

Cycle Trek Awareness

Presented by the High Adventure Training Team of the Golden Empire Council



Do your scouts like to go backpacking? Have they gone on a 50-miler? A week on the trail carrying everything you need to survive on your back. Ever thought to try the equivalent on a bike???

The High Adventure Training (HAT) team has a course to help you do just that. Safely. Cycle Trek Awareness will help you learn how to take your scouts on a multi-day trek on bicycles. Some of the items we will discuss are:

Types of treks
Choosing the right bike

Proper personal and group gear, and support, for success

Route selection

Training rides

Nutrition

Riding safely in traffic

Diagnosis and repair of common bike problems while riding

All this for only \$5

Bring your youth leaders!

Bring your youth that are excited about riding!

Start planning a multi-day bike trek

Take the next step in your high adventure activities!!!

August 18th, 2018

8 am to 5 pm

Cordova Church of Christ

10577 Coloma Rd, Rancho Cordova, 95670

Register by scanning the QR code below

