

UNION CITY GRAN FONDO & GRAVEL GRIND RIDE BIBLE

SAFETY & RIDE ETIQUETTE

1. ALL RIDERS WILL NEED FLASHING FRONT AND REAR LIGHTS.
2. HELMETS ARE REQUIRED
3. ALL RIDERS MUST OBEY ALL STATE ROAD LAWS FOR CYCLING. THIS IS AN OPEN COURSE EVENT. If you need a refresher: <https://www.bicyclegeorgia.com/galaw.html>
4. YOU ARE RIDING AT YOUR OWN RISK: You (the participant) understand that you are riding on public roads and there are inherent dangers of riding your bicycle on them and that you are riding at your own risk and by participating you accept those risks. You are ultimately responsible for your own personal safety. We will have a waiver for you to sign at the morning check-in.
5. MINORS: Must be accompanied by an adult.
6. BE COURTEOUS: For the occasional vehicle, please provide them with space to pass you safely. Let's work together to keep the event fun for you and painless for them.
7. BUSIER ROADS: The vast majority of roads selected are cycling friendly. There are a couple of roads and intersections that are a little busier than others. These locations are clearly marked on your maps. Please be aware of them. Ride single file on these few roads and be extra cautious crossing them.
8. STOP SIGNS: YOU MUST OBEY THEM. This is an open road course, meant to be a fun and safe ride with friends through the back roads of Atlanta. You must stop at all stop signs. Failure to do so, will result in the rider being removed from the event and that rider will not be allowed back to any future Spin the District event.
9. MUSIC & HEADPHONES: It is illegal to ride a bike with headphones, so please leave them at home. We also ask that you keep your portable speakers at home as well. (or turned down to where only you can hear it) It is a hazard and distraction for you and others, and it's not really fair for other riders to listen to your music.
10. TIME SEGMENTS: Several of the segments include stop signs. We chose these roads due to the limited vehicle traffic on them and the ability to maximize the segment lengths; however, this event is an open road event, meaning you have to stop and wait until it is clear for you to continue. Our time segments are a quasi-competition, and we assume you are going to try your best to win the belt, don't risk your life and others around by being stupid.
11. OVERALL TIME: We will be keeping track of your overall time and awarding medals per category listed on the registration page. All of the Spin the District Gran Fondo and Gravel Grind events are not a race and if a rider is found not to be following all traffic laws, cutting the course, or taking unnecessary risks, their time will be removed from our records and any awards won will be returned.
12. CELL SERVICE: Be aware cell service can become spotty for the shorter routes and for the longer rides can be very limited in places. There's not a lot we can do about it but make you aware.

CUE SHEETS/GPS COMPUTERS

- WE HIGHLY RECOMMEND USING A COMPUTER WITH GPS. We will provide downloadable TCX files via email a week prior. You will also be able to download the files from each route page on our website. Make sure the map says "FINAL 2019" on it.
- If you don't have a computer with GPS, then use your phone by downloading the "Ride with GPS" app. When you click on your map within your route page on the Spin the District website, it will automatically open the app. Click "Navigate" and then "Start". Your phone will prompt you on which way to go.
- We will be marking the course with 12x12 corrugated signs with route and directions on the side of the road. We will do our best to mark the course as best as possible, but we cannot guarantee that signs won't blow down, be taken, or just missed. ALL RIDERS SHOULD STUDY THEIR ROUTES PRIOR TO RIDING IT so that you can become familiar with some of the road names, support stops and key intersections.
- We WILL NOT BE PROVIDING printed cue sheets at the start. You can, however, print the cue sheet from the map on your routes web page. Click on the "View Full Version" within the map area. It will bring up a new page from ridewithgps.com. In the top left corner click on the "More" button, scroll down to print cue sheet.

