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BRAG 'N Writes

Bicycle Ride Across Georgia

May 2009

www.brag.org

BRAG 2009 - HIAWASSEE TO CLARKS HILL LAKE

Confirmation packets were mailed the week of May 11th. Hopefully, you have received yours by now and have gotten your bike tag and wristband. Bus letters were mailed the week of May 18th. Your training should be well underway and you should have some miles under your belt. The overnight towns and host schools are busy finalizing plans to make this one of the most memorable BRAG rides ever!

Hiawassee will feature the "On the Mountain" concert downtown, with BBQ, sodas and ice cream for sale.

Babyland General Hospital, the Home of the Cabbage Patch Doll, will be a rest stop on Sunday, June 7. Plan to take a tour of the hospital and see how the Cabbage Patch Doll is made. You will have the opportunity to purchase a doll for that special child in your life. Sunday's route also stops in Alpine Helen.

Pedal fast on Monday to arrive at Habersham Central High School in Mt. Airy, GA, to be a part of the **Official 30th Annual Ride Panoramic Photograph**. The picture will be taken at 3:00pm on the football field. Saul Raisin, champion bicycle racer, will speak at 7:30pm on *Tour de Life: From Coma to Competition*.



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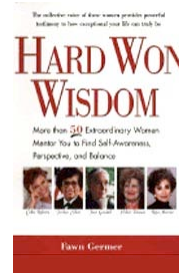
Tour De Tugaloo

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Tuesday night in Athens features Bluegrass music at The Melting Point. Also, Fawn Germer, author of *Hard Won Wisdom*, will speak on campus at 7:30pm.



Wednesday is the blessed layover day. Ride 26, 57, or 100 miles, or sleep in. All routes go to the historic Eagle Tavern in Watkinsville. Century Riders can chow down at the Blue Willow Inn in Social Circle. Wednesday night, it's beach music at Gnat's Landing, and Moonbase "Planetarium" in a field far away.

Thursday's route takes us to beautiful Watson Mill State Park and the historic covered bridge. We will also rest at the Georgia Guidestones. In Elberton, it's the famous Cow Patty Drop at 6pm and the Annual BRAG Talent Show downtown at 7:30pm with music afterwards.

Friday's route goes near Revolutionary War Kettle Creek Battlefield. It's worth the 1 mile hike down the dirt road. Fat tire bikers, go for it!



Make sure you visit the Retro Cinema & Books during your overnight stay in Washington, GA. The Retro Cinema will be showing *Breaking Away* at 3:00pm and 7:30pm on Friday, June 21. You don't want to miss this movie! Also music in downtown restaurants.

Saturday's route is a fast 43-miler to Savannah Lakes, SC, for hamburgers and hot dogs. "Gold" medals for all kids 15 and under and 70 and older. Buses leave at 3pm for Hiwassee, Atlanta, and Athens.

BRAG 2009 will be having a new kind of FUN RAISER this year! On Sunday, June 7, at 4:00 pm, a few brave BRAG volunteers will be demonstrating our new FUN activities such as: Tug-of-War, Tire Toss, Chunk-a-Clunk, Water Bottle Relay and Bike Limbo. The contests will

begin on Monday at 4:00 and every day thereafter. Come prepared to get down, dirty, or wet.

That's the **FUN** part. Now here's the **Raiser** part:

\$1 each time to participate and ALL collected money will be donated to Special Olympics, GA! You can participate as many times as you want. Each contest will award prizes to three winners (or one team) each day who have donated money to SOGA. (Tug-of-War and Water Bottle Relay are team activities.)

Visit www.brag.org for all the latest ride details.

BRAG MEAL ORDER FORM

A Chris Cakes Pancakes Breakfast was inadvertently left off of the meal order form.



Chris Cakes will be serving AYCE pancakes at the first rest stop, Currahee Baptist Church, on Tuesday, June 6, from 7:00am - 9:00am. You may purchase this meal on-site at the first rest stop.

2009 BRAG 30th ANNUAL RIDE DVD OFFER

2009 BRAG 30th ANNUAL RIDE DVD SPECIAL OFFER - \$25.00

Filmmaker J.R. Reynolds, veteran of 5 BRAG rides and producer of 3 previous BRAG documentary videos, is back to produce the 2009 BRAG 30th Annual Ride DVD.

