



Troop 212

Bike to Lunch – Dec 1, 2012

Dear Scouts and Scouters,

Troop 212 will be conducting a 3-hour, 15 mile bike ride on Saturday, December 1 along the San Gabriel River Bike trail to an eatery near the Seal Beach Pier. The ride is flat and easy on a newly paved pike path with no motorized vehicle traffic except for a short stretch on city streets near our destination. This is a great ride for beginners who wish to enjoy a leisurely bike ride.

We will meet at the church parking lot at 10:00am to pre-ride check the bikes and depart around 10:30am. We will pedal approximate 8 miles to El Burrito Jr. at 909 Ocean Ave, Seal Beach for lunch and then ride back to the church. This ride qualifies as a Cycling merit badge 15 mile ride after the scout submits a written trip report. We will also be completing the Second Class requirement in using a compass and map.

In order to participate, all riders must have:

- 1) A signed permission slip. (Scouts only)
- 2) A properly fitting bicycle helmet.
- 3) A sturdy functioning bicycle. The bicycle must be in good working condition with properly functioning brakes.
- 4) Rider should bring \$10 for lunch.
- 5) Approximately 16oz of water. The water can be carried on a bicycle mounted bottle cage or in a day pack. A Camelbak hydration type daypack is ideal and can be used on many Troop 212 outings. ***Please note that nothing can be carried in the bike rider's hands!***
- 6) Applied sunscreen, SPF 30 or greater.
- 7) No personal listening devices are allowed to be worn in the ears during the ride.

Optional equipment is a tire tube repair kit, a small portable tire pump, a small bicycle tool kit, and sunglasses (recommended). Dress for cooler temperatures and possible wind.

Once forming our group at the church parking lot, we will:

- Discuss bike trail etiquette and safety
- Demonstrate bike control and an emergency stop
- Review the route with a map and compass

We will make every effort to be back at the church parking lot by 1pm. Trip riders would greatly appreciate parents arriving at the church prior to our group's return. Arrival time could vary depending on the circumstances on the bike trail. Scouts are encouraged to carry cell phones to contact the chase vehicle if required.

Parents are encouraged to ride along and assist the leaders in making this a very safe outing.

Come join us and see Scoutmaster John ride his newly refurbished bike!

If you have any questions, please call Ron Brisson at (562) 421-3979