

Power Trek Participant Application Form

**Central New Jersey Council
POWER TREKS 2007
September 28-30, 2007**

Please read the attached instructions first and then fill out both sides of this form.

Registration Deadline: Friday, August 24, 2007.

Select ONE : Boy Scout Venturer Adult Date

Select ONE : Male Female Age (on 9/29/07)

First Name Last Name

Address

City State Zip

Phone(s)

E-Mail(s)

Unit (if applicable)
Troop Crew Number Hometown

District Council

Select ONE (see instructions for details):
Canoeing Power Trek Cycling Power Trek Cycling Power Trek Hiking Power Trek
KMSR to YCSR ASP to YCSR

If you selected the Hiking or Canoeing Power Trek, please insert your current average hiking time per mile in the box (see instructions for details) mins:secs/mile

If you selected the Cycling Power Trek, please insert your current average cycling time per mile in the box (see instructions for details) mins:secs/mile

Date of last BSA Swimmer Test (required for canoeing trek only)

For adults only:

- | | |
|---|---|
| (1) Primary BSA Registration (e.g. ASM, District Committee, etc) | <input style="width: 100%;" type="text"/> |
| (2) Date of last Youth Protection Training (required for all treks) | <input style="width: 100%;" type="text"/> |
| (3) Date of last CPR Training (required for canoeing trek only) | <input style="width: 100%;" type="text"/> |
| (4) Date of last Safe Swim Training (required for canoeing trek only) | <input style="width: 100%;" type="text"/> |
| (5) Date of last Safety Afloat Training (required for canoeing trek only) | <input style="width: 100%;" type="text"/> |

Select ONE

(A) I will camp with my regular unit at YCSR

(B) I will need to camp with a provisional unit at YCSR

(C) I will not be camping at YCSR

Fees Enclosed

T-Shirt Size Adult S Adult M Adult L Adult XL Adult XXL* Adult XXXL**

	Power Trek Registration Fee (required for all treks) \$25.00	\$25.00
	Canoeing Trek Extra Fee (required for canoeing trek only) \$44.00	
	*XXL T-Shirt Extra Fee (required for adult XXL) \$2.00	
	**XXXL T-Shirt Extra Fee (required for adult XXXL) \$3.00	
	Additional Patches x \$3.00 =	
	Additional Standard Size (S, M, L, XL) T-Shirts x \$6.00 =	
	Additional XXL T-Shirts x \$8.00 =	
	Additional XXXL T-Shirts x \$9.00 =	
	Power Trek Dinner at YCSR (optional) \$7.00	
	Total Amount Enclosed	

If paying by check, make checks payable to: *CNJC*

I certify that I have experience in the Power Trek discipline that I have indicated above. I understand the strenuous nature of this activity and I will continue to train to be in top physical condition at the time of the event. I will present myself with the appropriate clothing and personal gear needed for this activity.

Signature Date

Parent or Guardian Approval (required for youth only)

Signature Date

Scout Leader's Approval (required for youth only)

Signature Date

Please fill out BOTH SIDES of this form and deliver it to the Council Office along with your payment and your Class 1 BSA Medical Form. It would be very helpful, if you submitted the applications from your home unit or trek crew as a group. Be sure to read "Power Trek Crews" on page 4, thanks.

Address: CNJC Power Treks, 4315 U. S. Highway #1 South, Monmouth Junction, NJ 08852

Phone: 609-419-1600; **Fax:** 609-419-4186.

CNJC Power Treks 2007 Home Page at <http://mad-bsa.org/powertreks>

Instructions For Power Trek Participant Application Form

Please read these instructions first and then fill out both sides of the attached form.

Registration Deadline: Friday, August 24, 2007.

Abbreviations

ASM = Assistant Scoutmaster
BSA = Boy Scouts of America
CNJC = Central New Jersey Council
CPR = Cardiopulmonary Resuscitation
GSS = Guide To Safe Scouting
KMSR = Kittatinny Mountain Scout Reservation
ASP = Allamuchy State Park
YCSR = Yards Creek Scout Reservation

Basic Information

Once again Boy Scouts and Venturers will have the opportunity to participate in special Power Treks on Friday and Saturday, September 28-29, 2007. Each trek has an Information Packet that contains details about the trek, required equipment, and recommended training. Packets will be posted on the CNJC Power Treks web site. Each Power Trek Crew will camp at KMSR on Friday night and trek on Saturday to YCSR. The four trek options will be:

Canoeing Power Trek Camp at KMSR, bus to boat launch, canoe down the Delaware River for about 12 miles, hike over ridge for about 3.5 miles to YCSR.

