

Troop 212

Bike Ride/Rodeo/Camp

Fri- Sun, February 20-22, 2015



Dear Scouts and Scouters,

Troop 212 is going on a 20-mile bike ride, bike rodeo, and two night's stay at the San Clemente State Beach campsite. The dates are Friday, February 20th thru Sunday 22nd. We will meet at the church as usual, 7pm on Friday, 2/20/15, load the bikes and gear, then drive down to San Clemente State Beach Campground, about one hour from the church. Saturday morning, we will eat a hearty breakfast, and drive the riders to the south entrance of Camp Pendleton Marine Base, where the 20 mile bike ride will start. The 20 mile bike route will wind through Camp Pendleton on Stuart Mesa Road until we arrive at the north entrance to Camp Pendleton at Los Pulgas Road. From there we will enter a bike path along the coast through the San Onofre area, eventually arriving at San Clemente Campground. Our return to the church will be on Sunday, February 22nd, arriving at approximately 2pm.

The bike ride is on slightly hilly terrain; moderately difficult (due to the hills), along roadways for portions, and on well established paved bike trails. We plan to regroup at designated locations within Camp Pendleton and near the end of the ride. This is not a race but it is a great opportunity for the scouts to learn gearing on a bike! The Troop will eat lunch back at camp, as it should only take a couple of hours to cover the 20 mile ride. A support vehicle will be available once at the Las Pulgas road exit from Camp Pendleton. The riders will be on their own through Pendleton so riders should carry cell phones in case of emergencies. Adult riders throughout the group will be carrying the Troop's family radios.

Once back at the campground, the scouts will participate in the Bike Rodeo events, competing for fun and prizes. On Sunday morning, the scouts will have AM free time to visit the beach, then return to pack up for the trip home.

This outing can satisfy many Cycling merit badge requirements. All able bodied parents are welcome and encouraged to join the ride. Participation in bike riding helps prepare scouts for many other Troop 212 high adventure activities and will help keep adults in shape. Scouts are not required to ride the 20 mile trip through Camp Pendleton to attend this outing as they can still participate in the Bike Rodeo events. All meals for this trip are Patrol feed. There is Thursday food shopping for the scouts at Stator Bros near Spring Street and Palo Verde.

The Troop will meet in the church parking lot Friday, February 20th, 7pm in First Class uniform. For the 20 mile bike ride Saturday, scouts should dress with layered clothing, to peel off as they warm up (Class B uniforms should be worn).

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

A signed permission slip with \$20/\$10 (gas) due at Monday's meeting of February 16th, 2015.

A properly fitting bicycle helmet.

A functioning bicycle preferably with changeable gears (*MTB or hybrid bike style recommended*). BMX or beach cruiser style bicycles are not recommended. The bicycle must be in good working condition and have properly functioning front and back brakes.

At least 50oz of water. It should only be a 2 hour ride, but on a hot day, water is crucial to prevent dehydration. 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, peeled off 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

Riding gloves

A small portable tire hand pump

Sunglasses

An extra padded bicycle seat cover

A cell phone

Biking shorts w/ padded insert

Small day pack or bike bag

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

Appropriate clothing

Mess Kit (utensils, bowl, mug, etc.)

Shoes

(Day 70s° Night in low 50s°)

Pencil/Pen & Notebook

Sunscreen and Chapstick

Change of socks and underwear

Pocket Knife

Toilet paper

First Aid Kit

10 foot Rope

Toothbrush & paste

Flashlight

Scout Handbook

Warm jacket

Ground Cloth

Sleeping Bag and Pad

Whistle

Hydration pack or Canteen

Change of clothes for ride back

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 Gary Brase, Ron Brisson or John Douglas.