



Leader Guide

Webelos Two-Miler Event at Sundown Meadow Forest Preserve

A two mile hike is a common requirement for three Webelos adventures, one required and two elective. Webelos Walkabout, Math on the Trail, and Tech on the Trail teach Webelos Scouts how to treat some outdoor, hiking-related injuries, map out a trail using technology, and calculate how long a longer hike may take based on their pace. This event, along with a few prerequisites that the Scouts will need to come prepared with, will help them complete all three at the same time. **Please see the prerequisite requirements on page 4.**

Sundown Meadow

Sundown Meadow is a part of the Arie Crown Forest preserve, located near La Grange, IL. There is access to trails here, as well as three picnic groves. The grove we will be stationed at is the uncovered area down the hill from the entrance. Overall, this is a 2.8 mile, moderately challenging trail, however, we will be using a small part of an intertwined trail to meet our two-mile requirements.

Parent Guide

Who Can Attend?

BSA registered Webelos Scouts (4th grade boys and girls) are welcome to attend the Webelos Two-Miler event at Sundown Meadow. All Scouts must be accompanied by an adult (2 for every 5 Scouts is recommended).

BSA registered Cub Scouts of other ranks are also welcome to attend, as requirements for some of their adventures can be completed as well. **Please see these requirements on pages 5 - 7.**



How to Register?

All Scout and adult participants must register in advance, to guarantee there will be enough material for each Scout to complete their adventures. No walk-ups will be permitted. Please register online at <https://scoutingevent.com/456-104213>.

Online registration permits payment by credit card or electronic check.

Registration closes Saturday, September 26th at 5 PM.

Logistical Information

Location

Sundown Meadow is located at 6600 LaGrange Rd, Hodgkins, IL 60525, north of 67th St (<https://maps.app.goo.gl/a4wQXfkEUyS21D46>) Once you pull into the forest preserve, we will be located at the grove at the bottom of the hill.

Check-In

Check-In will begin at 9:00 AM, at Grove #3, and will continue until 9:30. The participants will receive a wrist band, and drop off their Medical Forms, A, B1, and B2, which can be picked back up at the end of the event. The event will kick off at 9:30 AM.

Schedule

9:00 AM - 9:30 AM	- Check-In: Drop off Medical A, B1, and B2 forms, pick up a wristband and group number. - Complete Quarter-Mile Pacing Walk upon arrival, if not done already.
9:30 AM - 9:45 AM	Introduction and Splitting into Groups
9:45 AM - 10:00 AM	- Group Session to prepare for hike.
10:00 AM - 12:30 PM - Between 10:00 AM and 11:15 AM, the groups will depart for the hike every 10 minutes.	- Two-Mile Hike. - Review First Aid and Outdoor Requirements
12:30 PM - 12:45 PM	- Complete Post-Hike Requirements
12:45 PM - 1:00 PM	- Scouts pick up patches and depart

- ★ Groups who finish the hike, and all other requirements, ahead of schedule have the option to check out, and depart, early.



Parking

Parking is available by Grove #3, with additional parking up the hill, closer to the entrance. Please park down the hill, closest to Grove #3, if possible. Additional parking instructions may be given upon arrival.





Adult Leader Information

Adults are welcome to join the Webelos on their hiking adventure. Please arrange with the members of your Den to meet the recommended requirement of 2 adults for every 5 Scouts. Adults are asked to serve as the primary supervisors for the Scouts in their care, and as active mentors during all activities.

Adult Leadership Requirements

Adults attending the Webelos Two-Miler must Register online and accompany their Scouts on the two-mile hike.

****PRE-REQUISITE REQUIREMENTS****

To be able to complete each adventure by the end of the event, the Scouts need to complete a few of the requirements beforehand.

Webelos Walkabout -

- Requirement #1 - Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather appropriate clothing and shoes.
- Requirement #3 - Check the weather forecast for the time of your planned 2-mile walk.

Math on the Trail -

- Requirement #1 - Determine your walking pace by walking $\frac{1}{4}$ mile. There will be an area designated for this, if you are not able to do this ahead of time.

Tech on the Trail -

- Requirement #2 - Explore Global Positioning Satellite devices and how to use them.
- Requirement #3 - With an adult, choose an online mapping program tool and plan a 2-mile trek.
 - See instructions on pages 7-9 of the packet.



****POSSIBLE REQUIREMENTS FOR OTHER ADVENTURES****

While out on the trail, there may be some extra opportunity to complete requirements for other adventures. Please keep in mind that if you choose to do the service project by cleaning up trash along the trail, your pace may be affected. Trash bags will not be provided.

Champions For Nature Webelos -

- Requirement #1 - Discover the four components that make up a habitat: food, water, shelter, space.

Stronger, Faster, Higher -

- Requirement #2 - Be active for 30 minutes with your den or at least one other person in a way that includes both stretching and moving.

