

# Troop 255

## Bike Trek

Saturday and Sunday, October 5<sup>th</sup> and 6<sup>th</sup>, 2019

**Overview:** We'll be biking on the Great Allegheny Passage, a fantastic rail-trail in Pennsylvania and on the Chesapeake and Ohio Towpath. We will start in Frostburg PA and bike to Ohiopyle, PA, shorter options are available. We will camp in beautiful Ohiopyle.



We will have chase vehicles meeting up with the cyclists at multiple points along the course, typically every 15 miles. The whole ride is 50+ miles, definitely doable in a day! Anyone wanting a lesser challenge can ride part of the way then join the chase vehicles.

**Bike and Equipment Loading:** Mandatory Friday night at 7pm at Chevy Chase Elementary, 4015 Rosemary St., Chevy Chase, MD 20852.



**Assemble:** 6:30am, Saturday, Chevy Chase Elementary (You must be on time!)

**Return:** 3:00pm, Sunday at Chevy Chase Elementary

**Cost:** \$30 per person.



### Route and Highlights

Highlights of the ride include several viaducts and tunnels, the Eastern Continental Divide, the Mason-Dixon Line and numerous rivers, bridges, windmills, scenic views, and much, much more.

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## Be Prepared for the Bike Trek

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### Food:

- Saturday breakfast - Bring breakfast for the car ride on Saturday
- Saturday lunch - Bring your lunch!
- Saturday dinner - By patrol
- Sunday breakfast - By patrol
- Sunday lunch - Bring money for 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

Only take on your bike what you need for the day. Camping equipment stays in the vehicles.

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

Stay comfortable if the weather is cooler by having the right gear. Ears and hands can get cold quickly when cycling 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 be prepared for rain.

#### 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)

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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 24th and 25th, 2015**

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