



BRAT

BICYCLE RIDE ACROSS TENNESSEE

Rider Manual

September 16th – 20th, 2017



T E N N E S S E E
State Parks

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2017 BRAT

Welcome to the 28th Annual Bicycle Ride Across Tennessee [BRAT]. The ride is hosted by the Tennessee State Parks. All proceeds benefit the Friends of the Cumberland Trail and the Tennessee Park Ranger Association.

Emergency Phone Numbers

If there is an emergency and someone needs to get in touch with you, please have them call one of the following phone numbers:

Morgan Gilman [Co-Ride Director]: 615-418-9949

Jacob Ingram [Co-Ride Director]: 423-419-9516

Montgomery Bell State Park: 800-250-8613

David Crockett State Park: 931-762-9408

Pickwick Landing State Park: 800-250-8615

Natchez Trace State Park: 800-250-8616

Paris Landing State Park: 800-250-8614

Schedule of Events

Friday, September 15th

Montgomery Bell State Park – Burns, TN

3:00PM – Registration opens at Montgomery Bell State Park Ballfield

Follow signs from the Park Office toward the campground

[Park Office: 1020 Jackson Hill Road, Burns, TN 37029]

- Tennessee Brew Works Beer Sampling
- Dinner available for purchase
- Live Music: Grasstime

6:00PM – Rider Meeting

- Introduction to the 2017 BRAT Route and Region: State Naturalist Randy Hedgepath will share his knowledge and experience of the Tennessee River and Western Highland Rim region.
- Introduction to the Cumberland Trail: Cumberland Trail Staff will present about this glorious 330+ mile trail that connects Signal Point to Cumberland Gap National Historical Park.

8:00PM – Registration closes

Saturday, September 16th

Montgomery Bell State Park to David Crockett State Park

6:00AM – Registration and breakfast at the Montgomery Bell State Park Ballfield Pavilion

7:00AM – Ride begins

All cars must be parked in the ballfield before leaving Montgomery Bell State Park.

8:00AM – Riders must be on the route

10:00AM – SAG 1 Cutoff

3:30PM – Cash Bar Opens at Crockett's Mill Restaurant Back Patio

4:00PM – Yoga

5:00PM – Dinner at Crockett's Mill Restaurant in downstairs dining room *(please enter from side of building)*

7:00PM – Evening Entertainment at the Amphitheater

- David Crockett State Park Presentation
- Live Music: John Keegan and the Cut Ties

8:00PM – Dinner closes

Sunday, September 17th

David Crockett State Park to Pickwick Landing State Park

6:00AM – Breakfast at Crockett’s Mill Restaurant in main dining room

7:00AM – Ride begins

7:00AM – Optional devotional at the Amphitheater led by Brother Mickey Brackin from Mars Hill Baptist Church

8:00AM – Riders must be on the route

10:00AM – SAG 1 Cutoff

2:00PM – Pontoon Tour #1 [45 minutes, registration required]*

3:00PM – Pontoon Tour #2 [45 minutes, registration required]*

4:00PM – Pontoon Tour #3 [45 minutes, registration required]*

4:00PM – Pickwick Party provided by Hardin County Convention and Visitors Bureau

- Tennessee Brew Works Sampling
- Live Music: Step N Tyme
- Cash Bar and Snacks
- Yoga

5:00PM – Dinner opens at Pickwick Landing State Park

7:00PM – Shiloh Program by Park Ranger Laura Lee McKellips

7:30PM – Pickwick Landing State Park Program

8:00PM – Dinner closes

**Riders who have registered for the pontoon tours need to meet at the dock behind the inn.*

Monday, September 18th

Pickwick Landing State Park to Natchez Trace State Park

6:00AM – Breakfast at Pickwick Landing State Park

7:00AM – Ride begins

8:00AM – Riders must be on the route

10:00AM – SAG 1 Closes

3:00PM – Live Music: The Southern Fire Band

3:30PM – Cash Bar Opens in Natchez Trace State Park Group Camp Dining Hall [cash only]

4:00PM – West Tennessee Bar-B-Que Program and Sampling
Presented by Ramey's Bar-B-Que in Parsons, Tennessee

