



Adventure Trek Press

Participants Newsletter March

March 8, 2010

Course Dates

Monday, August 2,
2010 to Saturday,
August 7, 2010
Wasco County
Fair Grounds in
Tygh Valley
Oregon

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Welcome to Adventure Trek 2010—High Desert Challenge

Hello and welcome to Adventure Trek 2010, High Desert Challenge. My name is Dennis McGary, Cascade Pacific Council Vice-president of Venturing. I am the adult director of this event. I hope all of you are looking forward to the event of the summer. We will also be celebrating the 100 year anniversary of Boy Scouting. We (your Adventure Trek Staff) will be sending out a newsletter much like this one every month up until the race day. In this month's Newsletter you will find general informa-

tion about Adventure Trek, basic itinerary, upcoming deadlines, detailed team registration, and preliminary equipment list. If at any time in the next 4 to 5 months you have any questions or concern, my team and I will be happy to help. You can contact me at the following:

Dennis McGary
Email: drmccgary@comcast.net
Cell phone: 503-913-5030
Home Phone: 503-579-3140

Dates to remember

There are several items dates you need to keep in mind,

1. **April 2nd** — Identify the adult and backup adult for Kodiak training via email or team info form
2. **May 28th** — Send your team information to the Quartermaster
3. **June 4th** — Pay any remaining fees to Council
4. **July 21st** — Medical Forms must be received

It's kind of fun to do the impossible.
It's kind of fun to do the impossible.

— Walt Disney



"The wicked leader is one whom the people despise. The good leader is one whom the people revere. The great leader is one about whom the people say, 'We did it ourselves.'" (Lao Tzu)

**Have swim suits
on or available
on arrival
(canoe racing
starts soon)**



Venturing

General Information

Adventure Trek is August 2 (Monday) through August 7 (Saturday). Adventure Trek is a high adventure race event. All race events will be timed. Please plan events with your crew over the next few months to prepare the youth for these race events. During or after each event, each team will participate in what we call Challenge events. These events help in team building and can assist their overall race time.

Please note that it can very warm in this area in August. It is important we keep the youth hydrated and that they have plenty of sunscreen. We have the same great cooking staff from the previous Adventure Trek's so we know the food will be great.

We are planning 24 teams for 2010. To handle this number of teams we are running multiple events each day. 12 teams will be in one group doing a set of events while the other 12 will be in a second group doing the same events but on different days (except canoeing). As an example when one group is doing the two day backpacking trip, the other group will be doing mountain biking and rafting.

Because of the large number adults that are at Adventure Trek, we

have a fairly small Adventure Trek staff and depend on the help of the adults there supporting their teams. We expect that the adults that are at Adventure Trek in support in their youth to help support the events activities, and to assist the cooking staff. Adults will also need to transport their teams to each of the events except biking.

We highly recommend using large tents for the base camp at Wasco County Fair Grounds and have separate backpacking tents for the backpacking overnighiter. We will not have enough room for each team to camp at the Fair Grounds if they use lots of little tents. What we recommend is one large tent for all the youth in a team (unless it is co-ed) and one tent for the leaders (unless the leaders are co-ed).

We would like some of the adults to hike the two days of backpacking with the teams. The overnight camping area will be reachable by vehicles, so the other support adults not hiking can drive there and spend the night with your teams (bring separate tents from those in base camp). A few adults are welcome to ride on the bike ride but many of the adults will be needed in support the race and the challenge events.

Kodiak (leadership training)

During Adventure Trek 2010, we will provide Venturing Kodiak training (youth leadership training in a high adventure setting) for the youth. We will have 4 staff members that have Course Directors training for Kodiak to help direct the instruction but the actual instruction will come from the teams adults. Adventure Trek Kodiak staff will train the team adults prior to the event. Kodiak instruction will be delivered to the youth in teams of 8 to 12 which will require combining youth from different teams. With a total of 128 youth, there will need to be 10-16 adults who will present the Kodiak training. I am

asking each crew coming (some of you have more than one team) to provide at least one adult that can come to a Kodiak instructor training class. The training dates aren't set yet but it could be between April and June and will most likely be held on Saturdays. Please let me know the names of adults attending Adventure Trek who would be able to help with Kodiak by April 2. Also if you have a chance to have your youth go through the Venture Leaderships Skills course before coming to Adventure Trek that will enhance their learning when going through Kodiak.

