



C & O and The GAP

TRIP DATES: June 25– July 4, 2011

IMPORTANT DATES

January 23, 2011- Planning Meeting at St. Thomas', Final Sign-up and Deposit Due

January 30, 2011– Bike Shop Visit-**Class "B" uniform**

February 13, 2011- Planning Meeting at St. Thomas'

March 20, 2011– Planning Meeting at St. Thomas'

March 26, 2011– Qualifying Cycle Ride and Testing

March 27, 2011– 10 Mile Ride

April 2, 2011– 10 Mile Ride

April 7, 2011– Payment #2 Due

April 16, 2011– Planning Meeting at St. Thomas'

April 23, 2011– 15 Mile Ride

May 1, 2011– 15 Mile Ride

May 7, 2011– 25 Mile Ride

May 21, 2011– 25 Mile Ride

May 22, 2011– Planning Meeting at St. Thomas'

June 4-5, 2011– Shakedown Cycling Campout & 50 Mile Ride

June 12, 2011– Planning Meeting at St. Thomas'

June 16, 2011– Final Payment Due

June 18, 2011– Final Parent/Scout Meeting

June 23, 2011– Packing Night #1 (Food)

June 24, 2011– Packing Night #2 (Gear)

June 25, 2011– July 4, 2011– Big Trip

August 21, 2011– Family Night

Brookfield Bike Shop Visit
January 30
10:30 AM
Class "B" uniform
Everyone is Invited

SYMBOLS USED IN NEWSLETTER
 DENOTES MEETING/ACTIVITY FOR CYCLISTS ONLY
 DENOTES MEETING/ACTIVITY FOR NON-CYCLISTS ONLY

TRIP COST

\$875-Scouts*

\$700-Leaders*

***Price may change depending on numbers going**

PAYMENT SCHEDULE

January 23-\$100 Deposit

April 7-\$300 Payment

June 16-Final Balance Due

DUE NEXT MEETING:

February 13

- See Merit Badge page for Merit Badge requirements due.
- Cyclists bring in ideas for 15 mile training rides-Rides that will be on rail trails riding on stone-dust, dirt, etc. (not pavement or roads).
- Emergency Card Information Sheet



UNLESS OTHERWISE NOTED– NO UNIFORM IS REQUIRED AT MEETINGS

Trip Information– All Participants

Basic Trip Information

- Trip is open for every Scout in the Troop.
- Trip will be broken down into Cyclist and non-cyclists.
- Cyclists will carry all gear on their bikes.
- Non-cyclists will travel as if it were a backpacking trip. Minimal troop gear will be used. The trailer will not be going.
- Trip is from Washington, DC to Pittsburg, PA along the C & O Canal and the Great Allegheny Passage. (direction subject to change)
- Cyclists must qualify for cycling– see the cycling page of the newsletter.
- All participants, youth and adults, must have a current Class 3 medical with physical (Squanto form).
- Photo identification for each participant.
- Emergency Information Card.
- Each participant will cook their own food, must have their own stove, pots and pans, and clean-up gear. Meals will be backpacking style.
- For most nights the plan is for both cyclist and non-cyclists to camp together.
- Youth and Adult Leaders must attend all planning meetings.
- All cyclists, youth and adults, must also attend all scheduled cycling rides.
- All cyclists must have earned the Cycling Merit Badge before the trip.

Places of Interest Along the Way

- National Zoo– Washington, DC
- Chesapeake and Ohio Canal, DC, MD
- 🚲 74 Locks on the C & O
- 🚲 11 Canal Aqueducts
- 🚲 57 Lockhouses and remains, 26 standing structures
- 😊 Clara Barton National Historic Site, MD
- 🚲 Great Falls National Park, MD
- 😊 Balls’ Bluff Battlefield, VA
- White’s Ferry, MD
- 🚲 Monocacy Aqueduct– 7 span
- 😊 Monocacy National Battlefield, MD
- 🚲 C & O Visitors Center, Williamsport, MD
- Harpers Ferry National Historic Site, WV
- 😊 Kennedy Farmhouse, WV
- Antietam National Battlefield, MD
- 🚲 Devil’s Eyebrow, MD
- 🚲 Big Slackwater, MD
- Paw Paw Tunnel, WV
- 🚲 C & O Visitors Center– Hancock, MD
- C & O Visitors Center, Cumberland, MD
- 🚲 Bone Cave, MD
- 🚲 Brush Tunnel, MD
- Locomotive Turntable, Frostburg, MD
- 🚲 Mason Dixon Line, MD
- 🚲 Big Savage Tunnel, PA
- 🚲 Eastern Continental Divide, PA
- 🚲 Salisbury Viaduct– 1,908 ft
- Falling Waters, PA
- Ohiopyle State Park, PA
- Whitewater Rafting & Rock Climbing
- 🚲 White and Red Water Falls, PA
- 🚲 Ghost town
- 😊 Fort Necessity National Battlefield, PA
- 😊 Laurel Caverns Geological Park, PA
- Kennywood Amusement Park, PA
- Sandcastle Water park, PA
- Big Mac Museum, PA
- Laser Tag
- 😊 Brushy Run Battlefield, PA
- Flight 93 National Memorial, PA