ALL RIDERS NOTES

1. **START/END** - This is not a race, please use caution coming back into Union city and obey all traffic laws
2. **FAYETTEVILLE RD CAUTION**- To and from the start/finish puts you on Fayetteville Rd. Please use a little caution on this road. **ALSO**, on your way back be on the lookout for **GOODSON RD**. It's a weird left that a few riders missed last year. **IF YOU GO UNDER INTERSTATE 85 YOU HAVE GONE TOO FAR.**
3. **BE COURTEOUS**: We can't stress this enough. We want everyone on Sunday, September 22nd to have a wonderful day, that means everyone. Please be aware of any traffic that is around you and work with them. Ride single file if needed, help them know if there is traffic coming and give them a thank you wave if warranted. We all need to work together, and we need to make sure that **WE** the cyclists are always taking the high road.
4. **DOG CAUTION**: We have ridden all of these routes numerous times and have modified the course to try to avoid any aggressive animals that could be on the course. We're not saying there won't be dog's, but we believe we have bypassed the worst offenders. We have never had problems with any dogs on the current course. **DOG CONTACT RECOMMENDATION** - Yelling at an aggressive dog, swinging bike pumps, and squirting them should be your last resort, not your first. A dog's instinct is to chase, but most are just curious and won't get too close to you or even leave the yard if you ignore them, but when you start yelling, it makes them more aggressive and threatened. Hold your line, because you might be around other riders, stay calm, and keep an eye on them to make sure they don't get in your way... and small dog's... please, they're small!?!
5. **SAG SUPPORT**: We will have plenty of aid stops on all the routes. We will also have vehicles roaming the courses towards the end of the day. If you have a mechanical, please contact Michael Barman at 678-575-4684 to let him know where you are. Make sure your mechanical is not fixable by you or another rider first! This should be your last option. We cannot guarantee when we can get you, but we will do our best to make it a timely manner. You may end up having to wait at a SAG stop until we can get you back to the finish. Remember we have six other courses going on at the same time. Each stop will be well supplied with drinks, bars, snacks, and basic tools to keep you going.
6. **OUTSIDE SUPPORT**: No outside support will be allowed at the SAG stations, minus the half-way stop for the Toughskin150 (Centralhatchee City Park). If you would like to follow your rider(s) to meet at other points along the route, please do so using main roads that intersect. **DO NOT DRIVE ON THE COURSE!** Anyone found following the course in a vehicle will be removed including the rider(s) being supported. Please, please, please avoid all the courses.
7. **GEAR & YOUR BIKE**: Please have your bike serviced before the event. Make sure your tires are in good shape, your brakes are working correctly, and your bike is shifting right. **BRING** at least one extra tube, (more if you're doing one of the longer riders) CO2 cartridges or pump, tire levers and maybe a patch kit. (Toughskin150 riders see recommendation list of gear below)

ROAD OPTION NOTES

POLYESTER100:

The Polyester100 is an excellent route taking you through the well-known South Fulton cycling roads to roads in Douglas and Carrol Counties that we believe most people have never ridden. 99% of these roads are amazingly scenic and with little traffic. There are, however, a few cautionary items to be aware of during the ride.

- **GRAVEL**- Florence Road is a very short gravel section (1/4 mile) once you cross over the Chattahoochee. The gravel is smooth hardpack with a little loose gravel on the edges. We chose this road to get riders off of Capps Ferry and onto a spectacular road riding route. (the rest of Florence Rd to Old Notch and Black Dirt Roads) Just take your time; it will be worth it.
- **CAPPS FERRY RD/SOUTH FULTON PKY CAUTION** - There are only three roads that cross the Chattahoochee in South Fulton. We chose this option because it is the shortest with the least amount of traffic on a wide road. Please use some caution during this one-mile stretch by riding single file. It's not an overly busy road, but we want you to be aware. You will be crossing through a gate used for the Dirty Sheets Gravel route onto South Fulton between two of our SAG Stations.
- **166/BANKHEAD CAUTION** - You will be turning left onto 166 which can also have a little more traffic than most of the route. Use a little extra caution when crossing. You will be on 166 for only 2 minutes.