Uniform

Event Tee-shirts will be provided for the participants and registered adults. Each team will be assigned a number and the shirts for all members of a team will have that number. Participants are expected to be wearing these shirts during the events, except when on water. It very important that shirts not be cut up or defaced during Adventure Trek. The Adult shirts will not have any numbers on them. We will try and have some extra shirts for purchase at the event (or feel free to order more up front). First come first serve at the event.

"If you win the rat race, you are still a rat."

Medical Forms

The Scouting requirement for medical forms is nothing new to any of you. We are asking that a copy of the new medical form (Annual Health and Medical Record) be sent to us for each **youth** and **adult** by July 21st. Since this

event exceeds 72 hours and is a high adventure event, parts A, B, & C must be completed on the form (this is same requirement for attending a week at Scout Camp). While we can accept medical forms when arriving at Adventure Trek,

please understand that without a medical form, participation will not allowed in this event. We will tell you in a future news letter where to send copies of the medical forms.

Rafting Costs

The youth cost for Adventure Trek includes the cost of the Saturday White Water rafting. The adult cost for rafting on Saturday is \$50 and is not included in the \$100 adult

cost for Adventure Trek. If you want to raft on Saturday (I'm sure a lot of you will want to) you will need to let us know a head of time so our rafting folks will know how many to plan for.

One group (12 teams) will raft Saturday morning and the other group will raft in the afternoon.

Medical Forms are REQUIRED.
Be sure to have yours!

Facilities

Very close to the base camping area are bathroom facilities (men & women) that also include showers. The showers operate with quarters and a typical shower will take 4

quarters. Please bring quarters if you want your youth to shower as only limited change will be available at the trading post.



With so much to do you may get tired!



Our Course Director
Dennis McGary

Trading Post

There will be a camp trading post which will be available during the course to allow for the purchase of pop, bottled water, candy, and shaved ice. These will be available on an honor basis at most times for your convenience. The trading post will be cash only, items will cost 50 or 75 cents.



Detailed Registration

Attached to this news letter is a team registration Excel spreadsheet requesting detailed information on each of the team members and the adults. This spreadsheet will need to be filled out and returned no later than May 28. There are 6 rows for team members, so fill out 4 though 6 rows depending on the size of the team. If you have multiple teams coming, then fill out one sheet for each team. We need to know shirt sizes, including the registered adults. If any one has any

special medical needs please let us know. We need to know if you have a co-ed Venture crew, how many young women and women leaders are coming.

The other thing that we need to know is if anyone in your team has any special dietary needs or restrictions. Please return this detailed registration form and the information on any special dietary needs to Pat Mead, who is our quartermaster and will be handling the registration. You

can do updates to this sheet after the turn in date. Let me know if you can't do an Excel spreadsheet. Pat can be reached at:

Pat Mead
Email:

pmead727@verizon.net

Phone: 503-614-1119

**Be sure to send
in your Team
Info
Spreadsheet**

Up Coming Deadlines

The first deadline has to do with Money. As stated on the on-line registration and the Requirements document, all total fees (minus the deposit already paid) for each team is due by June 4. Any cancellations after June 4 and before July 2 will forfeit the deposit. Cancellations after July 2 will forfeit all fees paid. If all fees are not paid

by June 4, the deposit will be forfeit and the team slot will be made available to another team.

The other due date involves medical forms. We are asking that a copy of the new medical form (Annual Health and Medical Record) be sent to us for each **youth** and **adult** by July 21st. (more on page 3)

Each unit is responsible for completing trip permits and youth permission slips. Be aware that the new trip permit requires at least one adult to have Planning and Preparing for Hazardous Weather, Safe Swim Defense, and Safety Afloat Certifications. All adults should have Youth Protection. These certifications are all available on-line



The World of Scouting

Equipment

The following is a list of general equipment that will be needed. We have broken down the equipment in to what is needed for the different race legs.

