



## Central California Conference Youth Ministries

### Pathfinder Bike-A-Thon

#### F.Y.I.

[For Your Information]

It was voted at the 1996 director meeting, that every rider:

- 🚲 Must be a member of a Pathfinder Club / please **No Adventurers**
- 🚲 Have **5** sponsors with a minimum of 10¢ a mile each
- 🚲 Have a working bike
- 🚲 Wheels must be **16"** or larger
- 🚲 **Adult riders must have at least 5 sponsors, meeting the same requirements as a Pathfinder**
- 🚲 Have an **Ansi/Snell** approved helmet
- 🚲 Wear a **field T-shirt (Area shirt will be enforced)**
- 🚲 **Bike shorts are allowed**
- 🚲 Not ride tricycles
- 🚲 Not share riders on one card

**PLEASE REMEMBER THAT IF THESE REQUIREMENTS ARE NOT MET, THE CYCLIST WILL NOT RIDE!!!**

#### NON-PATHFINDER RIDERS

Risk Management has recommended that we not let children younger than Pathfinder age ride in the Bike-A-Thon. Since this is not an Adventurer event, please refrain from allowing children **younger than fifth grade** to ride.

**All adults riding on the track are required to have sponsors as outlined for pathfinders or must sign up and serve as a riding track monitor. The number of track monitors will be determined at the discretion of the coordinating staff. Adult riders exhibiting behavior which is considered dangerous or inappropriate by the coordinating staff will be asked to leave the track.**

#### Volunteers Needed!!

Volunteers are needed to ensure Central California Conference Bike-A-Thon is safe, smooth and fun. If you have staff or parents who would like to join our support team, please have them come to the headquarters trailer at the Bike-A-Thon site on Saturday night or Sunday morning and sign up.

★ Track Monitors    ★ Track Riders



To Expedite Inspection  
**PLEASE**  
**‘PRE-CHECK’**  
Your Riders’ Helmets and  
Bikes.





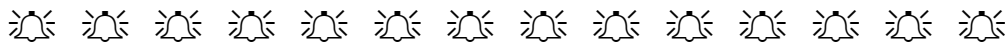
# Central California Conference Youth Ministries

## **BICYCLE INSPECTION REQUIREMENTS**

1. All equipment should be securely fastened
2. Good tires – no splits or cracks – should have all spokes – rims should have no cracks or splits
3. Hand brakes – should make sure that the brake pads are in good condition and brakes so that **front and back** will stop the bike
4. Foot brakes – assured to work properly
5. Gears – shift levers should be operating properly and in proper adjustment. Derailleur should be properly adjusted
6. Chain – should be properly adjusted – should be lubricated – **SHOULD HAVE A CHAIN GUARD ON FRONT**
7. Pedal – should be full pedals and rotate freely
8. Handle bars – should be securely fastened and properly adjusted for the rider
9. Seats – proper height – securely tightened so that it doesn't move

**A PRE-INSPECTION SHOULD BE DONE PRIOR TO ARRIVING AT BIKE-A-THON.** Preferably in time so that repairs can be made if necessary. Any bike considered in dangerous riding condition ***will not*** be permitted on the course. **THERE WILL BE A BICYCLE INSPECTION AT THE SITE.**

**IMPORTANT:** No bike rider should ride a strange bike. If the bike is new or strange, TAKE TRIAL RIDES BEFORE THE BIKE-A-THON!! **ALSO, ANSI/SNELL APPROVED HELMETS WILL BE REQUIRED!!**



### ➤ ➤ ➤ ➤ **DISCLAIMER** ⏪ ⏪ ⏪ ⏪

We suggest that your riders not use expensive bicycles for this event. Even though we attempt to have a smooth track, it can be rough in spots. The Central California Conference is not liable for any damages to or loss of bicycle and personal equipment.

There will be track patrols posted along the track. If any riders are pulled off the track for riding dangerously, they will be given a ride back to their clubs by the pick-up truck that will be patrolling the track.

