

Troop 777 Sign Up

Event: Troop Cycles – Cycling Merit Badge

Date: Saturday, December 2 and Sunday December 17th 2006

Description: We'll continue Cycling Merit Badge with introductory rides of approximately 15 – 25 miles. This month we will crank it up a notch. Our first ride on Saturday December 2nd will be relatively flat and along the coast. We ride from Solana Beach to Oceanside, have lunch in Oceanside and back to Solana Beach with the Coaster.

On Dec 17th, we will have a longer ride (pushing to 25 miles). Location and itinerary TBD. 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 and a 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: 8:30 at the Coaster station in Solana Beach. This is expected to be about a 2.5 hours ride. We will be back at 12:13 pm

Cost: \$5 lunch + \$4.50 Coaster fare (bring money with you)

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

Scout in Charge: TBD **Adult Advisor:** Dan Peterka, Olivier Canler

Parents: I need two adults minimum per ride and for transportation to/from the starting points. 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, Dec 2nd 2006 and Dec 17th, 2006

Scout attending _____ Parent attending _____

Attending the December 2nd Ride: _____ December 17th Ride: _____

Parent can drive? 2nd: _____ 17th: _____

Parent Permission
