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BRAG 'N Writes

Bicycle Ride Across Georgia

January 2009

www.brag.org

BRAG 2009 - HIWASSEE TO CLARKS HILL LAKE



The 2009 BRAG route has been confirmed with one change. The week-long parking will be at Elijah Clark State Park and the End of the Road Party and Meal will be at Savannah Lakes Resort & Marina, just across the bridge in South Carolina. Mark the dates, **June 6 - 13, 2009**, to attend the 30th Annual Bicycle Ride Across Georgia. Listed below are the dates and overnight locations for BRAG 2009.

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Sat.	June 6	Hiawassee	Towns County H/S
Sun.	June 7	Dahlonega	Lumpkin County Middle School
Mon.	June 8	Mt. Airy	Habersham Central H/S
Tues.	June 9	Athens	Clarke Middle School
Wed.	June 10	Athens	Clarke Middle School
Thurs.	June 11	Elberton	Elbert County Comp. H/S
Fri.	June 12	Washington	Washington-Wilkes Comp. H/S
Sat.	June 13	McCormick, SC	Savannah Lakes Resort & Marina

The route is hilly this year, so begin your training now so you can join 1,600 other cyclists on the week-long BRAG ride. The overnight towns and host schools are gearing up to make this one of the most memorable BRAG rides ever.

For those cyclists who prefer to motel, the list is now posted at www.brag.org.

To be a part of this 30th Annual Ride, register early so you can get a bus seat before they fill up, you get the Confirmation Letter in time to prepare for the ride and order meals, you get psyched up about the ride, and you help us plan. Download the registration form at <http://www.brag.org/brag.html> and mail it in with your check, or register through Active.com.

Saul Raisin, a professional cyclist who suffered a serious cycling accident, will be our guest speaker at Habersham Central High School on Monday, June 8, 2009, during BRAG 2009. Saul has written a book, *Tour de Life: From Coma to Competition*, along with Dave Shields, about the trials and tribulations after his cycling accident. Saul will have his book available for sale after his talk and has agreed to sign copies.



During our overnight stay at Habersham Central High School in Mt. Airy, GA, Atlanta Panorama will be taking a panoramic photo of all the BRAG 2009 cyclists. Details and pricing will follow in the next newsletter. Here's the photo taken for our 20th Annual Ride:



BRAG 2009 will be having a new kind of FUN 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.

That's the FUN part. Now here's the Raiser part: **\$1 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.)

Stay tuned to the website for the "FUN Raiser" section with detailed instructions and possible videos!

TEAM ARMY ON BRAG

Team Army will be back on BRAG 2009. Attention all active duty soldiers, reservists, National Guard, veterans, or anyone with a loved one in the U.S. Army, get an Army cycling jersey and be a part of Team Army. We plan to wear our jerseys on BRAG on Friday, June 12, for The Battle of Kettle Creek Ride.



Other service branches, if someone will volunteer to head up your team, BRAG will proudly promote your team on BRAG.

BRAG 2009 EARLY BIRD REGISTRANTS



Thank you for choosing to register as an Early Bird rider!

If you would like to add an item (buses, jersey, t-shirts, etc.) to your current BRAG 2009 registration, please download a registration form at <http://www.brag.org/brag.html>. Simply write your name, address, and the word "PRE-REGISTERED" on the form. Check the items you would like to add, enclose a check, and mail to BRAG, P.O. Box 871111, Stone Mountain, GA 30087.

TEAM BRAG CIVIL WAR TOUR

Plans are in the works to explore The Atlanta Campaign by bicycle, from Chattanooga to Kennesaw, **March 27 - 29, 2009**. A Civil War historian, Dr. Terry Christie, will be along to explain the battles and strategies. This will be a 3-day, 2-night hotel tour of about 60 miles per day. If you are interested, contact Jerry Colley at jerry@brag.org.



SPRING TUNE-UP RIDE 2009



The dates for the Spring Tune-Up Ride in Madison, GA, are **April 17 - 19, 2009**. New routes are being developed. Make plans to join 800 other cyclists to get the cobwebs out of your legs from winter and begin training for the week-long BRAG ride in June. There will be various mileage options with a Century Ride on Saturday. You may download an Early Bird registration form now at <http://brag.org/stu.html> or register through Active.com. The Early Bird registration form is not valid after January 31, 2009.

