

PAMLICO SEA BASE

Ironman Trek Planner

PREPARING AND TRAINING FOR IRONMAN

Physical Training

Participants in the Ironman program need to focus on two main areas of physical training:

1: Cycling. When possible each participant should focus on riding a bike at least three times a week. Simply riding a bike for an hour a day will be beneficial to participants.

2: Kayaking. While we understand that it may not be practical for all participants to be able to paddle in a kayak before their arrival, we encourage any work out that would be similar in training. Canoeing, rowing machines or any upper body conditioning will be suitable.

Weight and Height Chart

Each participant in the Ironman trek must not exceed the maximum acceptable limit in the weight of height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a kayaking program Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks.

Please understand that those individuals who are overweight in size may cause more problems for their own crew. Individuals who need to be removed from a trek for this reason will do so at their own expense.

Under no circumstances will any individual over 295 lbs be allowed to participate regardless of height or age.

HEIGHT	RECOMMENDED WEIGHT (LBS.)	MAXIMUM ACCEPTANCE (LBS.)
5'0"	97-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	156-222	260
6'4"	152-216	267

6'5"	160-228	274
6'6"	164-234	281
6'7" & taller	170-240	295

Health and Medical Records

Every participant is required to have a medical evaluation within the past twelve (12) months by his or her family doctor. The BSA Class III Medical Form must be used. Adult leaders need to collect and review each participant's medical form prior to arriving at camp in order to be familiar with any health restrictions.

The medical forms will be turned in at the Sea Base Headquarters and a copy will be carried on the trek with the staff guide.

Individuals with certain health restrictions such as bee stings, dietary needs or any other that directly affect trek planning are required to notify the Sea Base Director in the pre registration process.

Accident and Sickness Insurance

Each participant is required to attach a copy of their personal insurance information along with their medical forms. Please include the company name and policy number of their family insurance policy and attach a copy of the insurance card.

PERSONAL EQUIPMENT

The Equipment list on the following page is the gear that you will actually need from Monday morning to Friday afternoon. Participants will need to bring personal clothing for Sunday and Friday night.

- As with backpacking you are packing a bag of bags.
- Pack clothing in zip lock bags to provide extra protection against possible exposure to water or the elements.
- Also keep in mind that weight is also an obstacle, a boat or bike that is packed lighter will be easier to handle and move faster.
- The size of objects you bring will be your main item of focus. Be sure to use the sizing of dry bags and the panniers mentioned when practicing packing your gear. Then main goal is to bring clothing that can be folded very small, compact items that can fit into each other, and place serious thought into the actual need of certain items.

Crew Gear provided by the Sea Base:

Two man backpacking tents
Trail tarps
Backpacking butane stoves
Cooking Pots
Cooking Utensils
Collapsible water carriers
Group first aid kits
Nautical and Topographical Maps
Compass and GPS units
VHF radio and cell phone
Emergency kit: flares, whistles, etc
Kayak, paddle, PFD, Spray skirt, bilge pump, dry bags
Bike, helmet, 2 panniers

Kayak and Cockpit Size and Dimensions

Unlike canoeing your waist and hip size may be a deterrent in your ability to safely control a sea kayak. Individuals overall body height will also affect their ability to control the boat. The following dimensions are that of the boats used at the Pamlico Sea Base.

Length: 14' 6" (4m 42cm) | Width: 25" (64cm)
Weight: 55 ibis
Hatch Volume: 1500in / 5100in (25 / 84 liters)
Max Load: 300lbs (136kg)
Cockpit: 34" x 19" (86 x 48cm)

It is highly recommended that before your arrival at the Sea Base you and your crew do one of the following:

1. Go directly to an outdoor supply retailer and physically sit in a similar kayak. Most outfitters will understand and allow you to try one of their boats in the store.
2. Go directly to a facility that rents similar kayaks to the general public and physically sit in and paddle the kayak. It is recommended that you rent the kayak for at least a half-day and paddle for at least 4-5 hrs.

Bike Size and Dimensions

We utilize a Trek 820 hybrid bike. 19.5 and 21 inch frames available. Bikes are outfitted with road tires and padded saddles, interchangeable Trek rack and two water bottle carriers.

For similar specs visit: http://www.trekbikes.com/us/en/bikes/2008/mountain_hardtail/820/820/

EQUIPMENT

Personal Gear Checklist

Each participant in their own kayak/bike will carry the following items.

