

# 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 - Diagnosis and repair of common problems while riding  
Riding safely in traffic (CHP will visit to give us valuable info on the law)

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!!!

When: Saturday, May 11<sup>th</sup>, 2019

Times: 8 am to 5 pm

Location: Rancho Cordova Church of Christ