



## *Troop 212*

# 50-Mile Bicycle Ride

### Sat- Sun, May 16-17, 2009

Dear Scouts and Scouters,

Troop 212 is going on a 50-mile bike ride Saturday, May 16<sup>th</sup> and camp overnight at Prado Basin Park. The bike route will begin at the church and take us southerly along the San Gabriel River bike trail, southeasterly along the Bolsa Chica/Huntington Beach bike trail, then northward up the Santa Ana River bike trail. The bike riding ends at the Green River Golf Course in Corona where the riders we'll then be driven 10 minutes to camp at Prado Basin Park.

The bike ride is on mostly flat; moderately difficult (due to the distance), paved bike trails. There is a short 3-mile stretch on Pacific Coast Hwy through Seal Beach. The Troop will regroup for lunch at Moon Park in Costa Mesa, approximately 25 miles from the church. Riders may summon a chase vehicle by cell phone anywhere along the ride or end their ride at any one of several check points established along the route. There are no plans to ride home on Sunday.

This outing can satisfy many Cycling merit badge requirements and give the scout an opportunity to complete the 50-mile, 8-hour ride requirement. All able bodied parents are welcome to join the ride. Participation in bike riding will also help prepare scouts for many other Troop 212 high adventure activities. Scouts do not have to ride a bike to attend this outing as they may camp at Prado Basin Park with the troop. All meals for this trip are Troop feed with selected members of each patrol assisting in meal preparation.

The Troop will meet in the church parking lot Saturday, May 16<sup>th</sup>, at 7am prepared to ride. Scouts should bring all overnight camping gear to the church where it will be transferred by vehicle to Prado. We will conduct pre-ride bike check; discuss the route, review bike safety and contact information, and load-up camping gear. A lead group of driving adults and non-riding scouts will transport camping gear to Prado and set up camp. Bike riders are anticipated to arrive at Green River Golf Course between 5-6pm where they'll be driven to Prado. The uniform for the ride is Class B or a white tee shirt but scouts must pack their Class A uniform for the drive home on Sunday. The troop will return to the **Demille Middle School parking lot** on Sunday, May 17<sup>th</sup> around noon. As with all outings, up-to-date return information can be found on the troop Hot Line at (310) 816-3510 on Sunday morning.

In order to participate on the ride, riders must have:

- A signed permission slip with \$25/\$15 due at Monday's meeting of May 11, 2009
- A properly fitting bicycle helmet
- A functioning bicycle with gears (*Road or comfort bike style recommended*). Mountain bikes are okay but narrower street tires should probably be installed to reduce rolling resistance. Motocross style bicycles are not recommended. The bicycle must be in good working condition and have properly functioning brakes.
- At least 70oz of water. Although water will be available during the trip, there may be stretches between water fill-up stations. Water bottles can be carried on a bicycle mounted bottle cage or in a day pack. A Camelbak type hydration daypack is ideal and can be useful to carry snacks and other listed items. ***Nothing can be carried in the rider's hands!***
- Applied sunscreen, SPF 30 or greater.
- Please note, ear inserted music listening devices are not allowed.

Optional but recommended bike riding equipment is:

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|---|------------------------------|
| ➤ A tire tube repair kit with tire removers | ➤ Riding gloves              |
| ➤ A small portable tire pump                | ➤ Sunglasses                 |
| ➤ An extra padded bicycle seat cover        | ➤ A cell phone               |
| ➤ Biking shorts w/ chamois insert           | ➤ Small day pack or bike bag |

**At a minimum**, the following items for camping should be packed:

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| <input type="checkbox"/> Appropriate clothing<br><b>(Day -70° Night-mid 50s°)</b> | <input type="checkbox"/> Insect Spray                        | <input type="checkbox"/> Soap and Comb           |
| <input type="checkbox"/> Hat  | <input type="checkbox"/> Mess Kit (utensils, bowl, mug, etc) | <input type="checkbox"/> Shoes and extra socks   |
| <input type="checkbox"/> First Aid Kit  | <input type="checkbox"/> Pencils, Pens, Notebook             | <input type="checkbox"/> Sunscreen and Chapstick |
| <input type="checkbox"/> Flashlight   | <input type="checkbox"/> Pocket Knife                        | <input type="checkbox"/> Toilet paper            |
| <input type="checkbox"/> Ground Cloth   | <input type="checkbox"/> Rope – 10 Feet                      | <input type="checkbox"/> Toothbrush & paste      |
| <input type="checkbox"/> Handy-wipes  | <input type="checkbox"/> Scout Handbook                      | <input type="checkbox"/> Jacket                  |
| <input type="checkbox"/> Hydration pack or Canteen                                | <input type="checkbox"/> Sleeping Bag and Pad                | <input type="checkbox"/> Whistle                 |
|   | <input type="checkbox"/> Small towel                         |  |

As is the tradition of all Troop 212 adventures, this will be a safe and fun outing, due in no small way to our adult support. If you have any questions, please call or e-mail Ron Brisson (562) 421-3979 or Mike Morse (714) 827-9733.