Planning Meetings

- Planning meeting will be broken down into sections.

Description	Who Attends
Trip Planning	Everyone
Cycling Planning	Cyclists only
Merit Badges/Awards	All Scouts

Time Schedules will be assigned for each section as needed.

(See additional handout for Meetings and times)

Remember that times may change as the planning continues. This will be a general guide.

Transportation

We will be traveling using 3-vehicles

- (1) 12 passenger van (rental)- carrying bodies
- Dan’s Van-carrying bodies and 9-bikes
- Gaffney’s Truck-carrying gear/food and 5-additional bikes (as needed)

We will need 2 adult leaders to help transport the vehicles. Dan’s van and the rental van.

This transportation set-up will be dependant on the number of people going and the number of cyclists.



Cyclists



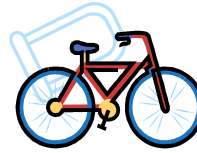
Rules for Riding

- 🚲 Ride all of the rides with group (Scouts and Adults). If you are unable to ride a ride you MUST call Mr. Gaffney and let him know.
- 🚲 All cyclist must earn the Cycling Merit Badge. If you already have the merit badge you must still ride the rides with the group, following the guidelines of the cycling merit badge book.
- 🚲 Each cyclist must prove to the Adult Leaders that they are mature enough and self sufficient to take this adventure.
- 🚲 If you are going on the trip as a member of Crew 71 you will also participate in many of the requirements for the cycling merit badge, following the requirements

for the Cycling/Mountain Biking section of the Venturing/Ranger Handbook.

- 🚲 Each cyclist is allowed to miss (1)ride, except the shakedown ride/campout, however you must make up the missed ride prior to the next scheduled group ride, riding the same course/trail that was scheduled Ex.: If you are unable to ride a 10 mile ride you must make-up that 10 mile before the 15 mile rides are started.
- 🚲 You must carry with you all necessary items to repair your bike.
- 🚲 Everyone **MUST** wear an approved bike helmet certified for road use.
- 🚲 You must carry at least 2 water bottles or hydration system.

- 🚲 All bicycles MUST meet BSA and state safety gear.
- 🚲 You must carry proper gear needed for the rides. Will carry more and more equipment on the bikes during the training rides.



🚲 Shakedown campout is mandatory; if you miss it you are not going, as a cyclist.

🚲 50-miler and 30-miler of shakedown campout is done with ALL gear on the bike.

- 🚲 All biking laws, pertaining to the state your riding in or the trails you are on will be followed at all times.

Training Rides

DATE	TIME MEETING	TRAIL	TRAIL STARING POINT	MILEAGE	GEAR NEEDED	MEETING PLACE
March 26, 2011	8:00 AM	In-Town Ride, cycling merit badge testing	Bethel	N/A	Water, tools, bike ready for inspection	St. Thomas Church
March 27, 2011	8:00 AM	Monroe Housatonic Rail Trail	Monroe, CT	10 miles	Water, snack, tools	Big Y parking lot
April 2, 2011	8:00 AM	Farmington Canal Trail	Cheshire, CT	10 miles	Water, snack, tools	Big Y parking lot
April 23, 2011	8:00 AM	TBD		15 miles	Water, snack, tools	Big Y parking lot
May 1, 2011	8:00 AM	TBD		15 miles	Water, snack, tools	Big Y parking lot
May 7, 2011	7:00 AM	Hop River State Park Trail	Manchester, CT	25 miles	Panniers with light gear, no tent or sleeping bag, lunch and trail snack, water	Big Y parking lot
May 21, 2011	7:00 AM	Airline Rail Trail	East Hampton, CT	25 miles	Panniers with most gear, no tent necessary lunch and trail snack, water	Big Y parking lot
June 4, 2011	5:00 AM	TBD		50 miles	All Gear for trip-camping	Big Y parking lot
June 5, 2011				30 miles	All Gear re-packed on bike	At campground

