

Name of Outing: **Annual Troop 323 Bike Outing**

Location: **North Scottsdale / McDowell Mountain Regional Park**

Dates of Outing: **Dec 8th and 9th, 2012**

Outing Leader(s)	Name	Email	Phone
Leader	Paul Foulger	pcf322@gmail.com	602 421-3161 (cell)
Co-leader (1)	Joe Clements	joeclements1@cox.net	602 548-1686 (home) 602 531-9952 (cell)
Co-leader (2)	Dale Thompson	dathoms0@yahoo.com	602 670-3089 (cell)

Type of Outing: Bike Outing / Car Camp

General Description of Outing: (Important! Please read all!!)

This is an 18-mile cross-country mountain bike ride through the pristine desert of north Scottsdale, ending up at McDowell Mountain Regional Park on the edge of Fountain Hills.

Only mountain bikes can participate. Trails are NOT suitable for road bikes, BMX bikes or cruiser bikes. You need to make sure your bike has recently been maintained- check brakes & gears, clean and lube chains.

We will meet at LOM school on Saturday morning. Participants will be organized into cars, and any bike that cannot fit on a car's bike rack (or if the car does not have a bike rack) will be loaded onto a trailer that one of the Scout Dads will be towing. Scouts' camping gear will be driven to the McDowell Park.

From LOM we will drive to the ride trailhead which is a pull-off on the east side of Pima Rd just north of Dixileta. This is where the ride will start. In the morning we will ride to an interesting rock formation at the foot of Granite Mountain. This is a nice place to have lunch. There are large granite boulders leaning against each other forming caves that can be explored, and holes in the ground formed by native Americans for grinding corn (mutates). This initial section of the ride is only 5 miles but involves a 400 foot climb so we will be deserving of our break at this time.

After lunch we will continue south along the foot of Granit Mountain (mostly level) for a couple of miles. Once we reach the edge of the preserve we will turn east under the power lines. This part of the ride is 2 miles long and drops the 400 feet we climbed initially- it is wide and will be fast and fun! This trail ends at 136th St. We then take roads though the neighborhood that runs along the north side of Rio Verde Drive. The roads are mostly dirt but some are paved- they are quiet but we will need to be on the watch for cars. We will eventually cross Rio Verde Drive at 150th St. and follow 150th St. (a dirt road) about half a mile until it enters the McDowell Mountain Regional Park. There is no vehicle access here but there is a gateway for hikers, bikes, and horses.

We will finish the ride with 4 miles of a superb swooping single track downhill trail in the park, ending up at the Staging Area Parking Lot. It's a short ride from the parking lot to the Group Campground where we spending the night.

The campground has bathrooms with flush toilets and showers with hot water!!

We cannot easily predict how long this ride will take since it will depend on the strength of the group and whether we have any difficulties. We anticipate that including lunch break and occasional snack break that the ride will take 4 to 6 hours.

Once the ride is finished we will shuttle drivers back to the trailhead to collect any cars that were left behind in the morning at the trailhead. This will take over an hour to complete.

Pack 323 Webelo IIs will be joining the troop at the campsite and spending the night with us. They will be assigned temporarily into our three patrols and will be helping with patrol duties over the weekend.

When the troop arrives by bike, they and the Webelos will setup their camping equipment (sleeping will be by patrols). The Scouts will then prepare the troop's dinner that our Patrol Leader Council planned for us. The troop trailer is coming along so we will have access to our nice stoves and full patrol cooking equipment.

The patrols are planning some kind of campfire program for Saturday night and the Webelos are encouraged to have some skits prepared to share.

Sunday morning the Scouts will cook us breakfast. Following breakfast we will do a troop trailer inventory of patrol equipment like we did last year.

Once camp is packed the troop will do a short in-park bike ride with the Webelos. We all then depart for home.

Scout families are welcome to join us for the campout at the park following the ride.

What if there are problems on the ride?

We will have experience bike riders escorting the riders throughout the ride. We will have the capability to fix minor mechanical problems and administer first aid for minor scratches, bumps and cuts. You should be aware, however, that we will be in a remote area where vehicle access is not allowed and cell phone coverage is unlikely to be available.

If we encounter any major mechanical failure our only solution will be to break off a smaller group with the problem bike and escort the rider out on foot. If we are near the start we will return to the trailhead and use one of the cars left at the trailhead to get the rider to the camp ground. If we are near the midpoint there is an option to walk to the Alma School entrance to the preserve. After that there will always be a road nearby. Walking will take a lot of time so will not be an easy option- hence the insistence that riders ensure their bikes are in good working condition.

If we have an injury and the rider can walk we will use these same options to exit the preserve. If the rider cannot walk and cannot easily be carried out we will send an experience rider to get help by riding towards an exit until they get cell phone signal. Depending on numbers and location we may leave a group together with the injured rider or we may leave the injured rider with a responsible adult and lead the rest of the group to the nearest exit.

Personal Conditioning

The Saturday ride is rated Easy, but this must not be misunderstood. You will need to be in good cardiac condition to do it. It will be tiring and will exhaust anyone who does not normally work out or exercise regularly.

Depart	Where?	When?
6:30 am check-in; 7:15 am depart for trailhead	Lookout Mountain School	Sat, Dec 8th
Return	Where?	When?
Early afternoon	Lookout Mountain School	Sun, Dec 9th

Directions to Outing Location:

The ride trailhead is a pull-off on the east side of Pima Rd just north of Dixileta.