Cycling Power Trek (KMSR to YCSR) Camp at KMSR, cycle via Paulinskill Valley Trail and roads for about 33 miles to YCSR

Cycling Power Trek (ASP to YCSR) Camp at KMSR, transport to ASP, cycle via Sussex Branch Trail, Paulinskill Valley Trail, and roads for about 40 miles to YCSR

Hiking Power Trek Camp at KMSR, hike via Appalachian Trail for about 21 miles to YCSR.

On Friday, drivers who are also trek participants are encouraged to drop off their equipment and trekkers at KMSR and then drive solo to YCSR and park. Buses will be provided at YCSR to shuttle drivers back to KMSR. On Saturday morning, the buses will be used to transport sleeping bags, tents, etc., to YCSR. Trekkers will only need to carry light personal gear on their trek.

If you park at KMSR, you will need to return for your vehicle on Saturday or Sunday. You can also have someone else pick it up. The buses will be used again on Saturday night at YCSR to shuttle drivers to KMSR to retrieve vehicles. No buses will be provided on Sunday.

Each Power Trek will be a challenging activity. Every participant will need to be experienced in the Power Trek discipline that they select and be in good physical condition at the time of the event. Each participant will need to bring the appropriate clothing and personal gear

needed for the activity. Participants will need to submit a Class 1 BSA medical form.

The base fee for each Power Trek is \$25.00. This fee includes camping at both KMSR and YCSR, a patch, and one special Power Trekker standard-size t-shirt. Additional t-shirts and non-standard sizes will be available at extra cost. For those selecting the Canoeing Trek, there will be an extra fee of \$44.00.

On Friday night, snacks will be provided, but you will need to eat dinner beforehand. No cooking will be done at the campsites. Hot water, hot chocolate, coffee, energy bars, etc., will be available. On Saturday morning, a similar continental breakfast will be available. You can take some of the breakfast food for lunch if you like, but trekkers are expected to bring their own lunch and other trail food. If you have special dietary requirements, please plan to bring your own menu.

On Saturday night there will be an optional, complete dinner at the YCSR Dining Hall available to Power Trek participants and support volunteers for \$7.00.

Health and Safety

Safety is paramount on all the Power Treks. All youth and adult participants will be expected to conduct themselves in a Scoutlike manner. Trek Crews will keep together and only separate, if it becomes necessary to get medical or mechanical help. There will be no racing permitted on any trek.

On Saturday, participants should arrive at YCSR before 5:30 PM. Along each trek route, there will be several support stations, where water will be available. Every participant must check in at each of these checkpoints. If a participant falls too far behind or is otherwise incapable of completing his trek, he will be transported by vehicle to YCSR from the nearest checkpoint.

All BSA Health and Safety guideline will be followed in camp and on the treks. Crews will serve as provisional units for camping. All crew adult leaders will need Youth Protection training by the time of the event. Youth Protection Training is available online. All participants in the Canoeing Trek will need to have passed the BSA Swimmer Test. Crew adult leaders on the Canoeing Trek will also need CPR, Safe Swim, and Safety Afloat Training by the time of the event. For complete details, see the Guide To Safe Scouting available as a hardcopy or online at <http://www.scouting.org/pubs/gss/>

If you need to do the BSA Swimmer Test or the CPR training, please check with the Canoeing Trek Chairman about possible opportunities. The other training can be done online at <http://olc.scouting.org/>

Support Volunteers

Supporting youth and adults will be needed at KMSR, YCSR, and at the support stations along the trek routes. Even if your unit has no trek participants, you are still

welcome to serve as a support volunteer. Adults with vehicles will be particularly needed. To volunteer for a specific Power Trek, please contact the specific Power Trek Chairman. Volunteers need to submit the separate Power Trek Volunteer Application Form

Average Hiking or Cycling Time Per Mile

Canoeing and Hiking Trek applicants can determine their average hiking time per mile in minutes:seconds by walking on a relatively flat, measured course for at least one mile, preferably 2 to 3 miles, while carrying the same load that they will carry on the trek. Similarly, Cycling Trek applicants can determine their average cycling time per mile in minutes:seconds by cycling on a relatively flat, measured course for at least three miles, preferably 6 to 9 miles, while carrying the same load that they will carry on the trek.