- **SAG STOPS -**
 1. Mile 22: Garretts Ferry Rd/South Fulton
 2. Mile 34: Whitesburg
 3. Mile 60: Whiteside Rd
 4. Mile: 87.5 Palmetto

RAYON60:

- For the 62-mile Rayon60 your middle SAG stop is a little off of your route down Capps Ferry Road. We chose this location for its ability to service all the gravel options as well as the Polyester100. It's a nice, very seldom used, road that by happenstance gives the Rayon60 riders a true metric century. It will be well marked, but you may choose to bypass it if like.
- **SOUTH FULTON PKY CAUTION -** You will cross of South Fulton Pkwy twice, once at Cedar Grove Road where there is a traffic light and once at Campbellton Redwine, which is a stop sign. Please use caution crossing.
- **ROUNDABOUT -** There is a roundabout on your course at Cedar Grove Rd and Cascade Palmetto. Use the third right back onto Cedar Grove.
- **SAG STOPS -**
 1. Mile 21: Capps Ferry/Whiteside Rd (One Mile off of Campbellton Redwine Rd)
 2. Mile: 49 Palmetto

VELOUR30:

- **SOUTH FULTON PKY CAUTION -** You will cross of South Fulton Pkwy twice, once at Cedar Grove Road where there is a traffic light and once at Cochran Mill Rd, which is a stop sign. Please use caution crossing.
- **ROUNDABOUT -** There is a roundabout on your course at Cedar Grove Rd and Cascade Palmetto. Use the third right back onto Cedar Grove.
- **SAG STOPS -**
 1. Unofficial - Cochran Mill Park has water and bathrooms by the playgrounds
 2. Mile: 21.5 Palmetto

GRAVEL OPTION NOTES

TOUGHSKIN150:

- **CAPPS FERRY RD/SOUTH FULTON PKY CAUTION -** There are only three roads that cross the Chattahoochee in South Fulton. We chose this option because it is the shortest with the least amount of traffic on a wide road. Please use some caution during this one-mile stretch by riding single file. It's not an overly busy road, but we want you to be aware. You will be crossing through a gate used for the Dirty Sheets Gravel route onto South Fulton between two of our SAG Stations.
- **HWY 5 CAUTION -** You will be on this road for 1.3-miles. This road is a little busier than the rest of the route, and some caution should be used. With that said, you may or may not see any traffic depending on when you're on it.
- **TIME CUT -** We will have a strict 4 hour time cut at mile 50. We will clearly post signage after 4 hours, directing you onto the Husky100 course. We can't stop you from continuing, but from that point on you will be responsible for your own return to your vehicle. We cannot guarantee that the SAG stations will still be open. Please, if you miss the time cut, do the 100-mile option and try again next year. The Toughskin150 course was developed to challenge the best of us, and today just might not have been your day.
- **MANDATORY CHECK-IN -** We will have a mandatory check-in at the Centralhatchee SAG Station, located at mile 78 in the Centralhatchee City Park. Make sure that we have noted your number, allowing us to have an understanding of where everyone is on the course. This park has indoor restrooms =)
- **OUTSIDE SUPPORT -** The only outside support allowed is at the half-way point (Centralhatchee City Park). This stop will allow outside support to refuel or make repairs to your bike. Please arrive in Centralhatchee well in advance of the riders anticipated arrival (1:00 PM - 4:00 PM) **DO NOT DRIVE ON THE COURSE.** Please use the main roads to get too and from the start/finish. If your support vehicle is found on the course, we will remove both the rider(s) and support vehicle involved.
- **GEAR -** You should be set with food and snacks for our SAG stops, but we suggest putting a few of your favorite bars in your bag. We recommend the following gear: GPS system that can last for up to 12hrs, phone, battery charger to keep them going, several extra tubes, quality tire levers, patch kit or dynaplug, pump or several CO2 cartridges, multi-tool with chain break, extra chain links, a few zip ties, duct tape and maybe an extra derailleur hanger.

