

Troop 255

Bike Trek

Saturday and Sunday, October 25th and 26th, 2014

Sign up by 10/14, pay up by 10/21!

Overview: We'll be biking on the Great Allegheny Passage, a fantastic rail-trail in Pennsylvania. We will start in Frostburg, MD and bike to Ohiopyle, PA. We will camp in Ohiopyle.

Bike and Equipment Loading:

Friday night at 7pm at Chevy Chase Elementary,
4015 Rosemary St., Chevy Chase, MD 20852

Assemble: 5:30am, Saturday, Chevy Chase Elementary

Return: 3:00pm, Sunday at CCUMC

Cost: \$30 per person.



Food: Bring breakfast for the car ride on Saturday. Lunch will be provided! Bring snacks. Saturday dinner and Sunday breakfast by patrol. Bring money for fast food on the way home.

Weather: Expected temperature range is 40s to 60s. Be prepared for warmer and cooler, and of course, be prepared for rain. Sunscreen and bug repellent are always good ideas.

What to Bring

You will only need to take on your bike what you need for the day. Camping equipment will stay in the vehicles.

The bikes and the chase vehicles will meet up several times. If you want to leave something in the vehicles you might want to keep it in a bag or day pack. It might be challenging to get access to the camping equipment during stops.



Stay comfortable if the weather is cooler by having the right gear. Ears and hands can get cold quickly when bicycling in cooler weather, but a hat to wear under your helmet that covers your ears and some light gloves will keep you comfortable. Think about layers and keeping your feet warm, too. Be sure to be prepared for rain.

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Checklists

Checklist for the bike ride:

- bike
- helmet (required!)
- water bottle with water
- day pack
- spare inner tube
- bike light/headlamp for tunnels
- snacks
- jacket, gloves, etc

Checklist for camping:

- Hiking boots
- Backpack
- 2 liters of water
- sleeping bag and pad
- your share of your tent
- your share of your food
- eating utensils (bowl/cup/spoon)
- flashlight
- clothes
- rain jacket
- sunscreen/bug repellent
- toiletries
- money for Sunday lunch
- pocket-knife (optional)
- book/cards (optional)

Note: Helmets are required for all riders, both youth and adult.

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TRIP PERMISSION SLIP

SCOUT: _____

TRIP: **Bike Trek**

TRIP DATE: **October 25th and 26th, 2014**

This approval/permission is valid for the trip listed above.

Approval/permission is granted by the parents/guardians of the Boy Scout named above for their son/scout to participate in the activities of Troop 255, Chevy Chase, Maryland, National Capital Area Council, Boy Scouts of America. Approval/permission is granted to the adult members of Troop 255 to authorize treatment of the Boy Scout named above in the event of an accident or emergency.

Adult members of Troop 255 that authorize treatment of the Boy Scout in the event of an accident or emergency shall be released from any or all liabilities. Troop 255 will obtain local and national tour permits when necessary.

(Permission slip needed for scouts only. Siblings accompanied by a parent do not need a permission slip.)

Parent Signature

Parent Name (Print)

Date

WHO SHOULD WE CONTACT IN AN EMERGENCY OR FOR CHANGE OF PLANS?
PLEASE LIST NAMES AND TELEPHONE NUMBERS BELOW