**Please make sure your riders understand these simple, but basic rules!!!**



## Central California Conference Youth Ministries

Our riders are important to us. Please make sure they have plenty of water, rest and energy to ride. **Give a copy of this page to ALL your riders!!!**

### Eleven Important Rules For riding in a Pathfinder Bike-A-Thon

1. Only one rider on a single seated bicycle
2. No riding without hands
3. No reckless riding, such as swerving back and forth
4. Keep left side of road open for passing only
5. Look before stopping, turning or passing
6. Get completely off the road when stopping
7. Never ride on the road in the opposite direction of the traffic
8. Be courteous and yield right-of-way to other riders
9. Check your brakes frequently to see if they are working and satisfactory
10. Obey those in Authority who enforce the safety rules
11. No Headphones or other audio producing devices.

Helpful Items to bring – (water is necessary)

- **Water**
- Raisins
- Apples
- Proper Clothing for cool weather
- Gloves are recommended
- Bananas
- **Water**
- Sunscreen
- **Sport Drinks**
- **Water & more Water**
- Oranges
- Helmets
- Proper Clothing for warm weather



## BIKE-A-THON HYDRATION/FOOD TIPS



### Nutrition and Hydration

#### General

Eating and drinking are an important part of cycling and as critical to your success on a long ride as your bike. For long rides, you need a balanced diet to provide energy before the day of the ride, and you need to eat during the ride to replenish the energy burned while riding. To ride effectively, your body needs carbohydrates (*carbs*) that are stored as glycogen in your muscles. Glycogen is the fuel that provides your muscles energy.

When glycogen stores are depleted, two things can happen: *A bonking* and *A hitting the wall*. Bonking occurs when your energy requirement is such that the vital organs are not receiving adequate levels of glycogen and you become dizzy, tired and even nauseous. Bonking is avoidable and curable. You can stop, eat carbohydrates, and in a short time, you will be fine and can continue riding. Hitting the wall is when your muscles run out of glycogen and you are only able to continue to exercise, if at all, at a very moderate intensity. You can delay hitting the wall by eating carbohydrates while riding, but once it happens, you are essentially finished for the day.

#### Before the Ride

Your body needs 12-24 hours to digest and store carbohydrates, so eat *complex carbs* in the days before a big ride. For example, if you are riding on Sunday, how well you perform will depend primarily on what you ate on Friday night and Saturday that week.

Eat a healthy breakfast and then a high-carb snack such as a bagel, banana or energy bar about an hour before your ride, and continue to eat and hydrate on the ride to prevent yourself from bonking or hitting the wall. A good breakfast would be a bowl of oatmeal and raisins before the ride. If it's not possible, a concentrated carb drink, such as Powerade, will do as the concentrated sports drinks are 20% or more carbs.

Fluid is as important as food. Hydrate yourself well by drinking extra water during the two days prior to the ride, and then have 3 to 4 glasses during the morning.





## **DURING RIDE**

### ***Eat before you are hungry and drink before you are thirsty!***

You need to do this in all kinds of weather, hot or cold. If you wait until you are hungry or thirsty, then it will be too late. You will likely run out of energy and your legs will cramp, especially on a hilly ride. If you eat and drink correctly, then you will perform better, you will have a much more enjoyable ride and your body will recover more rapidly.

Take a big swig of water or sports drink every 15 minutes on a ride, regardless of the weather. You should drink about 20 ounces (approximately one water bottle) of liquid per hour. Drink more if it is hot and humid. This is especially important in the beginning of your ride as it sets the stage for how you will perform and whether you will hit the wall later in the day.

Use a sports drink, such as Gatorade, to replenish electrolytes, which are minerals (sodium, chloride and potassium) essential for your muscles to function. You can also drink water, but you must then be sure that what you eat contains the electrolytes you need. If you do not replace your electrolytes, you will bonk, hit the wall and experience painful leg cramps.

Sports drinks are an excellent way to replenish electrolytes and carbs. Your body absorbs carbs and minerals from the drinks faster than your body absorbs the nutrients from solid food. Your sport drink should include 5-8 % carbs, or 5-8 grams per 100 grams of fluid. Any more, and the drink may upset your stomach. If an 8% carb drink upsets your stomach, try diluting it by using a 50-50 solution of water and sports drink. Some riders like to have one bottle of water and one filled with a sports drink.

