



## Troop 212 Bike to Breakfast Bicycle Ride – Sept. 17, 2022

Scouts and Scouters!

Join us for a leisurely 15-mile bike ride on Saturday, February 18 along the San Gabriel River Bike trail to Seal Beach and back. The ride is easy, on a paved pike path along the San Gabriel River. This is our kickoff training ride in preparation for the Long Distance Bike Ride coming in November. The uniform of the day is Class B. This ride qualifies as a merit badge 15-mile ride

We will meet at the church parking lot at 7:30 am for the **mandatory bike inspection and safety training**. We anticipate departing around 8:30 am. It is recommended to eat a snack prior to your arrival. We will pedal our bikes approximate 10 miles to our destination for breakfast at *Old Town Café* in Seal Beach (137 Main Street), then ride back to the church, all within 3 hours. We will make every effort to be back at the church parking lot around 11:30am. Parents should arrive at the church prior to our group's return. Scouts are encouraged to bring cell phones to contact the chase vehicle if required.

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 (*BMX style bikes discouraged*). The bicycle must be in good working condition with properly functioning brakes. **Bikes will be inspected at the Troop Meeting on Feb. 10.**
- 4) Bicycle inner tube that fits the bike's tires.
- 5) Rider should bring \$15-\$20 for breakfast. The meals are about \$11-\$15, more for a drink, then tip.
- 6) Approximately 16oz of water carried on a bicycle mounted bottle cage or in a daypack. 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 rider's hands!**
- 7) Applied sunscreen, SPF 30 or greater and sunglasses.
- 8) No personal listening devices are to be worn in the ears during the ride.

Optional equipment: bike lock, a small repair kit, and small portable tire pump.

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

- Discuss ride safety and bike control
- Demonstrate turn, stop signals

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.

Come join us and try out the super-cool San Gabriel Trail!

If you have any questions, please contact Chuck Smith.