Power Trek Crews

Trek crews will consist of 6-10 youth members and 2 adult members. If you like, you can organize a trek crew on your own. If you do, please submit all of your crew's individual applications together as a group along with an accompanying letter listing the crew members. Crews are encouraged have at least one meeting or group training before the actual Power Treks, if possible.

Trek participants who are not already members of a trek crew will be formed into provisional trek crews roughly according to their average hiking or cycling speed. Provisional trek crew participants will be notified of their crews in September or earlier, if possible.

More Information

Updated information about this event can be found online at the <http://mad-bsa.org/powertreks>

Very helpful information for each of the trek disciplines can be found in the *Canoeing, Cycling, and Hiking Merit Badge Pamphlets*. It is strongly encouraged that eligible trek participants earn the applicable merit badge before the event or work towards earning it as part of their training.

To volunteer or get more information please contact:

Canoeing Trek Chairman, Bruce Wentworth,
609-462-5047, bruce@wenthome.com

Cycling Trek Chairman, Rob Sheneman,
908-782-5424, rsheneman@pppl.gov

Hiking Trek Chairman, Gene McDermott,
609-395-1845, genemcdermott@aol.com

Overall Chairman, Don Weissenburger,
732-329-2730, donw@superlink.net

Staff Adviser, Bob Clark,
609-419-1600 x22, roclark@bsamail.org

Detailed Form Summary

- (1) Identification : [Boy, Scout, Venturer, or Adult]; Date; [Male or Female]; Age (on 9/29/2007); First Name (middle name or initial optional); Last Name (suffixes optional); (postal) Address; City; State; Zip
- (2) Contact Information : Phone(s), E-Mail Address(es)
- (3) Unit (if applicable) : [Troop or Crew]; Unit Number, Unit Hometown
- (4) District; Council
- (5) Select ONE Power Trek
- (6) If you selected Hiking or Canoeing, insert your current average hiking time per mile (minutes:seconds).
- (7) If you selected Cycling, insert your current average cycling time per mile (minutes:seconds)
- (8) Date of last BSA Swimmer Test (required for canoeing trek only). If you have not already done this test in 2007, you will need to do it before the event. The Test is described in GSS under *Aquatics Safety*, in the *Canoeing Merit Badge Pamphlet*, and elsewhere.
- (9) This section applies to adults only. Note, all training requirements need to be completed before the event.
 - (9.1) Primary BSA registration (for example ASM, District Committee member, etc.)
 - (9.2) Date of last Youth Protection training (required for all treks). This training can be done online.
 - (9.3) Date of last CPR training (required for Canoeing Trek only). This training can be from the American Red Cross or any recognized agency, see *First Aid* in GSS.
 - (9.4) Date of last Safe Swim Training (required for Canoeing Trek only). See *Aquatics Safety* in GSS.
 - (9.5) Date of last Safety Afloat Training (required for Canoeing Trek only). See *Aquatics Safety* in GSS.
- (10) [I will camp with my regular Troop or Crew OR I will need to camp with a provisional unit OR I will not be camping] on Saturday night at YCSR.
- (11) Fees Enclosed
 - (11.1) T-shirt size, note extra fee for XXL and XXXL
 - (11.2) Base fee for all Power Treks : \$25.00
 - (11.3) Extra fee for Canoeing Trek : \$44.00
 - (11.4) Extra fee for XXL t-shirt : \$2.00
 - (11.5) Extra fee for XXXL t-shirt : \$3.00
 - (11.6) Additional patches multiplied by \$3.00
 - (11.7) Additional standard-size (S, M, L, XL) t-shirts multiplied by \$6.00
 - (11.8) Additional XXL t-shirts multiplied by \$8.00
 - (11.9) Additional XXXL t-shirts multiplied by \$9.00
 - (11.10) Power Trek Dinner at YCSR (optional) : \$7.00
 - (11.11) Total Amount Enclosed
- (12.0) Check, if in the CNJC 2004 Philmont Contingent
- (13.0) Participant signature and date
- (14.0) Parent or guardian signature/date (youth only)
- (15.0) Scout leader's signature/date (youth only)
- (16.0) A Class 1 BSA Medical Form is needed for the event. Please also carry a copy with you on your trek.
- (17.0) If your home unit is submitting more than one application, please submit them as a group, if possible. Also, please group full or partial trek crews. Be sure to attach a list of the group members with the applications.

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