



Let's Get Physical

If you have been reading your Scouting and or Boy's Life magazine over the past several months, you will notice that there is a definite focus on becoming more physically fit. Some of us found that out when we applied to go to the 2010 National Jamboree as adult staff. Even outside of Scouting you will notice that as a society, Americans are becoming much more health conscious and taking steps to do a better job at sustaining longevity and taking care of our bodies. It is to that end that Cayuga and Interlakes Districts joined forces and developed the concept of a series of activities revolving around physical activity.

The first activity was an introduction to backpacking and hiking trek. On October 15, approximately 160 Scouts and Scouters from Cayuga and Interlakes Districts backpacked and hiked the Erie Canal Towpath Trail to Veteran's Memorial Park at Gillie Lake in Camillus, NY. Groups started either in Weedsport, NY or Jordan, NY. There were short demonstrations along the way on Map and Compass, First Aid, Water Purification and Backpack Stoves, and Leave No Trace. Scouts were able to complete some requirements toward the Hiking and the Backpacking Merit Badges and all scouts received the base patch you see above and the "2011 Backpacking Trek" rocker to go above the backpack/hiking portion of the patch. The event was an excellent opportunity for Troops to get back to our roots of trail navigation and primitive camping versus car top camping and to expose inexperienced scouts and scouters to the possibility of higher adventure.

The second activity will take place on May 18-20, 2012 weekend and involve a canoe trek and overnight beginning from Cayuga Lake thru the Erie Canal/Seneca Waterway to either Cross Lake or Baldwinsville Lion's Park. Planning is currently underway for this part of the adventure so details will follow at a later time. The event will be hosted by Interlakes District but open to all Troops and Crews that wish to attend. New participants will receive a base patch and a "2012 Canoe Trek" rocker. Scouts that participated in the backpack trek will receive the "2012 Canoe Trek" rocker to add to what they have already earned.

The third and final activity will take place in either September or October 2012 and involve a bicycle trek and possible overnight. The planning for this activity will begin after the canoe trek is completed. The possible route will go from Cato, NY to Fairhaven, NY with the overnight in Fairhaven and return to Cato the following day. Again, new participants will receive the base patch and "2012 Bicycle Trek" rocker, and returning scouts will receive the "2012 Bicycle Trek" rocker thus completing the circle of adventure.

Anyone interested in participating in the planning stages of the activity, please contact Tim Herne, Senior District Executive at (315) 463-0201 xt 105 or at timothy.herne@scouting.org