Base Camp Gear

- Mess Kit or equivalent (no paper goods at Adventure Trek (think no-trace)
- Something to hang mess kit in to dry
- Tent(s) (for the team)
- Sleeping bag
- Sleeping pad
- Pillow
- Personal gear

Clothing

- Convertible Pants
- Wicking Jersey
- Hat
- Light waterproof jacket
- Polar fleece Jacket
- Hiking boots
- Something Warm for night time

Boating

- Swim suit
- Water shoes
- Water gun (optional)

Cycling

- Mountain Bike, Fitted correctly
- Two bike water bottles and cages (or water backpack)
- Flat Tire repair kit

- Frame pump
- Fitted helmet
- Bike Bag/backpack to carry lunch & other items
- Cycling shoes, etc (optional)
- Cycling gloves (optional)
- Compression Shorts (optional)

Backpacking

- Fitted backpack
- Two water bottles
- Water filter or purification tablets 1-2 per team
- Backpacking Stove 1-2 per team
- Pot
- Pan
- Stirring Spoon/cooking utensils
- Mess kit
- Backpack Tent (not the tent used in base camp) – you can also sleep under the stars and not use a tent if you wish
- Sleeping bag & sleeping pad
- Space blanket
- Whistle
- All ten essentials: • Pocketknife • First Aid Kit • Extra Clothing • Rain Gear • Canteen or Water Bottle • Flashlight • Trail Food • Matches and Fire Starter • Sun Protection • Map and Compass



Missing anything?

"Never be afraid to try something new. Remember, amateurs built the ark. Professionals built the Titanic." -- Anonymous

Support Team Equipment

- Bicycle Carrier, trailer, etc for transporting bikes to the event
- Vehicle(s) that can seat the team plus the adult support crew

GPS

We will be using a new backpacking area and geocaching will be part of the hike each day (this is part of the Venturing Land Navigation). Each team will need to have a GPS. If you don't have a GPS please try to borrow one. Next spend some time before the event teaching your youth how to use it.





Basic Itinerary (Kodiak is taught throughout the week)

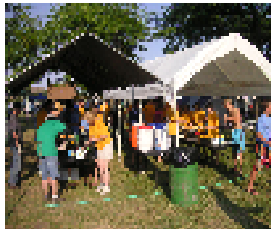
Enjoy the Journey

Group 1:

Monday Morning August 2: Check in and start of camp setup
 Monday late morning/early afternoon: Canoe racing (Pine Hollow Reservoir)
 Monday late afternoon : Complete camp setup and start Kodiak
 Tuesday: Mountain Bike Race (starts and ends at Wasco County Fair Grounds)
 Wednesday: White Water Raft Race (Deschutes River in an area the youth can handle)
 Thursday: Backpacking race day 1 with no-trace overnight camp-out
 Friday: Backpacking race day 2 & back to base camp
 Friday evening: Race awards handed out
 Saturday Morning: Rafting on the Deschutes (at Maupin Oregon). Up to class 3 & 4 rapids with professional guides from All Star Rafting. This is the fun end to Adventure Trek. Lunch back at Wasco County Fairgrounds
 Saturday Afternoon: Closing of Kodiak
 Complete any needed cleanup at Wasco County Fairgrounds and head home.

Group 2:

Monday Morning August 2: Check in, camp setup and start Kodiak
 Monday afternoon : Canoe racing (Pine Hollow Reservoir)
 Tuesday: Backpacking race day 1 with no-trace overnight camp-out
 Wednesday: Backpacking race day 2 & back to base camp
 Thursday: White Water Raft Race (Deschutes River in an area the youth can handle)
 Friday: Mountain Bike Race (starts and ends at Wasco County Fair Grounds)
 Friday evening: Race awards handed out
 Saturday Morning: Break camp (team equipment and help the staff in camp take down)
 Closing of Kodiak
 Saturday Afternoon: Lunch at Wasco County Fairgrounds
 Rafting on the Deschutes (at Maupin Oregon). Up to class 3 & 4 rapids with professional guides from All Star Rafting. This is the fun end to Adventure Trek. Go home after rafting.



**Another news
letter will be
sent in April.**

Each evening we will showing team building movies. On Monday, Wednesday, and Friday we will also be doing recognition of the 100 year anniversary of Boy Scouting.