****POSSIBLE REQUIREMENTS FOR OTHER CUB SCOUT RANKS****

The focus of this event is on completing the Webelos adventures, however Scouts of other ranks will have the opportunity to complete the following requirements:

Lion:

Fun on the Run -

- Requirement #3 - Be active for 20 minutes.

Mountain Lion -

- Requirement #1 - Identify the Cub Scout Six Essentials. Show what you do with each item.
- Requirement #2 - With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.

Tiger:

Tiger Bites -

- Requirement #3 - Be active for 30 minutes.

Tigers in the Wild -

- Requirement #1 - Identify the Cub Scout Six Essentials. Show what you do with each item.



- Requirement #2 - With your den leader or Tiger adult partner, learn about the Outdoor Code.
- Requirement #3 - With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Tiger adult partner that are natural and things that are manmade.

Let's Camp Tiger -

- Requirement #1 - Learn about the buddy system and how it works in the outdoors.

Wolf:

Running With the Pack -

- Requirement #3 - Be active for 30 minutes with your den or at least 1 other person that includes both stretching and moving.

Safety in Numbers -

- Requirement #3 - Learn about the buddy system and demonstrate how it works.

Paws on the Path - (All Requirements Addressed)

- Requirement #1 - Identify the Cub Scout Six Essentials. Show what you do with each item.
- Requirement #2 - Learn about the buddy system and how it works in the outdoors. Pick a buddy for your walk.
- Requirement #3 - Identify appropriate clothes and shoes for your walk outside. Do your best to wear them on your walk.
- Requirement #4 - Learn about the Outdoor Code and Leave No Trace Principle for Kids.
- Requirement #5 - With your den, pack, or family, take a walk outside for at least 30 minutes to explore nature in your surroundings. Describe four different animals, domestic or wild, that you could see on your walk.

Let's Camp Wolf -

- Requirement #1 - Learn about the buddy system and how it works in the outdoors.
- Requirement #2 - Know the Cub Scout Six Essentials.



Bear:

Bear Habitat -

- Requirement #1 - Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather appropriate clothing and shoes.
- Requirement #2 - "Know Before You Go" Identify the location of your walk on a map and confirm your one-mile route.
- Requirement #4 - "Trash your Trash" Make a plan for what you will do with your personal trash or trash you find along the trail.
- Requirement #5 - "Leave What You Find" Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
- Requirement #7 - "Respect Wildlife" From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.
- Requirement #8 - "Be Kind to Other Visitors" Identify what you need to do as a den to be kind to others on the path.
- Requirement #9 - Go on your one-mile walk while practicing your Leave No Trace Principles for Kids.

Bear Strong -

- Requirement #2 - Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.

Let's Camp Bear -

- Requirement #1 - Review the buddy system and how it works in the outdoors.
- Requirement #2 - Pack your Cub Scout Six Essentials for the campout.

Arrow of Light:

Personal Fitness -

- Requirement #3 - Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.

Into the Wild -

- Requirement #1 - Visit a place with a variety of wild animals. Select one of the animals and observe its behavior. Use your selected animal to complete the remaining requirements.



What to Expect

Sign In

All participants must check-in at the registration table between 9:00 AM and 9:30 AM and will be given a bracelet to wear and a group number. As the Scouts arrive, they will be pointed toward the location to begin their quarter-mile pacing walk. Each Scout will need to remember their time for a requirement the groups will complete before hiking.

Emergency Information

Each participant will be required to submit their Medical A, B1 and B2 forms at check in. In the event of an emergency, we will need to have the emergency contact information available.

Weather

It is part of the Webelos Walkabout adventure, that weather appropriate clothing be worn for this event. Prior to the event, please meet as a Den to check the forecast and plan out what to wear for the event. This is an outdoor event, make sure to plan appropriately for any rainy or colder weather. In the case of inclement weather, efforts will be made, consistent with Scouting America's [Guide to Safe Scouting](#), to offer the full outdoor program.

Safety Rules

During the instructional sessions, the priority is the safety of each Scout, along with the ability for everyone to learn the material being covered. Please review these rules to ensure effective instruction is taking place, and the Scouts are being properly supported and supervised.

1. Be attentive, and participate in each demonstration.
2. Only use the distributed materials as you have been instructed to do so.
3. Stay with the members of your group.
4. Each hiker should carry a personal first aid kit with what may be needed to treat minor hiking injuries, such as hand sanitizer, alcohol wipes, and band-aids. This should be included as one of the Cub Scout Six Essentials.



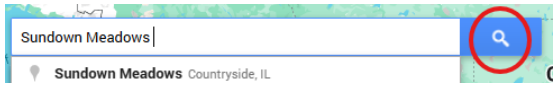

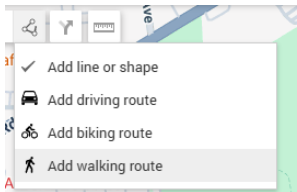


On the trail, the number one priority is the health and safety of everyone. Please review these safety rules to support and supervise your Scouts.