JERRY COLLEY ROAST



Sign up now for the Medicare Birthday Roast of longtime BRAG Ride Director and current CEO, Jerry Colley. The date is **May 16, 2009**, at the Stone Mountain Inn in Stone Mountain Park. There will be a cash bar beginning at 6 pm, with dinner at 7, and the roast starting around 7:45 pm. There will be an optional 40-mile bicycle ride along the PATH to downtown Atlanta and back at 1 pm in the afternoon preceding the roast, with a shower available after your ride. Start saving up your zingers and one liners now and join in the fun. Federal Judge Rodney May from Tampa, FL will be the MC. Log onto www.brag.org for all the details and the registration form. This roast is a fund raiser for the BRAG 2009 Dream Team.

Can't attend? You can still support the BRAG 2009 Dream Team. Send your tax deductible contribution to BRAG Dream Team, P.O. Box 871111, Stone Mountain, GA 30087.

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. Ride applications will be available as we get closer to the event.

TEAM BRAG TO GOBA



Team BRAG is planning a trip to GOBA, The Great Ohio Bicycle Adventure. The dates are **Friday, June 19 through Sunday**



Adventure. The dates are **Friday, June 19, through Sunday, June 28, 2009**. If you are interested, contact Jerry Colley at jerry@brag.org. More details to follow at a later date.

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. More details to follow at a later date.



TEAM BRAG RETURNS TO MEXICO

After an absence of a few years, Team BRAG is returning to Mexico. Our good amigo, Kenneth Johnson, has designed a custom tour in Oaxaca (Wa Ha Ka) State, Mexico, just for BRAG riders. Come join Jerry Colley in discovering the ancient, pre-Spanish cultures of the Zapotec and Mixtec Indians. Visit breathtaking Monte Alban archeological site, beautiful Santo Domingo Church in Oaxaca City, the huge Tule Tree, and the petrified waterfalls of Hierve el Agua. Enjoy Oaxaca City during one of Mexico's most colorful holidays, Día de los Muertos. Stop at the one of the distilleries and sample the locally-produced mescal tequila. The dates are **October 25 - November 2, 2009**. Contact Jerry Colley at jerry@brag.org for all the details. Jerry's pictures from his scouting trip in September are at <http://www.pixagogo.com/3896224108>.



THE BBYF/BRAG NATIONAL TREASURES RIDE



The mission of The Beauty Becomes You Foundation is to preserve the dignity and self-respect of senior adults through the provision of personal aesthetic care solutions that maintain and improve appearance while lifting self-esteem, building self-confidence, and ensuring a strong sense of personal pride. **"We're changing the way society looks at seniors." With your help it is sure to happen!**

The National Treasures Ride main days for BRAG 2009 are Friday, June 12, and Saturday, June 13. The route will go from Elberton, GA to Washington, GA, on Friday and from Washington, GA to Savannah Lakes, SC on Saturday.

Visit BBYF website at www.beautybecomesyou.org and learn how you can receive a BBYF-National Treasures most desired jersey, t-shirt, and official water bottle! You can also learn more about joining the National Treasures.

This year we are working toward a stronger establishment of the **National Treasures Cycling Club**. National Treasures members will be highlighted throughout the year as they send in photos of themselves wearing their BBYF jerseys in rides around the country. As a team member, you will be helping to change the way society looks at seniors!

Visit www.beautybecomesyou.org to order your jersey by April 30. You may pay for the jersey through PayPal or check. Please make the check payable to The Beauty Becomes You Foundation, Inc. and mail to 3982 Centre Court, NW, Norcross, GA 30092, Attention: Alison O'Neil.

We are looking for sponsors. Find a \$500 sponsor and get your jersey and National Treasures membership FREE!

ANNUAL CRANK YOUR HEART RIDE



Join the Exceptional Outreach Organization and Auburn Parks and Recreation on **Saturday, February 7, 2009**, for the 2nd Annual Crank Your Heart Ride in Auburn, AL. Various mileage options of 3, 10, and 22 miles. All routes begin and end at Chewacla State Park. For more information, contact Alison Hall at 334-501-2940.

