



Troop 212

Springtime Bicycle Ride – April 14, 2012



Dear Scouter and Scouters,

Troop 212 will be conducting a 15 mile bike ride on Saturday, April 14th along the San Gabriel River Bike trail to a local eatery near the Long Beach boarder and back. 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 and learn more about cycling. The uniform of the day is a Class B or gray tee shirt.

We will meet at the church parking lot at 9:00am to pre-ride check the bikes and depart around 9:30am. It is recommended to eat a very light breakfast or snack prior to arriving at the church. We will pedal our bikes approximate 7.5 miles along the river trail to our destination for brunch at Fantastic Café, 1180 Studebaker Road, in Long Beach and ride back to the church, all within 3 hours. This ride qualifies as a 15 mile merit badge ride once the scout completes the required Trip Log.

In order to participate, all riders must have:

- 1) A signed permission slip. http://www.troop212.net/forms/Troop212_Trip_Rel_GEN_2009.doc
- 2) A properly fitting bicycle helmet.
- 3) A sturdy functioning bicycle (*Road bike or hybrid style preferred*). The bicycle must be in good working condition with properly functioning brakes.
- 4) Rider should bring \$10 for brunch.
- 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 (highly recommended).

Once we arrive at the church parking lot, we will:

- Conduct safety checks of the bicycles
- Discuss ride safety and bike control
- Demonstrate an emergency stop

We will make every effort to be back at the church parking lot by 12:30pm. Parents should arrive at the church prior to our group's return. Arrival time may vary depending on the circumstances during the outing. Scouts are encouraged to carry cell phones to contact the chase vehicle if required.

Parents are encouraged to join us and try out the newly paved bike trail!

As is the tradition of Troop 212, this will be a very safe outing, due in no small way to the adult leadership who will join and assist us in the ride.

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