1. Closed-toe shoes are required.
2. Do not run.
3. Stay with your group at all times.
4. Do not throw rocks or sticks.
5. Stay on the trails.
6. Leave only footprints, take only pictures. (Practice [The Outdoor Code](#).)

Safety is everyone's responsibility. Please help us make sure that everyone goes home as they have arrived.

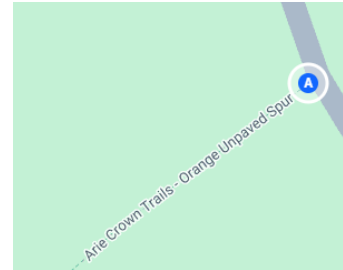
Instructions for Requirement #3, Tech on the Trail:

1. Open mymaps.google.com .	
2. On the top, left side, click on the hamburger menu and select "Create a new map".	
3. Select "Create" on the pop-up that comes next.	
4. Type "Sundown Meadows" in the search bar and click on the magnifying glass.	
5. Zoom in on the yellow pin until you can see the trails on the map.	
6. Click on "Draw a line" and select "Add walking route".	

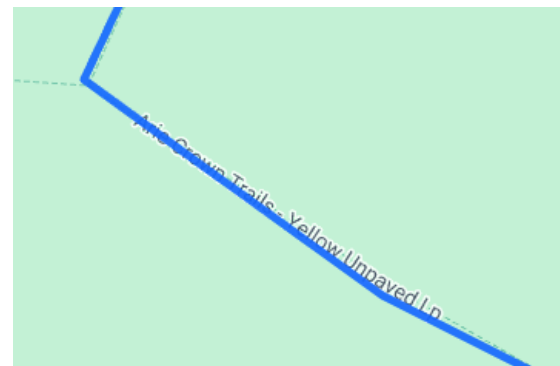


On a desktop, you will be able to create the route by guiding your mouse along the trail. On a mobile device, you will need to drag the “B” (the end of the route) along the trail. If the route changes on you, drag the blue line back onto the trail you are taking. On your mobile device, you may have to click on “Draw a line” a few times before the “B” comes up.

7. Click at the start of the trail marked as the “Orange Unpaved Spur”, an “A” in a circle will appear to start your route. This is located along the road headed toward the Grove 3 marker on the map. Head southwest until you reach the first intersection.



8. When you reach the “Yellow Unpaved Loop”, head southeast. On the trail, this would be making a left turn.

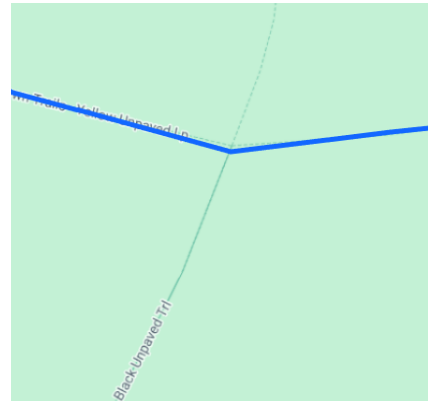


9. At the next intersection, turn northwest onto the “Black Unpaved Trail”. On the trail, this would be making a right turn.

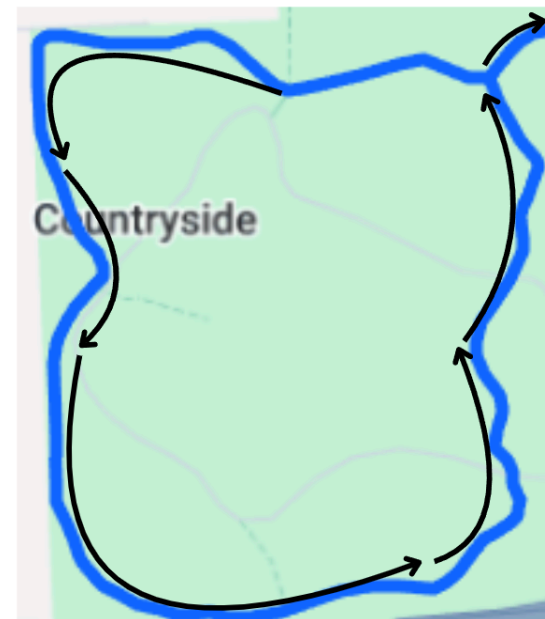




10. At the next intersection, continue straight, do not turn right or left. The route is reconnecting with the “Yellow Unpaved Loop”, which you will remain on for most of the rest of the hike.



11. Follow the “Yellow Unpaved Loop” around the entire way, until the Intersection with the “Black Unpaved Trail” again. Turn to the northeast to continue on the “Yellow Unpaved Loop”. On the trail, this would be making a right turn. From here on out, just retrace the path that was made coming onto the trail.



12. Follow the “Yellow Unpaved Loop” until it intersects with the “Red Unpaved Spur”. Turn northeast to head off of the trail. On the trail, this is taking a right turn.

Place the marker that indicates the end of the route, “B”, on top of, or as close as possible, to the start, the “A”. The route is now complete.



Arie Crown Trail System

