



## **Troop 212**

# **Springtime Bicycle Ride – March 1, 2014**

Dear Scouts and Scouters,

Troop 212 will be conducting a 16 mile bike ride on Saturday, March 1st along the San Gabriel River Bike trail to Seal Beach and back. The ride is flat and easy on a 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. The uniform of the day is a Class B or gray tee shirt.

We will meet at the church parking lot at 8:00am to pre-ride check the bikes and depart around 8:30am. It is recommended to eat a light breakfast or snack prior to the ride. We will pedal our bikes approximate 7.5 miles to our destination for brunch at El Burrito Jr and ride back to the church, all within 3 hours. This ride qualifies as a merit badge 15 mile ride.

In order to participate, all riders must have:

- 1) A signed troop permission slip.
- 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 (recommended).

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

- Discuss ride safety and bike control
- Demonstrate an emergency stop and other bicycle maneuvers

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 assist us in the ride.

We will make every effort to be back at the church parking lot around 12:30pm. Parents should arrive 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 bring cell phones with them to contact the chase vehicle if required.

Come join us and try out the newly paved bike trail!

If you have any questions, please contact Ron Brisson or Gary Brase