Clothing

- ___ 2 Lightweight t-shirts
- ___ 1 Lightweight long sleeve button up shirt
- ___ 3 pair of socks
- ___ 1 pair of sandals or water shoes
- ___ 1 pair tennis shoes
- ___ 2 pair of shorts or zip off pants
- ___ 1 full brimmed hat
- ___ 1 rain jacket
- ___ 3 pairs of under wear
- ___ 2 bandanas

Sleeping Gear

- ___ 1 light weight summer sleeping bag or fleece blanket or poncho liner
- ___ 1 sleeping pad

Personal Gear

- ___ 1 small knife
- ___ 1 small towel
- ___ 1 tooth brush
- ___ 1 tube of travel size toothpaste
- ___ 2 32 oz Drinking bottles and/or 1 backpack style hydration bladder
- ___ Sunglasses
- ___ SPF 45 sunblock
- ___ 1 small bottle of insect repellent
- ___ Baby wipes
- ___ Flashlight or headlamp

Eating Gear

- ___ 1 Bowl
- ___ 1 Spoon

Optional items

- ___ Chap stick
- ___ Book or journal
- ___ Camera

TIPS ON EQUIPMENT

Clothing

It is recommended that all clothing be extra lightweight, fast drying and very loose. Dark colors are not recommended. Temperatures can range from the high 80's up to 105 degrees during the daytime.

1 LIGHTWEIGHT LONGSLEEVE SHIRT: Almost a required item. If you only buy it for this week it will be worth it. Works well for cool nights, protection from the sun and insects.

2 EXTRA PAIR OF SOCKS: Personal preference. After your feet have been wet most of the day a warm pair of socks can be a great comfort.

1 PAIR OF WATER SHOES OR SANDALS: High priority item. This is an item you will be in the entire week. Find a pair that fit and feel comfortable.

1 PAIR OF SHOES TO BE KEPT DRY: Optional item. Some prefer to stay in their sandals all week.

1 PAIR OF SWIM TRUNKS: You may consider bringing 2 pair depending on how long you plan to wear them. If you plan to wear both in the kayak and on land bring 2.

1 PAIR OF SHORTS: Great item to have to change into at night or to have to wear in public like at Ocracoke.

1 PAIR OF PANTS: Best friend of your long sleeve shirt. Zip off recommended. Protection from bugs and more comfortable in the sand.

1 FULL BRIMMED HAT: Highly recommend for sun protection. Light weight materials a must.

1 LIGHTWEIGHT RAIN JACKET: Very light weight and compactable. Choose a material that is flexible and breathable.

Remember to pack a set of clothing that you will leave behind at base camp for Friday night and Saturday morning, shoes included. Washers and Dryers are not available.

Sleeping Gear

1 LIGHTWEIGHT SLEEPING BAG: Due to the high heat and the space available in kayak storage compartments a standard backpacking sleeping bag is not allowed. Either the fleece zip up bag (\$10.00) found in most Wal-Marts or the Kelty Light top 55 (\$50.00) bag are highly recommended. A simple sheet or military nylon poncho liner will also be acceptable.

The dimensions for your sleeping bag when in its stuff sack should be no larger than 8"x16". Your sleeping bag should also be small enough that you can stuff it in the top of your dry bag.

1 SLEEPING PAD: The sleeping pad is not a dry bag item. A separate storage bag is recommended. You may also opt to bring a Crazy Creek style folding chair to double as a sleeping pad and chair during meals.

Personal Gear

SUNBLOCK: The best sunscreens for the backcountry are made with paraminobenzoic acid (PABA). The minimum SPF for sun block recommended is 45.

BABY POWDER AND BABY WIPES: The sand will be your worst enemy during your trek. To reduce chaffing or unpleasant smells it is recommended to bring along baby wipes and baby powder. A full crew of 12 will be able to share 1 box of each.

Travel size items: Due to the amount of time on the water small travel size toiletry items will be sufficient. They will also take up less room in your dry bag. You may find the items in any drug store or the hygiene section in Wal-Mart.

Packing

When packing personal equipment on Sunday night participants will be able to divide items by kayaking or cycling into different bags. Change over will occur when participants switch from bikes to kayaks. While it is possible to pack clothing that crosses over to each activity, participants should pack for a set of clothing for cycling and a set for kayaking.

