



5th Annual
San Gabriel Valley District
Greater Los Angeles Area Council
Boy Scouts of America



50 Mile Bike Ride

(with 25 mile option)

Sunday June 9th

(Rescheduled & weather permitting)

7:25 am

FREE!



Earn the
25 or 50 mile
requirement
for Cycling
Merit Badge!



Start at Whittier
Narrows Park. Ride
along Rio Hondo and LA
River bike paths to the
ocean at Long Beach
and back.

Detailed maps, route slips and
checklists will be provided

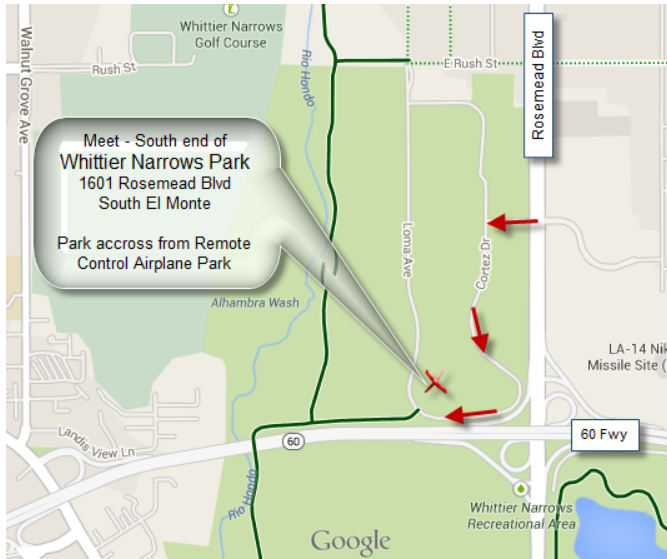
Scouts can sign up through their Troop

Each Troop must have at least three adult riders to supervise and support Troop scouts throughout the entire ride.

Troop leaders can register or get more information by emailing
jorolfo@yahoo.com



San Gabriel Valley - 50 Miles Troop Bike Ride



Sun. June 9th

7:25 AM

Start - Whittier Narrows Park

Ride along Rio Hondo and LA River paths.

Turnaround point

Shoreline Park in Long Beach

Troop Registration (Free!)

Adult Troop leader can register by emailing jorolfo@yahoo.com including:

- Troop Number
- Name and email of adult riders
- Number of Scouts and adult riders

Detailed maps, route slips and checklists will be provided to each Troop

Each Troop must have a minimum of three adult riders to supervise their Troop Scouts for the entire ride.

ADULT Preview Ride

Sunday June 2nd at 7:30 am

Adults from participating Troops are encouraged to join an unsupported fun bike ride to preview the 50 mile route the weekend before the District ride!

Rider Requirements

- Reliable and inspected bicycle
(no single speed BMX type bikes allowed)
- Each rider must carry an extra inner tube
- Helmet for Scouts and Adults - mandatory
- Carry water and snacks (500 + calories)
- Riding gloves recommended
- Each Troop must carry a first aid kit (focus on abrasions), emergency repair kit, means of tire inflation and copies of route and maps
- Each Troop must have an adult driver on call in case pick up is required along route

Class B shirt for Scouts. Cycling or other appropriate (non-BSA) shorts and shoes acceptable.

Make sure to train/practice!

50 mile – should have recently ridden 35 +
25 mile – should have recently ridden 15 +
Recent cycling experience HIGHLY recommended

25 Mile Options

25 mile riders start at Whittier Narrow and can either:

- Be picked at Shoreline Park in Long Beach (roughly 10:30 am) OR
- Turnaround at Hollydale Park in South Gate and return to Whittier Narrows (about 27 miles roundtrip)



Questions? Email jorolfo@yahoo.com