4:00PM – Yoga

5:00PM – Dinner at Natchez Trace State Park Group Camp Dining Hall

7:30PM – Park Manager Bobby Fulcher Presents “Shanty Boat Life and Deaf Maggie Lee”

8:00PM – Dinner closes

Tuesday, September 19th

Natchez Trace State Park to Paris Landing State Park

6:00AM – Breakfast at the Group Camp Dining Hall

7:00AM – Ride begins

8:00AM – Riders must be on the route

10:00AM – SAG 1 Closes

2:00PM – Pontoon Tour #1 [45 minutes, registration required]*

3:00PM – Pontoon Tour #2 [45 minutes, registration required]*

4:00PM – Pontoon Tour #3 [45 minutes, registration required]*

4:00PM – Yoga

4:00PM – Live Music: Alan O'Bryant of the Nashville Bluegrass Band in the Paris Landing Lounge

5:00PM – Dinner in the Riverboat Restaurant

7:00PM – Eagle Program with Park Ranger Brandon Williams

8:00PM – Dinner closes

**Riders who have registered for the pontoon tours need to meet at the Paris Landing State Park marina.*

Wednesday, September 20th

Paris Landing State Park to Montgomery Bell State Park

6:00AM – Breakfast in the Riverboat Restaurant

7:00AM – Ride begins

8:00AM – Riders must be on the route

10:00AM – SAG 1 Closes

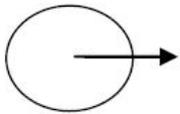
Conclusion of the 2017 Bicycle Ride Across Tennessee!

Safety Rules

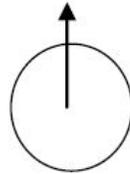
1. Obey all traffic signs and signals.
2. All riders must wear an ANSI or Snell approved helmet at all times when riding their bicycles. This includes riding in camp or cruising in town.
3. Ride single file when traffic is present. This means automobile and bicycle traffic.
4. Do not ride more than two abreast.
5. Ride as near to the side of the road as practical.
6. Signal and call out your moves, including “slowing” and “stopping”, to other cyclists.
7. Pass only on the left. Call out “on your left” when passing.
8. Give the other riders plenty of room. Most riding accidents are caused by cyclists bumping into one another.

Route Markings

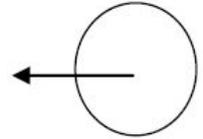
In most instances, the turn signals are painted on the pavement close to the right shoulder of the road. The route markings in some areas may be placed on signs located on the right shoulder of the road when it is not permissible to paint the symbols on the pavement. They will be marked as follows:



**RIGHT
TURN**



STRAIGHT



**LEFT
TURN**

The route will be marked on the road in the following manner:

1. The first route marker will be 100 feet prior to the turn.
2. The next route marker will be 20 feet prior to the turn.
3. The third route marker will be 10 feet after the turn.
4. Some turns, like those on downgrades, will have three [3] markers before the turn. The spacing will be 150 feet, 100 feet, and 20 feet prior to the turn.
5. When there is a long stretch of road that does not have any marked turns, there will be a straight-ahead marker every five [5] miles to confirm you are traveling in the right direction.

Cautions

1. The ride will begin each morning at 7:00AM. Please do not start prior to this time as it is dangerous due to low visibility and route support will be not in place. If you leave prior to 7:00AM, you will be on your own.
2. Some driveways and side roads are not paved and the loose gravel is present in the roadway. Please exercise extreme caution when passing these areas. Road conditions can change rapidly due to traffic conditions and/or weather conditions. Ride wisely because it is impossible for ride staff to notify riders of all the hazardous conditions that you may encounter.
3. Some sections of the route have pavement and/or bridges that may require you to proceed with extreme caution. The narrative portion of your map may list sections of rough road and/or bridges that will request you to proceed with caution. Also, the caution warning may be painted on the road surface warning you of upcoming hazardous road/bridge conditions, if deemed necessary. Even though the ride staff will make every attempt possible to warn riders of the aforementioned conditions, it is still the responsibility of the participants to ride with care and watch for such hazards.