Dry Bag Sizes

Each participant will be issued two (2) dry bags to pack their personal gear in.

20 liter bag: 9 x 16 inches: 1170 cubic inches of space

10 liter bag: 8 x 14 inches: 620 cubic inches of space

Panniers

Trek Interchange Panniers

2,500 cubic inches of storage space + space on top of rack

Crews who wish to carry their own tents, stoves and cooking equipment should notify the Sea Base before their arrival at camp so the staff can prepare your trek accordingly. If crews opt to bring their own tents the staff guide will instruct the crew in methods needed to modify the tent for high wind and beach camping.

* Gear Tip: Pack accordingly for a day of cycling followed by a day of paddling. To be 100% efficient, crews should pack gear that they can utilize in both activities.

BIKE SAFETY

The following guidelines and procedures apply to all BSA units, councils, and national program activities involving bicycling.

1. Qualified Supervision

All unit, district, council, and national event activities must be supervised by a mature and conscientious adult at least age 21 who understands and knowingly accepts responsibility for the safety of children in his or her care, who is experienced with the skills and equipment involved in the activity, and who is committed to compliance with these BSA safety guidelines.

2. Physical Fitness

Biking is strenuous. Long treks and hill climbing should not be attempted without training and preparation. For Scouting activities, all participants must present evidence of fitness assured by a complete health history from a physician, parent, or legal guardian. The adult supervisor should adjust all supervision, discipline, and protection to anticipate any potential risks associated with individual health conditions. In the event of any significant health conditions, proof of an examination by a physician should be required by the adult leader.

3. Helmets and Clothing

All cyclists must wear a properly sized and fitted helmet approved by either the Snell Memorial Foundation or the American National Standards Institute (ANSI) standards. Layer your clothing for warmth on cool days so you can avoid chilling or overheating. Cover up for sun protection on clear days.

4. Buddy-Up

When the program activity is a bicycle expedition or trek, the buddy system must be used. When there is program activity emphasizing individual performance skills, one buddy observes while the other takes his turn. In competitive activity where the buddy concept cannot be practically applied, all activity must be directly observed by the adult supervisor. (Youth members should be taught that biking with a buddy is best. When biking alone, apart from Scouting activities, youth members should be encouraged to tell someone their route, schedule, and destination before departing.)

5. Keep Right

Ride with the traffic flow, as far to the right as possible. Avoid curbs, storm drains, soft or loose gravel on shoulders, and other hazards.

6. Be Smart

Obey all traffic laws, signs, signals, and street markings. Watch for changes in road conditions. Ride only one to a bike. Do not ride after dark. No stunts—trick riding is only for professionals who use special equipment. Yield to motor vehicles even if you think you have the right-of-way. Never hitch a ride on another vehicle. Keep your head and ears open and do not wear headphones while riding.

7. Turns and Intersections

Look left, right, back, and ahead before turning. Stop and search all directions when entering a street from a driveway, parking area, sidewalk, or an alley. Signal all turns using universal hand signals. Walk your bike through or across busy intersections.

8. Right Bike

Ride only a bike that fits you. Select a bike that permits you to put both feet on the ground while sitting on the seat. The handgrips should be no higher than your shoulder or lower than your seat.

9. Accessories

Every bike needs a horn or bell and reflectors (front, back, and sides). Items should be carried only in baskets, saddlebags, or on a rear carrier rack. If you must ride in traffic, a bike- or helmet-mounted mirror is recommended. For long trips, a bike-mounted container for drinking water is recommended.

10. Maintenance

Keep your bike clean and well-maintained—especially the brakes and drive chain.

11. Race Right

Open street racing is dangerous. Race only with supervision on marked courses that have been set up to exclude other vehicle or pedestrian traffic, to eliminate fall hazards and minimize collision risks, and to define clearly "start" and "finish" points.

12. Planning

Plan both the route and timing of bike trips to avoid heavy traffic and hazardous conditions. Biking is unsafe on wet pavement and on windy days. Plan for at least hourly rest stops and a maximum of approximately six hours on the bike per day.

13. Discipline

All participants should know, understand, and follow the rules and procedures for safe biking, and all participants should conscientiously and carefully follow all directions from the adult supervisor.

DAY 1 ARRIVAL AT CAMP

Early Arrivals

If your crew needs to arrive the day before your check in time please notify the Camp Director before hand. Please understand that no staff may be available and no program or program related material will be available for use. The dining facilities will not serve food until Sunday dinner. Shower facilities will be available.