Basic Bike Gear-(extended list will follow)

- 🚲 Good Entry Level Bike
- 🚲 Bike Helmet
- 🚲 Rear Bike Rack
- 🚲 Panniers
- 🚲 Handlebar Bag
- 🚲 Repair Equipment
- 🚲 Bell, Headlight, Reflectors
- 🚲 (2)-Water Bottles, hydration system



Bike Gear Websites

- www.nashbar.com—Bike Nashbar
- www.pricepoint.com—Price Point
- www.performancebike.com—Performance Bike
- www.rei.com—REI



Non-Cyclists

Trip Specifics

- Will travel in the same general location as the cyclists.
- Will travel in vehicles
- Will pack belongs either in a backpack
- Will camp in an area for a couple of days and travel to see the different attractions
- Will work on merit badges and awards at the historic sites
- Each person will cook own food, backpacker style
- Need own gear for cooking,

eating (see list below)

- Troop tents will be used
- Each Scout is expected to work on the merit badges before the trip and turn the requirements in at the designated times

Uniform Information

- Cyclists and Non-Cyclists will wear Class "A" uniform travelling down and back
- Class "B" uniform will be worn at campgrounds, and at certain activities more information will be provided
 - More clothing information will be provided as the trip is planned



Laundry will be done every 2-3 days
More Details to follow

Camping Gear Needed-(small lightweight-very packable) (extended list will follow later)

- Backpacker Stove
- Fuel for Stove
- Matches
- Mess Kit
- Drinking Cup
- Eating Utensils



- Backpacking Cooking Pots
- Cooking Utensils
- Clean-up supplies
- Summer Weight Sleeping Bag
- Sleeping Pad



Troop Gear Being Brought

- Tents
 - White House
 - 1-Cooler if needed
 - 1-Stove w/propane and stand

Important Paperwork For All Participants

- Class 3 medical form with physical, signed by physician (Squanto). Everyone including Adult Leaders.
- Copies of Health Insurance Card and Prescription Card
- Photo ID-(CT DMV)
- Emergency Card
- Permission Slip-provided by Troop
- Activity Release Forms as needed
- Signed Agreement to reimburse Troop for bicycle repairs

All Important Paperwork will be due by: June 12 except Emergency Card Information Sheet-due February 13



Adult Leaders

Basic Leader Information

- Need a minimum of 4 Adult Leaders for the Cycling part of the trip
- Will need at least one non-cycling Adult Leader for each vehicle we are taking
- Since this campout is considered a high adventure/outback activity every Adult Leader must be fully trained.
- Must have full BSA uniform, both Class "A" and Troop Class "B". (activity clothes)
- Adult Leaders, cyclists or non-cyclists are expected to make all planning meetings.
- All Adult Leaders that are cycling are expected to make all training rides.
- Adult Leaders will also need to have Class "3" medical/physical and also turn in all of the important paperwork



Training Needed

- Youth Protection-Boy Scouts
- Safe Swim Defense
- Safety Afloat
- Climb on Safely
- Trek Safely
- Hazardous Weather
- Boy Scout Leader Fast Start

Basic Leader Training consisting of:

- This is Scouting
- Leader Specific Training*
- Introduction to Outdoor Skills Training*

Standard First Aid-offered thru the Troop-date to be determined

Available on-line training at: My Scouting.org

* Training available through Connecticut Yankee Council-ctyankee.org

Venture Crew 71



- If you are a Venture Crew member and already have the Cycling Merit Badge you can use this opportunity to work towards the Bronze Sports Award and the Ranger Cycling/ Mountain Biking elective.
- **January 31**-Crew Members and Crew Adult Leaders need to have one separate meeting to organize the Crew. 7:45 PM at the church-no uniforms needed.
- See Mr. Gaffney for more information

Merit Badges



General Information

- ↳ Everyone will attend and work on the Merit Badges at the meetings.
- ↳ If a Scout already has the Merit Badge he will not need to work on the badge again and will be able to leave the planning meeting when the Merit Badge work begins.
- ↳ Each Scout will be provided the Merit Badge Book and any necessary equipment needed to complete the badge, unless informed otherwise by the counselor.
- ↳ Each Scout must bring to each meeting the Merit Badge Book(s), notebook, writing utensil, and any necessary equipment needed for the Merit Badge
- ↳ Each Scout must turn in the Merit Badge requirements in the workbook at the scheduled meeting (see separate schedule)

Indian Lore Merit Badge

Counselor: Fort Necessity National Park

- Done by Non-Cyclists ONLY!
- Requirements Done on the Trip: 1, 2c, 3a, 4i
- Badge will be completed on the Trip.

