

To the Ocean and Back Ride

50 Mile Bike Ride

(10, 15, and 25 mile ride options available)

Saturday, November 13, 8:00 AM

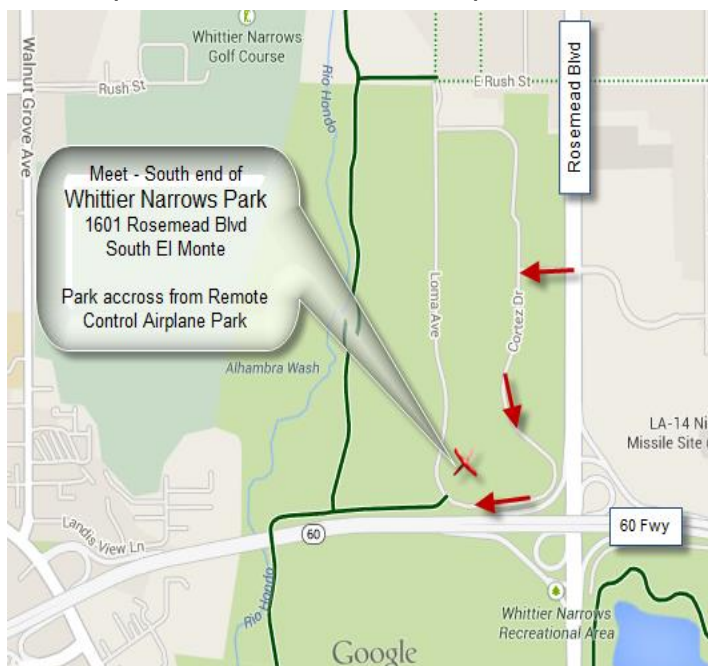
(weather permitting)

This event is Free!

Scouts sign up with their Troop and each Troop must have at least two adult riders to supervise and support Troop scouts throughout the entire ride.

Start and Finish - Whittier Narrows Park Ride the Rio Hondo and LA River trails.

Turnaround points for 10, 15, 25, and 50 mile rides. The 50-mile ride turns around at Shoreline Park in Long Beach. The 25 mile ride turns around at Hollydale Park or rides one-way to Long Beach (scouts must have transportation if doing the one-way option). All scouts in a unit must do the same ride length. Detailed maps, route slips, and checklists will be provided



Rider Requirements

- Reliable/inspected bicycle (no single speed BMX type bikes for long rides, 25-50)
- Each rider must carry an extra inner tube
- Helmets are mandatory for all riders
- 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 the route
- Class B shirts for Scouts. Cycling or other appropriate (non-BSA) shorts and shoes acceptable

Make sure to train & practice!

50 mile riders should have recently ridden 25+ miles and 25 mile riders should recently ridden 15+ miles. Recent cycling experience **HIGHLY** recommended

COVID-19 Note

The LA County Department of Public Health classifies biking as a “Low Risk” activity. Participants should bring masks for rest stops or entering enclosed spaces.

Questions and Registration: Please email: John Orolfo (jorolfo@yahoo.com), Scott Carrano (scottcarrano@gmail.com), or Eric Arentsen (Eric.arentsen@gmail.com),