Sleeping Quarters

Crews will spend the night at base camp on Sunday and Friday. Youth participants will be housed together in our custom tents. Adults will be housed in a standard BSA 2 man wall tent. Bug netting is highly recommended for your two nights at the Base Camp.

Medical Screening

Every individual will receive a medical screening by the Camp Health Officer upon his or her arrival. All documentation should be completed before you arrive. Any individuals who are on medication will need to notify the Health Officer at this time. We prefer that a copy of your Class III form be sent in early with your registration kit.

Swim Test

After your medical checks are complete every participant both youth and adult will be given a swim test by a Sea Base staff member in the swimming pool at Camp Bonner. Every individual must qualify as a swimmer in order to participate in a Sea Kayaking Trek. Those individuals who fail to become a swimmer will be given one more opportunity before the end of the day on Sunday. The swim test involves jumping into water over your head feet first, swimming 75 yards freestyle, 25 yards elementary backstroke, and tread water for one minute. It is recommended that crews complete their swim test before their arrival at camp if possible. A BSA Lifeguard, Aquatics Director, American Red Cross Lifeguard or an American Red Cross Water Safety Instructor can check a swim test. A copy of this individual's certification card must be turned into the Sea Base with their signature on the Unit Roster.

Cycling and Kayaking Skills Instruction

The majority of your first day will be spent in the kayaks and review cycling safety. Crew members will be expected to complete a wet exit from a kayak.

Gear Shakedown

During the gear shakedown each crewmember will spread their items out on a tarp and have them double-checked and approved by the staff guide. During this time the Staff Guide will also review the itinerary for the week with the group and answer any questions. The Sea Base will also provide lock boxes for personal items that you may wish to leave behind. We will also provide a secure lock box for any vehicle keys.

Vespers

There will be a non-denominational service on Sunday night for participants. If needed the Sea Base staff can provide a directory for local churches in the area.

ACTIVITIES AND PROGRAMS

Swimming and Boogie Boarding: When routes pass from Atlantic Beach to Emerald Isle or lead kayakers out to Shackleford Island participants will have to opportunity to take a dip in the Atlantic Ocean for some swimming and boogie boarding.

Surf and Pier Fishing: Two fishing piers are available to crews who would like to do some salt water fishing in Atlantic Beach and Emerald Isle.

Fort Macon State Park: At the easternmost edge of Bogue Banks, Ft. Macon is one of North Carolina's most visited state parks with around 1.3 million visitors each year. Initially the brick fort served to protect the channel and Beaufort Harbor against attacks from the sea. Today the danger of naval attack is remote, but during the 18th and 19th centuries this region was very vulnerable.

ROUTES

When choosing a route crews should focus on three items:

- 1) Desired overall distance to travel
- 2) Desired distance to travel daily
- 3) Activities or Locations you would like to visit

Crews should review the routes below, discuss them with each other and come to a unified decision on the selection of the route. It is important to remember that Ironman routes are much different than kayaking routes. Because of the nature of the trip and the location of the designated campsites there may not be as much flexibility available.

