

Troop 212

100-Mile Bicycle Ride

Sat- Sun, April 16-17, 2011



Dear Scouts and Scouters,

Troop 212 is going on a 100-mile bike ride over two days; Saturday, April 16th and April 17th. The bike route is 50-miles long, beginning April 16th at the church parking lot, riding 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 be driven 10 minutes to camp at Prado Basin Park. The return ride on Sunday, April 17th is the reverse of Saturday's 50-mile ride.

The bike ride is on mostly flat; moderately difficult (due to the distance), well established paved bike trails. There is a short 3-mile stretch on Pacific Coast Hwy through Seal Beach on a marked bike lane. The Troop will regroup for lunch at Moon Park in Costa Mesa, approximately 25 miles from the church on both days. 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.

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 helps 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 with the troop. All meals for this trip are Troop feed with selected members of each patrol assisting in meal preparation and food shopping. There is no Thursday food shopping for the scouts.

The Troop will meet in the church parking lot Saturday, April 16th, 7am prepared to ride. Scouts should dress with layered clothing to peel off as they warm up. Scouts must bring all personal overnight camping gear to the church Saturday morning where a lead group of adults and non-biking scouts can haul it by vehicle to Prado. We will load up camping gear, conduct a pre-ride bike check, discuss the route, review bike safety and contact information. Bike riders are anticipated to arrive at Green River Golf Course between 3-4pm where they'll be driven to Prado. Uniforms are not required for this trip. Scouts wishing to ride the return trip will be transported back to the Green River Golf Course Sunday morning at approximately 8am. The return ride will once again stop at Moon Park in Costa Mesa for lunch and will arrive back at the church parking lot around 3pm.

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

- A signed permission slip with \$20/\$10 (gas) due at Monday's meeting of April 11th, 2011.
- A properly fitting bicycle helmet.
- A functioning bicycle preferably with changeable gears (*Road or hybrid bike style recommended*). Mountain bikes are okay but narrower street tires should be installed to reduce rolling resistance. BMX or beach cruiser 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, jackets and other listed items. **Nothing can be carried in the rider's hands!**
- Applied sunscreen, SPF 30 or greater.
- Layered clothing including an outer windbreaker.
- **Please note, ear inserted music listening devices are not allowed.**

Optional but highly recommended bike riding equipment is:

- A tire tube repair kit with tire removers
- A small portable tire hand pump
- An extra padded bicycle seat cover
- Biking shorts w/ padded insert
- Riding gloves
- Sunglasses
- A cell phone
- 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
(Day 70s° Night in low 50s°) | <input type="checkbox"/> Mess Kit (utensils, bowl, mug, etc.) | <input type="checkbox"/> Shoes |
| <input type="checkbox"/> Change of socks and underwear | <input type="checkbox"/> Pencil/Pen & Notebook | <input type="checkbox"/> Sunscreen and Chapstick |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Pocket Knife | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> 10 foot Rope | <input type="checkbox"/> Toothbrush & paste |
| <input type="checkbox"/> Ground Cloth | <input type="checkbox"/> Scout Handbook | <input type="checkbox"/> Warm jacket |
| <input type="checkbox"/> Hydration pack or Canteen | <input type="checkbox"/> Sleeping Bag and Pad | <input type="checkbox"/> Whistle |
| | <input type="checkbox"/> Change of clothes for ride back | <input type="checkbox"/> Poncho |

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 Rick Williams (562) 425-1696, Ron Brisson (562) 421-3979 or John Douglas (310) 628-4312.