

Pacifica District Cycling Ride Information

Cycling Merit Badge Overview

Pacifica District has a group of adult volunteers who will help Scouts complete the 25- and 50-mile rides needed for the cycling merit badge road bike option. The district/council will run three 25-mile rides before running the 50-mile ride. The cycling merit badge is one of three locomotion merit badges required to earn the rank of Eagle Scout. The other options are swimming and hiking.

Requirements

The cycling merit badge has road and mountain biking options. The first five requirements are the same for both options. The last requirement has two options, option A for road Biking and option B for mountain biking. At this time, we are only providing rides to support the road biking option. A full listing of the requirements can be found here: [Cycling Merit Badge | Boy Scouts of America \(scouting.org\)](https://www.scouting.org/meritbadges/cycling/)

Cycling Merit Badge Rides

A Scout can typically complete the first five requirements with his or her unit or a local merit badge counselor. These requirements cover risks, emergency preparedness, riding laws, bicycle safety, basic bicycle maintenance, basic riding skills, and related information. Although we believe these requirements can typically be completed within a Scout's unit, please feel free to contact your merit badge coordinator to find an available counselor if needed. To complete the merit badge, Scouts must complete two 25-mile rides and one 50-mile ride in addition to the 10- and 15-mile rides. Not every unit has adults able to do the longer rides, so these district sponsored rides offer opportunities for Scouts to complete the longer ride requirements.

Ride Requirements

Scouts must have a bike in good working order. Scouts are expected to have a spare inner tube for their bike, hydration and nutrition sufficient to complete the ride, and clothing adequate for a ride of this length given the expected weather conditions. Helmets must be worn by all ride participants.

Adults joining us should have the necessary physical fitness to keep up with the Scouts. The group will wait for any Scouts that need to take a break. The group will not wait for the adults. If your Scout is riding with the group, please have another adult at the end of the course to wait for you with your Scout if you think you will not be able to stay with the group.

Scouts will need to bring with them the following items.

- Helmet
- pump (small air pump for tires or C^o2 pump) (Highly Recommended)

- Tire repair kit
- multi tool (Highly Recommended)
- protective sun glasses
- bike lock and key (Optional)
- light or reflectors (front and back)
- Pedro's Tire Levers
- GPS System (to follow up route) (Optional)
- Gloves (Optional)
- Spare tube) Must fit your wheel
- chain lube and brush (to keep chain lubed and clean) (Bike check)
- hydration pack (highly suggested backpack style)
- safety vest or bright clothing Highly recommended
- Spending money for snacks
- Nutritional snack
- Something to carry your gear on your bike (backpack, slingpack, handlebar bag)

This list may be adjusted. The final list will be reviewed at the mandatory meeting. The list of required items would be shorter, not larger.

(it is very important to be seen by traffic and it promotes safety) strongly suggest it
<https://tinyurl.com/BSAevent1>

Suggested Repair Kits- have a combination of either but repair tools will be needed.
<https://tinyurl.com/BSAidea>
<https://tinyurl.com/BSAidea2>

In addition this multi tool which is very basic
<https://tinyurl.com/BSAmultitool>

March 22nd and May 3rd Rides

We will meet at 7:30 am for the equipment inspection and to go over final instructions, heading out on the road at appx. 8:30 am. Parents are required to stay until the inspection has been completed and your Scout has been approved to ride.

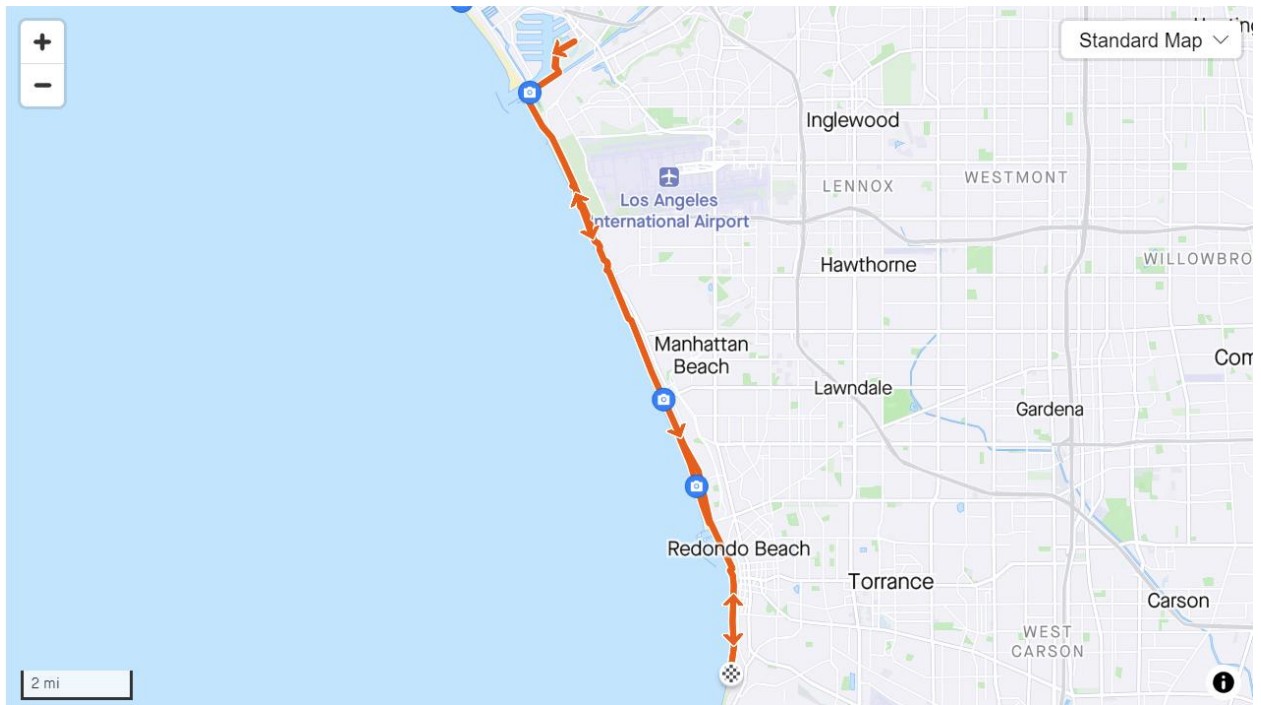
***** approx. 4 hr. round trip. EXPECT DELAYS due to multiple factors such as weather, traffic and others**

Torrance to MDR and Back

Strava Route: <https://www.strava.com/routes/3253812734824797394>

Length: 26.2 miles

Elevation Change: 208 feet of climbing



Route Description:

The route begins at Miramar Park, but it could begin anywhere along the beach path. The route is an up and back that covers all of the beach bike path between Marina del Rey and its southern terminus at Miramar Park. There are many restrooms and facilities along the route.