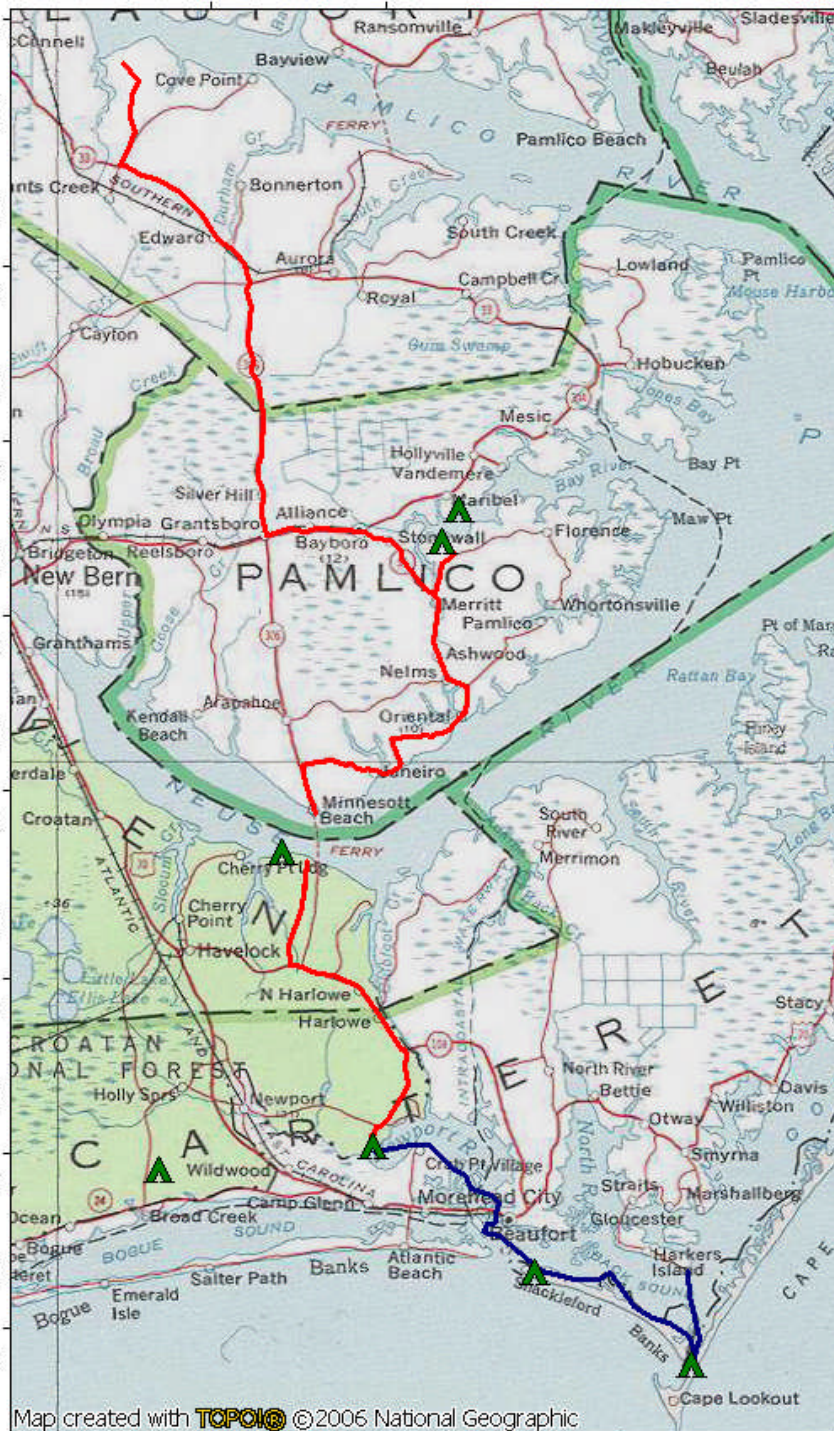
Creating your own route

Routes can be adjusted to fit the needs of the individual crew. Your crew may choose to distribute the cycling and kayaking evenly or have a week of more cycling. This is the first question you want to ask all the members of your crew when planning your trip for the summer.

