0.2	Right onto Mill Pond Rd
28.8	3.2	Left onto Field St
28.9	0.1	Right onto Spring St
29.0	0.1	Rest Stop - Newborn City Park 4224 GA-142 Newborn, GA 30056 Open 8:00AM - 10:30AM

29.1	0.1	Right onto GA-142 E Caution Busy Rd
31.5	2.4	Left onto Old Broughton Rd
35.0	3.5	Left onto Clack Rd
36.4	1.4	Left onto Weaver Jones Rd
39.1	2.7	Left onto Reese Rd
40.4	1.3	Turn right onto Durden Rd
41.3	0.9	End at Sunflower Farm!

Total	Inc	17 Mile Option
7.7	0.9	Left onto Hwy 229
10.2	2.5	Left onto GA-142 E Caution Busy Rd
10.6	0.4	Right onto Spring St
10.7	0.1	Right onto GA-142 E
10.8	0.1	Left onto N Johnson St
14.9	4.0	Right onto Keencheefoonee Rd
16.8	1.9	Right onto Durden Rd
17.4	0.6	End at Sunflower Farm!





CHOOSE YOUR NEXT ADVENTURE

INTERNATIONAL.BRAG.ORG



CROATIA

SEPTEMBER 2026 & 2027

- BEAUTIFUL ISLANDS & SHORELINES
- SOME OF THE OLDEST EUROPEAN CITIES
- LUXURY YACHT ACCOMMODATIONS
- CURATED CULTURAL ACTIVITIES
- EXPERT LOCAL GUIDES
- ONBOARD CHEF

BIKE & BOAT

AUGUST 2026 & 2027

- BRUGES TO AMSTERDAM
- LUXURY FLOATING HOTEL
- SCENIC RIVERSIDE CYCLING
- EUROVELO BIKE TRAILS
- PRIVATE CHEF ONBOARD
- ALL MEALS INCLUDED

LOIRE VALLEY

APRIL 2026 & 2027

- FRANCE'S PICTURESQUE LANDSCAPES
- HISTORIC CHATEAUX
- CASTLE, GARDEN, WINE TOURS BY BIKE
- MULTI-COURSE DINNERS
- 4-STAR CHALET ACCOMMODATIONS
- ALL MEALS INCLUDED

PORTUGAL

OCTOBER 2026 & 2027

- RUSTIC, BEAUTIFUL
- ALENTEJO REGION
- LUXURY HOTELS
- RAILS-TO-TRAILS BIKE PATHS
- WINE TOURS
- ALL MEALS INCLUDED

EXPERT CURATION | FULLY-GUIDED | CULTURAL EXPERIENCES | LUXURY ACCOMMODATIONS | RELAXED ROUTES

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



NORTHSIDE HOSPITAL
ORTHOPEDIC INSTITUTE

SPORTS MEDICINE

Your Source of Strength

1-855-NH-SPORT
sportsmedicine.northside.com



WWW.BRAG.ORG