Rider Information

Bicycle Mechanic

Our bike mechanic's name is Carter Williams and he has been with the Bicycle Ride Across Tennessee for many years. All labor services are provided free of charge to riders, but tips are appreciated. He will be available throughout the ride, both out on the course and at camp, for those in need of parts and/or repairs. The availability of mechanical services and parts depends on your cooperation and your integrity. Please do not show up in need of an overhaul. Your bike should be in good shape before the ride.

Blue Light Patrol Vehicles

These vehicles will accompany the riders along the route to provide emergency assistance, two-way radio communication, and traffic flow control at strategic points along the route. They will be operated by uniformed State Park Rangers who are commissioned law enforcement officers. Some are certified in emergency medical care as well. A rider needing assistance from a Blue Light Patrol Vehicle will stand on the side of the road with his/her hand placed on top of his/her head to indicate that he/she needs assistance. The presence of State Park Rangers along the route is very beneficial to riders because it raises the alertness of motorists.

Cue Sheet

The route will be well marked, but it is always good to carry a map and the cue sheets provided to you out on the ride each day. All routes are on Ride With GPS where you can download to your GPS unit or accessible with the Ride With GPS app. Here is the link:

<https://ridewithgps.com/events/30404-28th-annual-bicycle-ride-across-tennessee>

If you choose to explore off the designated route, you will be on your own. Please do not get lost!

Information/Food and Beverages

We will have an information table at camp each night. There will be someone available to help with any questions that you may have.

The information booth will also have drinks and snacks available for sale along with a limited number of biking essentials, in case you forgot anything.

There will be additional items for sale at the park gifts shops and the Natchez Trace Camp Store. The gifts shops will have snacks, drinks, beer, and merchandise available.

Lost and Found

We will make every effort to assist you in locating any items that you have lost. Please contact a Ride Director or member of the event staff or park staff, if you have lost anything.

Massage

Massage therapist Dillon Deland will be joining us again this year. He will be available every day of the ride at camp to help riders with their aches and pains. Dillon is an experienced massage therapist based out of Traverse City, Michigan. He can be reached via phone at 231-499-3181 or via email at dillondeland@gmail.com.

SAG Vehicles

These vehicles will be with you during the ride to provide assistance to riders who have mechanical and/or physical situations. All SAG vehicles will have water, a limited first aid supply, and tire pumps. The SAG vehicles are not intended to be a taxi service. Tired riders who wish to ride in SAG vehicles must comply with driver's schedule. A rider needing assistance from a SAG vehicle will stand on the side of the road with his/her hand placed on top of his/her head to indicate that he/she needs assistance.

Shuttle

If you would like to take a rest day (or two) during the BRAT this year, we are offering limited shuttle service between each overnight stop. The fare is \$25 per person and the shuttle will leave at 8:00AM each morning. You can sign up online here: <http://thebrat.org/shuttle-service/>. Sign up will also be available at registration or at the information tent at camp.

Yoga

Wendy Smith is certified yoga instructor and member of Yoga Alliance since 2012. The classes offered during the Bicycle Ride Across Tennessee will be modified flow and yin sequences designed specifically around the muscular stress of biking. The classes will focus on releasing the tension of the day and preparing the body for the next day's activity. You can expect hip and shoulder openings, stretches and twists throughout the classes. The experience level will be accessible to all the bikers regardless of their yoga experience. The intention is to sooth the body, mind and spirit and ready you for a pleasant evening and a new day.

Social Media

We want to see your Bicycle Ride Across Tennessee photos! Please tag us in your posts and use the event hashtag: **#BikeRideTN**. Follow us at:

Facebook: Bicycle Ride Across Tennessee (BRAT)

Instagram: @BikeRideTN

Twitter: @BikeRideTN

Mark Your Calendar!

2017 Paris Century

Dates: October 21st – 22nd, 2017

Location: Paris Landing State Park (Buchanan, TN)

Registration:

<http://www.imathlete.com/events/2017pariscentury>

2018 Horton 100

Dates: April 28th – 29th, 2018

Location: Henry Horton State Park (Chapel Hill, TN)

Registration:

<http://www.imathlete.com/events/2018horton100>

29th Annual Bicycle Ride Across Tennessee

Mark your calendars and join us again next year!

Dates: September 2018

Location: TBD

THANK YOU TO OUR AMAZING SUPPORTERS!



ENDURANCE FUELS
& SUPPLEMENTS