The DVD will highlight the daily rides and riders in a "broadcast-quality" DVD, and will include many extras, including a 30-year retrospective of BRAG, along with special features about riders, organizers, volunteers and the interesting towns & sights along the way!

BONUS OFFER!

Order before Saturday, June 6th and you will receive a free Sunrise Relaxation/Meditation DVD. Relax. Refresh. Rejuvenate with this spectacular 2 hour DVD of the sun rising over Tybee Island Georgia. This film is as beautiful as it is relaxing and includes 4 separate audio tracks: Sound and Music Therapy with Dr. Andrew Weil, 'Natural' sounds of the ocean at dawn, a fabulous Christmas selection, and an upbeat Reggae/Latin mix. This film is also great as a screen saver for your HD big screen TV or simply as background for any social event or family gathering

DOUBLE BONUS!

Orders received before June 6 are also automatically entered in a drawing for a selection of wonderful prizes, courtesy of Star Bike in Savannah. Better yet, each drawing is limited to 25 people, so by ordering now you have a 1 in 25 chance of winning one of these great prizes! You will choose from such great items as bike computers, panniers, helmets, jerseys and more! More fabulous prizes will be offered for orders received during the ride, with a bit longer odds of course. Winners may trade their prize for any of the other great gifts.

Why wait? Don't miss this opportunity to enjoy the wonderful memories of BRAG over and over again. Order your BRAG 30th annual ride edition DVD and receive the fabulous bonus prizes, all for only \$25! Use the Meal Order Form to order the DVD, or email J. R. Reynolds at videoman.tv@gmail.com.

BRAG FACEBOOK & BRAG BLOG

BRAG riders now have two new ways to keep up with all the BRAG activities.

Yes. That's right! BRAG has a Facebook page and a BRAG Blog. Get in on the action now. Join other cycling

enthusiasts and veteran BRAG riders as they discuss the upcoming BRAG events. See what you have been missing by not riding BRAG. Remember You Can't BRAG If You Don't Ride. You will need to search on "Bicycle Ride Across Georgia" on Facebook. Check out the new BRAG Blog at <http://bicyclerideacrossgeorgia.blogspot.com/>.

NEW FOR 2009 - THE BRAG CENTURION CLUB

BRAG offers 3 fully-supported Century Rides each year. Each ride features an all-cotton bandanna to the finishers. For 2009, we are adding the BRAG Centurion Club Hat to those riders who complete three consecutive BRAG century rides. You will wear your BRAG Centurion Club Hat with pride all next year. We had 78 century riders at the Spring Tune-Up Ride, April 18, in Madison, GA, who began their quest for the Centurion Club. The next BRAG century will be the BRAG 2009 Century



Ride, Wednesday, **June 10**, leaving from and returning to Clarke Middle School in Athens. Then plan to ride the Georgia BikeFest Century Ride, Saturday, October 10, 2009, a flat loop ride starting and ending in Tifton, GA. And don't forget our other major annual event, the SummerRide at Dalton State College in Dalton, GA, **August 8 - 9, 2009**. We don't plan to have a Century Ride in Dalton due to the heat, but we will have an indoor,

air-conditioned swimming pool available instead.

BRAG MENTOR PROGRAM

Are you new to cycling and apprehensive about joining group rides because you don't know anyone and what to expect? BRAG is considering



starting a mentor program. Veteran riders would be paired with newcomers to help them with the logistics of riding a week-long ride. If you have an interest in being a mentor, or if you're new to cycling and need a mentor, contact Roz Moore at braginfo2@aol.com.

BRAG 2009 SummerRide

BRAG's SummerRide is moving to Dalton State College in Dalton GA. The dates are **Saturday, August 8 - Sunday, August 9, 2009**. Rides will be 50 to 60 miles per day, with shorter options. **The indoor, air-conditioned swimming pool will be available after your ride each afternoon.**

Dalton has many nice restaurants and hotels near the college, or you can tent camp on campus, or roll out your sleeping bag in the air-conditioned gym. Mark your calendar now. Detail routes are being developed. The ride application is available at www.brag.org.