- **HYDRATION** - We have purposefully added a long(ish) section between mile 28 and 78 where there is no additional SAG support. You need to make sure you carry enough fluids to last you for 50 miles. We didn't want to go too crazy with making this a limited support event, but we also wanted to make the course not only physically and mentally challenging, but also strategic and with some forethought.
- **SAG STOPS** -
 1. Mile 28: Garretts Ferry Rd/South Fulton
 2. Mile 78: Centralhatchee
 3. Mile 108: Whitesburg
 4. Mile 126: Whiteside Rd
 5. Mile: 142 Palmetto

HUSKY100

- **CAPPS FERRY RD/SOUTH FULTON PKY CAUTION** - There are only three roads that cross the Chattahoochee in South Fulton. We chose this option because it is the shortest with the least amount of traffic on a wide road. Please use some caution during this one-mile stretch by riding single file. It's not an overly busy road, but we want you to be aware. You will be crossing through a gate used for the Dirty Sheets Gravel route onto South Fulton between two of our SAG Stations.
- **OUTSIDE SUPPORT** - No outside support is allowed.
- **GEAR** - You should be set with food and snacks for our SAG stops, but we suggest putting a few of your favorite bars in your bag. We recommend the following gear: GPS system that can last for up to 10hrs, phone, battery charger to keep them going, several extra tubes, quality tire levers, patch kit or dynaplug, pump or several CO2 cartridges, multi-tool with chain break, extra chain links, a few zip ties, duct tape and maybe an extra derailleur hanger.
- **SAG STOPS** -
 1. Mile 28: Garretts Ferry Rd/South Fulton
 2. Mile 54: Whitesburg
 3. Mile 72: Whiteside Rd
 4. Mile: 88.5 Palmetto

DENIM60

- **SOUTH FULTON PKY CAUTION** - You will be crossing onto South Fulton Rd for a brief period down through a gate used for the Dirty Sheets Gravel route between two of our SAG Stations to get from Garretts Ferry Rd to Whiteside Rd. You caution at this section.
- **OUTSIDE SUPPORT** - No outside support is allowed.
- **GEAR** - You should be set with food and snacks for our SAG stops, but we suggest putting a few of your favorite bars in your bag. We recommend the following gear: GPS system that can last for up to 6hrs, phone, several extra tubes, quality tire levers, patch kit or dynaplug, pump or several CO2 cartridges, multi-tool with chain break, extra chain links, a few zip ties, and duct tape.
- **SAG STOPS** -
 1. Mile 28: Garretts Ferry Rd/South Fulton
 2. Mile 44.5: Palmetto

TIME SEGMENT CHALLENGE

New to 2019 we are offering a Time Segment Challenge for the participants of the road Rayon100 event and the gravel Denim60, Husky100 & Toughskin150 versions. The winner of each Time Segment Challenge will be rewarded a custom, giant badass belt. (Think All-star wrestling big) To win the Time Segment Challenge, you must have the fastest overall accumulative time of the segments provided for each event. (Polyester100 - 1 segment, Denim60 - 2 segments, Husky100 - 3 segments, Toughskin150 - 5 segments) We will provide at the morning check-in a sensor chip to put on your front fork. (Don't get too attached, we'll need them back, or we'll have to charge you for it!) Each segment will have a designated start and end sensor that will be clearly marked. To win is simple, go through them as fast - **YET AS SAFELY** - as you can. Back at home base we'll be keeping track of everyone's times and adding them all together. The fastest accumulative time of all the segments for your event will be the winner and awarded the belt for your event. Remember, this ride, while we want you to ride it how you want, we're honestly doing this for fun, and we want you to be safe, so please read the Road Safety section of the Race Bible to keep yourself in our good graces.

TIME SEGMENTS:

Polyester100 - This year, there will only be one timed segment offered. (It's only our second year, give us time to grow) So you will need to make that segment count. To make it fun, it's an 8-mile grind up Jones Mill Rd with about 750' of elevation gain.

Denim60: We have the gear in place, so why not add some excitement to the Denim60. This year we are adding two segments to the 60-miler and your very own belt! Segment 1: The infamous Upper Wooten Rd + Garretts Ferry Rd, including creek crossings, single track, pave, and plenty of up and down and Segment 5: Your last chance to make a run for the belt, combines Whiteside/Jones Ferry/Vernon Grove gravel sectors.

Husky100 - The Husky100 will have three timed segments. Segment 1: Upper Wooten Rd + Garretts Ferry Rd as described above. Segment 2: An 8-mile slog up Jones Mill Rd mid-way through your ride. It's all road, but it's 750' up, up, up. Segment 5: Whiteside/Jones Ferry/Vernon Grove gravel sectors is your last chance for the belt.