Cycling Merit Badge

Counselor: Mr. Gaffney

- Must be earned to participate in the cycling portion of the trip
- Merit Badge work will start on January 30th at the Brookfield Bicycle shop-information for requirements 2 & 3
- Requirements Completed at Home: 1, 2, 3abc, 4, 5, 6abcde, 7,8,9
- Requirements Done on the Trip: None

Geology Merit Badge

Counselor: Laurel Caverns Geological Park/Mr. Dunn

- Done by Non-Cyclists ONLY!
- Badge will be completed on the Trip.

Model Design & Build Merit Badge

Counselor: Mr. Gaffney

- Requirements Completed at Home: 1, 2, 3, 4a, 5, 6,
- Requirement Done on the Trip: 4b

Architecture Merit Badge

Counselor: Mr. Gaffney

- Requirements Completed at Home: 1a, 2abd, 3c, 4, 5
- Requirements Done on the Trip: 1b, 2c

Engineering Merit Badge

Counselor: Mr. Dunn

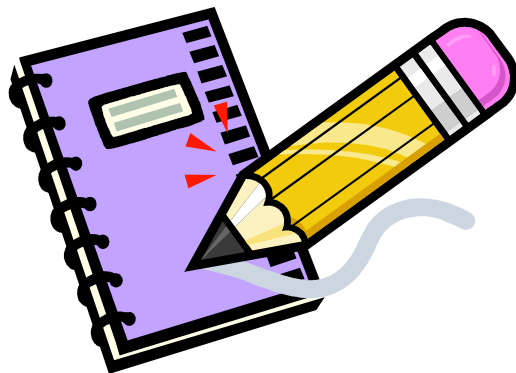
Started at Home, completed on trip:

- Cyclist requirement 2: Salisbury Viaduct
- Non-Cyclist requirement 2: Monocacy Aqueduct
- Requirements Completed at Home: 1, 7, 8, 9
- Requirements Done on the Trip: To be determined by Mr. Dunn

Personal Fitness Merit Badge

Counselor: Mr. Gaffney

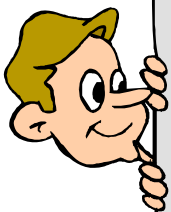
- Done by Cyclists ONLY!
- Done to prepare yourself physically for the trip
- Great opportunity to earn an Eagle required Merit Badge
- Requirements Completed at Home: 1, 2, 3, 4, 5, 6, 7, 8, 9



Merit Badge Meeting Schedule



DATE	TIME	PLANNING MEETING	MERIT BADGE	REQ. TO BE TURNED IN	MATERIALS NEEDED
February 13	6:00 PM	Bike Trail Bike Gear Campgrounds Attractions Getting Into Shape	Model Design Personal Fitness		
March 20	6:00 PM	Food/ Meals Bike Trail 50-miler campout	Model Design	Personal Fitness: 2abcdef, 3acdefghijk, 4abcd, 6, 7, 9 Model Design: 1, 2, 3, 6	
March 26	4:00 PM		Cycling	Cycling: 1, 2, 3, 4, 5, 6	Bike wheel with a tire/tube-repairing a flat tire, bring necessary tools
April 16	6:00 PM	Transportation Gear Clothing	Engineering	Model Design: 4a	
May 22	6:00 PM	Itinerary	Architecture	Model Design: 5 Engineering: 1, 7, 8, 9	
June 12	6:00 PM	Final Trip Plans		Personal Fitness: 1a (1,2,3,4,5), b Architecture: 1a, 2abd, 3c, 4, 5	
August 4	7:30 PM			Personal Fitness: 8 Architecture: 1b, 2c Engineering: 2 Indian Lore: all requirements Geology: all requirements Model Design: 4b	



Schedule is subject to change

Any changes made to the schedule will be shown in red