IRONMAN 1

Total Miles: 95

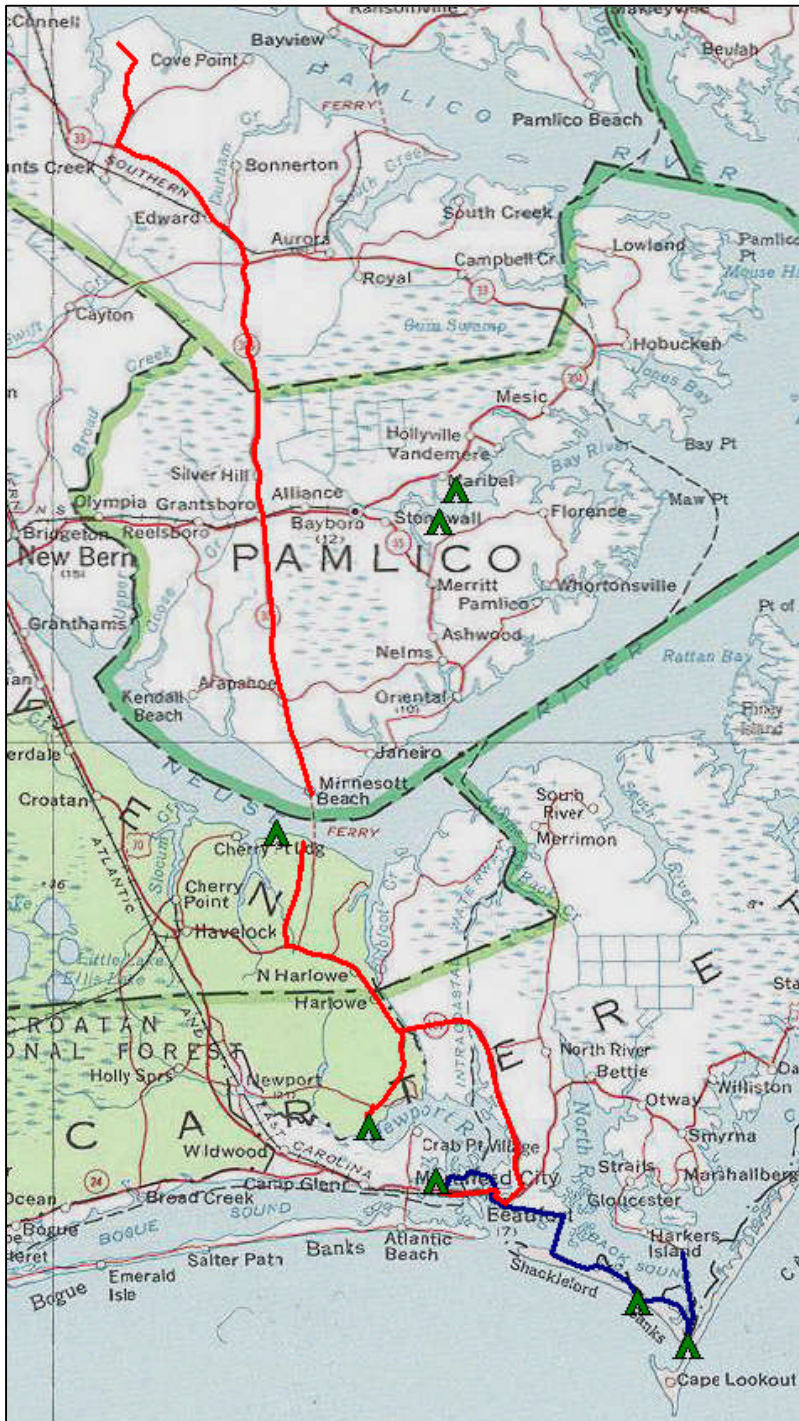
Cycling: 70 miles / Kayaking: 25



IRONMAN 2

Total Miles: 90

Cycling: 66 miles / Kayaking 25 miles



Route Details

Ironman 1

Brief: Even distribution of cycling and kayaking. Kayaking takes place in coastal waters. Beach camping included.

	Miles	
Monday	30	Depart from base camp heading towards Neuse River. After pass through Bayboro cyclist will camp at private campground outside Merritt.
Tuesday	31	Cyclist continue south with a stop in Oriental, cross the Neuse River and head through the National forest to Oyster point.
Wednesday	12	Kayaking begins at the mouth of the Newport river heading towards Beaufort ending at Shackleford Island
Thursday	9	Continue kayaking along Shackleford towards Cape Lookout lighthouse
Friday	4	Crews pack up and paddle to the Cape Lookout National Seashore headquarters located on Harkers Island. Crews will pack up and head back to the base camp.

Ironman 2

Brief: Fast start with a slow and steady finish. Good all around route. Kayaking in coastal waters. Beach camping included.

	Miles	
Monday	51	Depart from the base camp early Monday morning making your way to the Croatan National forest. Crews will camp out at the National Forest Campground at Oyster Point.
Tuesday	15	Crews will continue on bikes through the National forest heading down Highway 101 into Beaufort NC. After a tour of Beaufort crews will cross over to Morehead City. Campsite is located at the US Army Reserve Base overlooking the water.
Wednesday	14	Kayaking portion of the trek will begin with crews paddling out of the mouth of the Newport River, cross over towards Beaufort before crossing Back Sound out to Shackleford Island. Campsite will be primitive on the empty beach in the middle of Shackleford.
Thursday	5	A short paddle over to the Cape Lookout Lighthouse area. Less time on the water will provide crews with flexibility in the remainder of their day. Crews will have ample time to enjoy swimming, fishing, and exploring the National Seashore.
Friday	4	Crews pack up and paddle to the Cape Lookout National Seashore headquarters located on Harkers Island. Crews will pack up and head back to the base camp.