If you are not riding you can either head straight out to the McDowell Mountains Regional Park from Phoenix or drop off your riders at the trailhead and then head over to the park. Check-in time at the campground might be noon on Saturday so there might not be much advantage to arriving before that.

The park entrance is off McDowell Mountain Rd and can be accessed one of 2 ways:

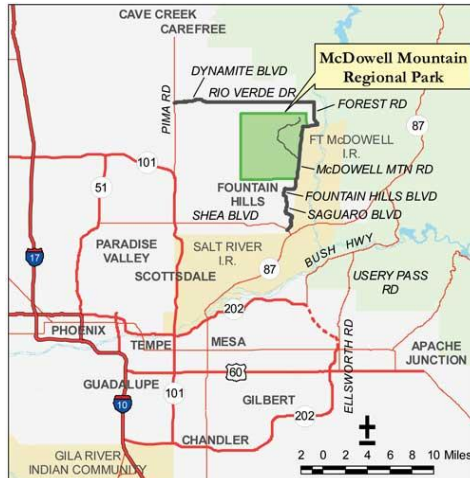
- 1) For those dropping off riders, you should continue east on Dynamite Blvd towards the Verde River. The road changes name to Rio Verde Drive as it starts its 9-mile descent to the river. At the bottom of the hill turn right on Ft. McDowell Rd though Tonto Verde and Rio Verde. At the entrance to the reservation take a right onto McDowell Mountain Rd and follow it a few miles until you see the brown sign showing the entrance to the park on your right.
- 2) For those driving directly from Phoenix there is an alternate route through Fountain Hills. Take the 101 to Shea Blvd and take Shea east towards Fountains Hills. A little before reaching the Beeline Highway take a left on Fountain Hills Blvd. At the Safeway/Starbucks 4-way stop go straight ahead onto McDowell Mountain Rd. Follow McDowell Mountain Rd a few miles until you see the brown

sign showing the entrance to the park on your left.

Door-to-door, the drive from Moon Valley will take between 1 hr and 1 hr 15 minutes.

If you are staying overnight, tell the person at the gatehouse that you are with Troop 323 (staying at the group campground) and you will not have to pay (the Troop will pay this fee which was included in your outing fee). If you are staying just for the day you will have to pay the day use fee at the gatehouse.

Ask for a park map and follow direction to the group campground.



Anticipated Weather Information:

Anticipate highs in the mid-80s, a cool evening, and a cold night (40 F overnight). Be ready in case of rain. Weather updates will be sent out if forecast changes from this.

What you need to Bring:

Food:

- Scouts responsible for Saturday lunch on trail.
- Troop provides Saturday dinner (hamburgers and hot dogs, salad, chips, etc)
- Troop provides Sunday breakfast (breakfast burritos, fruit, cereal)
- No Sunday lunch provided.
- Extra snacks as needed

Items for Saturday's ride:

- Mountain bike (no road, BMX, or cruiser bikes)
- Bike tires' inner tubes contain "slime" to protect against flats, pump all tires to 40 psi.
- Helmet (**if you do not have a helmet you will NOT ride- no exceptions**)
- Sunglasses (protects eyes from stones and cactus spines kick up off the trail)
- Gloves (bike or baseball batter gloves, makes gripping handlebars easier and protect hands from brushing cacti and falls)
- Hydration pack with following:
 - 3 quarts of water or 2 quarts and small Gatorade bottle
Note: Do NOT put Gatorade, lemonade or Coolade in your hydration bladder – just water
 - Small personal first aid kit
 - Spare tube, pump, and tire levers
 - Sack Lunch
 - 3 energy bars

- Emergency whistle (in case you get lost)
- Compass
- Sunblock
- Headlight
- The Saturday ride will start off cold but you will warm up quickly. Wear layered clothing for the ride – shorts, wicking t-shirt, and fleece. You should be able to stuff your fleece into your hydration pack or tie it to the pack when you get warm.

Camping Equipment:

This is a car camp. Scouts' camping equipment will be shuttled to the campsite. The troop pays for the campground based on the number of tents, so Scouts should plan to share tents to reduce our costs.

- Sleeping bag
- Sleeping pad
- Ground cloth
- Flashlight or headlight
- Water bottle
- Camp pillow (optional)
- Tent (optional)
- Cot (optional)
- Camp chair (optional)
- Mess kit is not needed as troop will supply all eating utensils

Clothing (for at camp):

- Jacket
- Long sleeve shirt
- Stocking cap
- Hat
- Sunblock
- Personal items

Other Outing Information (e.g. activities; special lodging; training required)

Saturday night campfire program. Patrols, get your skits ready!
 Sunday morning troop trailer patrol equipment inventory (always a good time!).
 Bike ride with Webelos Sunday morning.
 This outing is "Troop Cooking". Scouts will be preparing meals.

Check out the mountain bike videos on topics such as equipment, maintenance, safety, and skills to prepare for the ride at: <http://www.mountainzone.com/videos/category.asp?cid=100145>

Important Numbers

Scoutmaster	Other _____	Other _____	Other _____
David A. Wright 602 993-6547 (home) 602 618-7404 (cell)			

Troop First Aid Kit and Medical Binder Holder: David Wright

Outing Approved by Committee? YES **Tour Permit Approved by District?** Pending

Outing Fee:

\$15 to \$20 (to still be determined) per Troop Scout and Adult.
 Pack 323 Webelo IIs and their parents are free.