

BUFFALO STAMPEDE TRAINING GUIDE

The date of the Buffalo Stampede is August 27, 2022. The ride options are 13 miles, 28 miles, 52 miles, 100 km, 100 miles.

In order to have a positive cycling experience proper ride training is essential.

That training starts now! Ride training can also incorporate the other required rides for the Cycling MB done on your own or with your unit (but ride training should exceed those rides alone).

Recommended ride-training basics:

Start now!

June 1-30, be riding at least 15 miles per week. This equates to 60 miles by the end of June. As part of these miles, try two 10-mile rides in these weeks. Have as a goal riding at least 10 miles per hour over the length of these 10 mile rides. If doing the Cycling Merit Badge, these two 10-mile rides can be used to satisfy the ride requirements for such.

July 1-31, ride at least 20 miles per week. This equates to 80 miles by the end of July. As part of these miles, try two 15-mile rides in these weeks. Try to work up to 12 mph over the length of these 15 mile rides. If doing the Cycling Merit Badge, these two 15-mile rides can be used to satisfy the ride requirements for such.

August 1-20, ride 25-30 miles per week. This equates to 75-90 miles by August 20. Try a 25 mile-ride during this time span, which can count for one of the Cycling Merit Badge ride requirements for such. Keep advancing your pace to the goal of 13-15 mph under steady effort for the duration of this 25 mile ride.

If you are planning to ride the 100 km or the 100 mile ride – your training should be more than listed above and you need to have done a single ride of 75 % of the distance 2 to 3 weeks prior to the event. Only experienced scouts with good physical stamina should be able to participate in the 100 km and 100 mile routes.

Before completing any requirements for Cycling Merit Badge – inform your scoutmaster that you desire to earn it and then contact a Cycling Merit Badge Counselor in Sagamore Council

The 52 mile ride can be used to satisfy the Cycling Merit Badge requirement 7-A3 “Participate in an organized bike tour of at least 50 miles. Ride must be completed in a minimum of eight hours to satisfy the Merit Badge requirement. Afterward, use the tour’s cue sheet to make a map of the ride”.