

Troop 777 Sign Up

Event: Troop Cycles – Cycling Merit Badge

Date: Saturday, January 13th and Sunday January 28th 2007. We'll also schedule a bike maintenance clinic (date TBD).

Description: Good job so far to all participants! In January we'll continue Cycling Merit Badge with intermediates rides of approximately 30 miles. Our first ride on Saturday January 13th will be with rolling hills and along the coast. We'll take the Metrolink train from Oceanside to San Juan Capistrano and ride back to Oceanside through San Clemente and Camp Pendleton.

On Jan 28th, we will do a loop through Rancho Santa Fe with some steep but short hills. These rides will qualify for the Cycling Merit Badge rides leading up to our 50 mile ride in 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!!!)

Jan. 13th ride: Meet/Return: 8:15am sharp at the Oceanside Train Station. Our train will depart at 8:45am and gets in San Juan Capistrano at 9:19am. Don't be late and miss the train (next one is at 2:20pm). Fares are \$5.25 (adults) and \$3.50 (Scouts). Bring \$5 on top for lunch money. We should be back in Oceanside by 12:00-12:30 pm. Bring snacks for the road.

Jan. 26th ride: Meet/Return: 8:30 am in front of the Harvest Ranch Market (Rancho Sante Fe Rd & Encinitas Blvd). Bring snacks. This ride is expected to last roughly 3 hrs.

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

Scout in Charge: TBD **Adult Advisors:** 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, Jan 13th, 2007 and Jan 28th, 2007

Scout attending _____ Parent attending _____

Attending the January 13th Ride: _____ January 28th Ride: _____

Parent can drive? 13th: _____ 28th: _____

Parent Permission