TEAM BRAG TO RAGBRAI



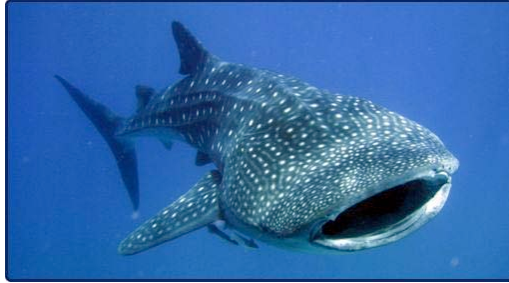
Team BRAG is going to RAGBRAI again in July, 2009. The dates are **Friday, July 17, through Sunday, July 26, 2009**. If you are interested, contact Jerry Colley at jerry@brag.org.

GEORGIA BIKEFEST

The Georgia BikeFest is moving to Tifton, GA, in the fall. Tifton is "The Friendly City." The dates are **October 9 - 11, 2009**. The site is the D. L. Lastinger Recreation Area near downtown Tifton. The city of Tifton is looking forward to our visit and has big plans to welcome you and make you feel right at home. The ride application is available at www.brag.org.



SWIM WITH THE WHALE SHARKS



Don't just look at the whale sharks in the Georgia Aquarium, swim with them in the ocean. Kenneth Johnson of EcoColors in Cancun, Mexico has invited all BRAG riders to come swim and snorkel with the biggest fish in the world, the magnificent

Whale Shark. Holbox and Contoy, north of Cancun, have the highest concentration of whale sharks in the world. EcoColors runs daily whale shark tours from May 20 until Sept. 15. BRAG CEO, Jerry Colley, says that swimming with the whale sharks was one of the highlights of his life. He still "brags" about snorkeling with those beautiful, magnificent, awesome creatures. No, these sharks don't bite.

[Click here](#) to see a short (3 minute) video about the EcoColors whale shark experience.

For more information, contact Kenneth Johnson at info@ecotravelmexico.com. Kenneth speaks fluent English. Or visit www.ecotravelmexico.com. Mention BRAG and receive a 20% discount. You may also contact Jerry at Jerry@brag.org for references, logistics, questions, etc.

WAYNE 60 RIDE

Save the date, **Saturday, May 30, 2009**, and help Wayne Farr, a long-time BRAG rider and Chick-Fil-A operator, celebrate his 60th birthday. The ride will take place on The Silver Comet Trail and features a Chick-Fil-A lunch after the ride. Visit www.wayne60.com to register.



BICYCLE WORK TRAVELER COMING TO GEORGIA

Author, world bicycle traveler, and handlebar videographer Lynette Chiang (The Galfromdownunder) is coming to Georgia. Her web site is:

<http://www.bikefriday.com/staff/lynettechiang>. Lynette will be in Rome on Saturday, June 20, for a bike ride and a talk ("16000 feet on a Friday" - Friday bicycle that is). She will have a 17-mile bike ride at Ansley Mall in Atlanta and a talk at REI (I-85 Access Rd.) on Sunday, June 21. The REI talk is titled "Route 66 by Bicycle" and starts at 3 pm. On Monday, June 22, Lynette will be in **Peachtree City** for yoga, a bike ride, Adventure Cycling Lunch & Learn and evening video with Q&A. Log on



<http://www.bikefriday.com/events/georgia> for event times, places, and all the details.

FULLER CENTER BIKE TRIP

From July 10 - August 16, cyclists will ride from Michigan to Florida in honor of the Millard Fuller, founder of Habitat for Humanity and The Fuller Center for Housing. They will work on houses as well as raise money and awareness along the way. Cyclists are invited for the whole trip or any length they wish to ride.



Details can be found at www.fullercenterbiketrip.com. If you have questions contact bike@fullercenter.org or call 229-924-2900.

PINE MOUNTAIN CHALLENGE

The **Pine Mountain Challenge, Sunday, October 24, 2009**, is presented by Valley Healthcare Systems, Inc. Various mileage options, SAG stops along the route with refreshments and fluids and support vehicles will roam the route to offer assistance if needed. Visit <http://www.valleyhealthcolumbus.com/> for more information.



TOUR DE TUGALOO

Tour the Tugaloo River and experience nature at it's finest during the **Tour de Tugaloo, November 7, 2009!** Terrain is flat to hilly with beautiful vistas, three choices of loops, oodles of wildlife and fabulous fall colors! Visit <http://www.tourdetugaloo.com/> for more information.



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