

Troop 777 Sign Up

Event: Troop Cycles – Cycling Merit Badge

Date: Saturday, February 10th and Sunday February 25th 2007. We'll also schedule a bike maintenance clinic (date TBD).

Description: Good job so far to all participants! February will mark the end of the Cycling Merit Badge with one intermediate ride of approximately 30 miles and our final 50 miler. In March we will have an Overnighter. Our first ride on Saturday February 10th will be from Encinitas Train Station all the way to Old town (yes you will to go up through Torrey Pines again) and we will be coming back on the 1:10pm Coaster.

On Feb 25th, we will start from Sports Authority in Encinitas, go along the coast to Oceanside and take the bike path to College Ave. This is an Out 'n back ride. This will be an all day adventure and we will have lunch on the way.

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!!!)**

Feb. 10th ride: Meet/Return: 9:00 am sharp at the Encinitas Train Station (meet on the East parking lot). We will take the 1:10pm Coaster that will take us back to the Encinitas train station at 1:46pm. Bring \$5.00 for the fare, snacks for the road, and lunch money.

Feb 25th ride: Meet/Return: 8:30 am at the Encinitas Sports Authority. Bring snacks and lunch money. This ride is an all day ride (estimated to return around 3pm)

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