ToughSkin150 - Our most challenging course should have the most time segments in our opinion, so that's what we did. Five segments total, including the segments from the other two events (See previous descriptions of Segment 1- Upper Wooten/Garretts Ferry, Segment 2 -Jones Mill Rd, and Segment 5 - Whiteside/Jones Ferry/ Vernon Grove segments) plus we've added Wayne's favorite section in the middle (he's the guy rambling about all this) Segment 3 and Segment 4 are the same roads, but one is just before the 79-mile mandatory check-in and one a few miles after. Star Point Rd to Hollingsworth to 5 Notch Rd is all that and a bag of chips in both directions. 7-miles down and then 7-miles back up.

Complete List of Segments

1. Upper Wooten/Garretts Ferry (Denim60 Husky100 & Toughskin150)
2. Jones Mill Rd (Polyester100, Husky100 & Toughskin150)
3. Star Point /Hollingsworth/5 Notch Rds. Down (Toughskin150)
4. 5 Notch/Hollingsworth/Start Point Rds. Up (Toughskin150)
5. Whiteside/Jones Ferry/Vernon Grove (Denim60, Husky100 & Toughskin150)

START LOCATION:

Union City City Hall
5047 Union Street, Union City, GA 30291

PARKING:

There is street parking, as well as parking behind City Hall, the Police Station, the County Jail and various other locations around downtown. Please DO NOT park in the Green Manor parking lot. They are open for Sunday Brunch. And do not block any driveways.

RIDE START & NEUTRAL ZONE:

All rides are staggered based on ride length. (See event times on the registration page) For the timed events (Polyester100, Husky100, Toughskin150), there will be a "Truths" neutral zone until you cross over Broad Street in Fairburn onto Rivertown Rd. Ride as a group until this point, 3.5-miles from the start.

CHECK-IN AND STAGING:

Please arrive in Union City at least 45 minutes prior to your departure time so that we have time to get you checked in. Day of registration will close 30 minutes before each start time. Be at the designated staging area 15 minutes prior to your start time.

START TIMES:

MIXED GRAVEL OPTIONS

ToughSkin150 - 7:00 AM

Husky100 - 7:15 AM

Denim60 - 7:30 AM

ROAD OPTIONS

Polyester100 - 8:30 AM

Rayon60 - 9:15 AM

Velour30 - 10:00 AM

Corduroy10 - 11:00 AM

RIDE START & NEUTRAL ZONE:

All rides are staggered based on ride length. (See event times on the registration page) For the timed events (Polyester100, Husky100, Toughskin150), there will be a "Truths" neutral zone until you cross over Broad Street in Fairburn onto Rivertown Rd. Ride as a group until this point, 3.5-miles from the start.

GRAVEL SECTORS:

Gravel sectors rank from easy to challenging and may include gravel of various sizes, sand, mud, dirt, clay, sticks, branches, deep ruts and/or ravines, fallen trees, water crossings, and even boulders. All gravel riders assume their own risk on gravel.

GRAVEL RANKINGS:

Gravel Ranked by Wayne's sophisticated ranking system and subject to change as his butt and arm soreness dictates.

One Star Gravel: Florence Rd

Two Star Gravel: Hall Rd, E. Carrol Rd, Horsely Dr, Old Driver Rd, Pate Rd, Hall Rd, Old Lowell Mill Rd, Checker Rd

Three Star Gravel: Jones Rd, W. Carrol Rd, Consolation Church Rd, Howard Rd, Whopping Creek Rd, Shirley Dairy Rd, Banks Cir, Old 4 Notch Rd, Giley Rd, Guthrie Rd, Old Military Rd, Old Jones Rd, Ephesus Church Rd, Weaver Rd, Whiteside, Jones Ferry Rd,

Hopkins, Old Rico Rd,

Four Star Gravel: Upper Wooten, Horsely Mill Rd, Star Point, Vernon Grove Rd, Rico Tatum, Philips Rd, Williams Rd

Five Star Gravel: Acorn Creek Rd (More Coming 2020)