

Troop 777 Sign Up

Event: Troop Cycles – Cycling Merit Badge

Date: Sunday, November 5 and Saturday, November 18 9am

Description: We begin Cycling Merit Badge with introductory rides of approximately 15 – 20 miles. To keep it safe we will meet in Encinitas and transport riders and bikes to local bike paths for traffic free riding. For our Hammer Dog/Bonzai cyclists, we may be able to arrange for you to cycle to or from (or both!) Encinitas to make these more challenging rides.

The Nov 5th ride will be along the totally flat San Luis Rey bicycle path in Oceanside (14 miles RT). The Nov 18th ride will be along the not-so-flat, Highway 56 bicycle path (15-16mi) starting in Sorrento Valley.

These rides will qualify for the Cycling Merit Badge rides leading up to our 50 mile ride February.

Prerequisite: Bicycle Helmet, tire repair kit, spare tube, air pump, water bottle or camelback, windbreaker, power bar or banana, and appropriate clothing for the temperature. Daypack to carry the above items.

Make sure your brakes and gears work.

Adjust your seat height so that your leg has a slight bend at the knee when your pedal is in the down position with your foot flat on the pedals while seated on the bike. When at a stop, while seated, your foot will be in a tip-toe position. This may initially feel like the seat is too high, but it is the proper position. Practice riding around your block to get used to it.

**Mountain Bikes are fine (pump tires to their maximum air pressure for road rides)
– BMX Bikes are not OK! (you will need gears to keep up!!!)**

Meet/Return: 9am in front of Trattoria Firenze in the Harvest Ranch shopping center at the southeast corner of Encinitas Blvd and Rancho Santa Fe Rd. This is expected to be about a 3 hour ride.

Cost: None

Instructions: Bring signed permission slip on day of ride or before. Please call Mr. Peterka to let him know you will be riding.

Scout in Charge: TBD **Adult Advisor:** Dan Peterka

Parents: I need two adults minimum per ride and for transportation to/from the starting points. For the Hammer Dogs, we will need even more adults. These are excellent rides to attend yourselves – even if you aren't a strong cyclist.

(Keep this part for reference)

(Return this part with parent signature)

Troop Cycles – Cycling Merit Badge, Nov 5th & 18th 2006, 9am

Scout attending _____ Parent attending _____

Attending the November 5th Ride: _____ November 18th Ride: _____ Parent can drive? 5th: _____ 18th: _____

Parent Permission _____