2007 CYCLING POWER TREK
KMSR AND BEYOND
PLANNING DETAILS

If you did not include your medical form with your application, bring it with you for Friday night check in. ***No medical form, no bike ride.***

Crew Formation: Scout Troops and Venturing Crews are encouraged to form their own Power Trek crews and register together. Crews must have at least two adult advisors. Power Trek Crews will be grouped by cycling ability before arrival at camp and notified as such through contact with the advisor. Power Trek Crews are encouraged to select a youth Crew Leader and notify the Cycling Trek Chairman of their selection.

Friday Check In: Scouts and leaders arriving at KMSR will be directed to the check in table located at the Dining Hall. Check-in will be open from 6-11 PM on Friday. Cycling Trekkers will sleep at Winkler Lodge and the staff cabinettes adjacent. Bring your sleeping bag and a ground insulating pad. Tents are encouraged to allow for flexible lodging at KMSR on Friday. During check in, cyclists will receive a schedule for the time in camp, crew roster, departure times, colored tags for gear, and cue sheets. Bring lunches for the trail the next day. Cyclists can return to the dining hall for beverages and snacks from 8-9:30PM.

Friday Crew Leaders/Advisors Briefing: All Power Trek Crew Leaders and Advisors, Trail Advisors, and unit leaders are encouraged to a leaders briefing at 9pm at Winkler Lodge.

Saturday Breakfast: Hiking trekkers are given priority, as they will start their treks as early as 6:00 am. *Cyclists should not report to the dining hall for breakfast until 6:30am*. Overnight gear placed in self-provided bags with labeled tags should be deposited outside the Dining Hall for later transportation to YCSR.

All Trekkers must carry a minimum of two bottles of drinking water on their person or bike. Bottles can be refilled at rest stops/stations. Hydration bladders are strongly recommended. Trekkers must also bring snacks and lunch. Recommended snacks include dried fruit, GORP, energy bars, small sandwiches, etc. that can be easily carried in you pack or on your bike. Be sure to review the *Recommended Equipment for Power Trek Cyclists* document that is posted on the event website.

Saturday Morning Check Out: Cycling Power Trek Crews will assemble in front of Kapica Lodge by 8:00 am for final briefing and sendoff. All Power Trek Crews must verify their crew roster before departure. Crews will be spaced 15 to 30 minutes apart to allow for an orderly start. The Power Trek Crew Leader will carry a crew roster to be verified at checkpoints. Once all crews have departed, final crew rosters will be given to checkpoint leaders and for final check in at YCSR.

Rest Stops: There will be two rest stops along the route: the Hampton Town Park (~11.4 miles), and at the Cedar Ridge Road crossing (~20 miles). Each station will provide water, emergency assistance and garbage collection. Crews must check in and depart at rest stops together. If a trail crew diminishes in size below a minimum of six (6) trekkers due to drop-outs, the remaining crew members will be combined with another crew. Station volunteers will also advise crews of dangerous weather conditions and the need to leave to trail.

Final Check In: Will be conducted by Power Trek staff at YCSR as you ride into camp. ***DO NOT RIDE BIKES IN CAMP!***

Be Prepared; we ride rain or shine!