CLASSIC CHASTAIN RIDE



Come join the Southern Bicycle League Classic Chastain Ride **Sunday, February 8, 2009**. The 12-mile ride begins at 10:30 a.m. You know the roads - prestigious neighborhoods, light-duty climbing, and Sunday morning suburban traffic. Meet at the tennis center of the corner of W. Wieuca and Powers Ferry Rd. There will be a post-ride lunch at Taxco, on Roswell Rd., about two doors north of W. Wieuca. We will not ride if the temperature is below 35 degrees at 10:00 a.m. or if it is raining. Maps can be printed from the "ride maps/routes" page on bikesbl.org. For more information, email Wallace McRoy at wjm2003@hotmail.com or call 770-653-0104.

GEORGIA RIDES TO THE CAPITOL



Come join the fun and ride your bicycle to the State Capitol, **Tuesday, March 3, 2009**. BRAG will be leading a group from Stone Mountain to the Decatur start location. Meet at the gazebo and liberty bell parking lot in downtown Stone Mountain at 9:00am. Contact Vicki at 770-498-5153 or Vicki@brag.org for more information.

2009 ST. PATRICK'S CENTURY RIDE

Mark your calendars for the 27th Annual Dublin, GA Rotary Club St. Patrick's Century Ride **Sunday, March 22, 2009**. The ride features a new century bike route with no shake and bake roads. This is an official training ride for BRAG. Various mileage options of 25, 50, and 100 miles. For more information visit <http://www.dublinrotary.com/century06.html>.



2009 BIKE FLORIDA "CAPITOL TOUR"

Come ride through some of the most beautiful Florida scenery you may ever see on the 16th Annual Bike Florida Tour. The dates for the Bike Florida Capitol Tour are **March 29 - April 4, 2009**.

This year the ride begins and ends in beautiful Madison, Florida: a town full of antebellum memories, continues through Monticello and Wakulla Springs, then stops at the state capitol in Tallahassee for the Florida Bike Summit, a Florida Bicycle Association advocacy event. The ride then loops back to where you started in Madison. Bike Florida is a fully supported bicycle camping tour which cycles along some of Florida's most scenic roads. The tour is leisurely paced and is a relaxing vacation for all bicyclists, no matter age or ability. As you ride beneath the tree canopied roads of Madison, Monticello and Wakulla, you will experience sights and sounds which give you more than a glimpse of Old Florida - the Florida of the 1930's.



For more information visit www.bikeflorida.org or email info@bikeflorida.org.

PEDAL LLAMA 2 RIDE



Join Blake Ramey & Cycling Logistics as they explore the rural south Georgia countryside, **April 4 - 11, 2009**. Base camp for the week will be at Southern Gates campground (www.southerngates.com) conveniently located off I-75 Exit 92. Various mileages each day. For more info, go to www.cyclinglogistics.com and click on the Events link at the top of the page. You may also contact Blake at 478-954-3206.

ATHENS-TO-SAVANNAH DOUBLE CENTURY

Join fellow riders for an incredible, two-day, 210-mile bike journey from Athens, GA, to Savannah, GA. The 8th Annual ride departs from Clarke Middle School on **Friday, May 1, 2009**; and arrives in Savannah on **Saturday, May 2, 2009**. Car transportation will be arranged back to Athens on Sunday, May 3rd. This ride benefits Clarke Middle School. For more information, contact Dr. Sherman by phone at 706-248-9648 or email at shermank@clarke.k12.ga.us.



TOUR DE CURE 2009



The American Diabetes Association Tour de Cure will be held **Sunday, May 17, 2009**. Ride the "silk sheets" route which offers terrain so smooth and scenery so beautiful that you will think you are dreaming! For more information visit www.diabetes.org/tour. You may also contact Rhonda King at rking@diabetes.org.

CHALLENGE OF THE CENTURIES



Reserve the dates, **May 23 - 24, 2009**, and come ride the Challenge of the Centuries Ride in Hartwell, GA. Various mileage options both days include a century, metric century, or half-metric century with different routes each day. The ride is presented by the Kiwanis Club of Hartwell. For more information, visit www.challengeofthecenturies.com

WAYNE'S 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. Contact Jerry Colley at Jerry@brag.org for more information. Details to follow at a later date.



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