



BOY SCOUTS OF AMERICA TROOP 778 FENTON, MO



October 14, 2009

Enclosed is the schedule for whipping ourselves into shape for the upcoming backpacking /whitewater rafting high adventure I'm planning for June 12th-19, 2010.

The Appalachian Trail is a beautiful trail and is situated in 2100+ miles of pure bliss. Fortunately, we're only going to tackle about 40 miles of it!

The enclosed conditioning schedule is aggressive for a reason: The Appalachian Trail is not for those who want to take a leisure stroll. It is very strenuous and will require our being in good shape. Those who are up to the challenge and commit to the time and effort it requires, will be rewarded with personal triumph and accomplishment. This will truly be a challenging, yet rewarding experience.

I do not expect you to make every conditioning hike and understand there will be other events in your lives that will prevent perfect attendance. However, if you think you can miss more than 20 – 30% of these, I cannot see how you will be able to be aptly prepared. Participating in other sports or activities can help your conditioning however, it is not (trust me) a replacement for a backpacking activity. Do not expect to miss all conditioning hikes and just attend the overnights. Assume the schedule is mandatory. If you cannot make any of the dates, at least email me so I know not to expect you.

This high adventure unfortunately is not open to all scouts in the troop. This adventure does require a high level of strength, stamina, fortitude and maturity. For this reason, this is why the BSA has an eligibility requirement of a minimum age of 14 reached by the first day of the high adventure. Think about this for a moment – your scout lugging a 40-45 pound backpack on his back, up and down rugged terrain, ain't no picnic! Having completed 3 previous backpacking adventures (12 day – 90 miles, 7 day – 60 miles, 4 ½ day – 38 miles respectfully), it has been my experience the 14 year age requirement, is not adequate. Optimally, the scout would be at least 14 ½ years old by June 12th, 2010.

With that in mind, I am requiring a bare minimum age requirement of 14 years, 3 months or older, by June 12th, 2010. If your scout may not quite make the cutoff, come have a conversation with me.

I will be sending out a flurry of other emails to talk about costs and/or revisions in schedule (and there will be changes, no doubt)

For now, what I need is a commitment from those scouts who meet the eligibility requirements and are interested in going (this includes Assistant Scoutmasters too!) I'd like

to get all participants confirmed by the end of this month, plus a \$50 deposit (make check out to "Troop 778") (I anticipate the approximate cost of the entire adventure will be between \$600-750).

Ask any scout who has participated in any of the past high adventures and you will see how enthusiastically they talk about them. Don't miss this opportunity!

Yours in blissful, blister and tick free hiking,

Cool Breeze