Eat small amounts throughout your ride. Eat something at every rest stop, but don't pig out. Avoid candy bars and other sugary snacks. Eat fruit (a banana gives you 100 calories and potassium, which helps prevent muscle cramps), a bagel, gorp (also known as trail mix), fig bars, an energy bar & raisins. Never finish a ride hungry. If you do, you may want to eat junk food.

## **AFTER RIDE**

Eat carbs (fruit or energy bars) within 30 minutes of finishing your ride to replace glycogen stores. After a ride, a high-carb sports drink (20% carbs) is a useful way to replenish your glycogen stores. Also, eating some protein at the same time will boost the amount of glycogen stored in your muscles. By doing so, you will greatly improve your recovery time.



## Central California Conference Youth Ministries

### Position on Sugar

We realize that the existence of refined sugar is not a sin. We also realize that the over indulgence of sugar does not prepare a person for heaven. Therefore, the Pathfinder Council spent a good deal of time discussing a reasonable middle ground. Wouldn't it be nice if we could report a definitive, consistent solution to this problem to make everyone feel comfortable? In the absence of such advanced thinking, we felt everyone should know that we at least wrestled with this subject and came to these conclusions:

1. No matter what we do in our personal live, the Pathfinder clubs are ministries of the church and therefore should fully support our health message. Especially at the Conference level, the Pathfinder Council is committed to support these guidelines.
2. Although some sugar is O.K., the over indulgence of refined sugar or the appearance of over indulgence is not. We recognize that over indulgence is mostly a personal decision and we can only influence our Pathfinders. However, our example of what we serve at Pathfinder functions affects greatly the appearance of over indulgence. Rather than trying to decide which foods or desserts inherently have more food value [such as a can of soda pop vs. cotton candy; candy bar vs. cookies, etc] we have addressed ourselves to what appears to be a good example of healthful living.
3. For Conference events, the food being sold is regulated to give everyone the chance to make a profit and give our event attendees a diversity of choice. To the Coordinator in charge of these "food permits" is given the added responsibility of deciding what foods are or are not appropriate at Conference Pathfinder events [with the Council's guidance]. We realize that this will not make everyone happy and we will sometimes appear inconsistent. But, you will be able to get a definite answer as to what you can bring almost immediately and that answer should not change from event to event.

And so, in addition to our policy of **NO MEAT** and **NO CAFFINATED DRINKS**, we add **NO COTTON CANDY** or **CANDY BARS**.

(We would like to encourage you to use more juice drinks instead of soda pop and to prepare food in low sodium and low fat, yet still making it taste good enough for every Pathfinder and guest to want seconds). [Maybe there will be cooking schools in Heaven to finally accomplish this, right?]

Thank you for your cooperation 😊



## Central California Conference Youth Ministries

### PATHFINDER BIKE-A-THON FINANCIAL INFORMATION

#### **Purpose**

Bike-a-thon provides funds for Pathfinder Club activities. The gift of the sponsor supports not only the child sponsored, but also their local club, and the Pathfinder Club of Central California Conference. The gift is also tax deductible.

#### **The Pathfinder**

Monies received from Bike-A-THON benefit the Pathfinder by providing funds for the Pathfinder to participate in Seventh-day Adventist Church sponsored activities. This may include activities sponsored by:

- Pathfinder Ministries (e.g. campouts, reward trips, camporees, dues, etc.)
- Church (e.g. youth events or conferences, mission trips, etc.)
- Church school (e.g. conferences, trips, tuition, etc.)
- Local Conference, Union Conferences, or Division (e.g. summer camp, camporees, mission trips, etc.)

Monies must be disbursed to the sponsoring organization and not directly to a Pathfinder. A Pathfinder forfeits to the club any funds not disbursed within 12 months of termination of their Pathfinder club membership.

#### **The Local Club**

Monies received from Bike-A-THON help cover the operational expenses of the local club. These expenses include:

- Campouts
- Camping supplies and equipment
- Uniforms
- Travel expenses for the club
- Class work and honor supplies
- Programming costs
- Trips, etc.

#### **The Pathfinder Club of Central California Conference**

Monies received from Bike-A-THON help support The Pathfinder Club of Central California Conference by providing funds for equipment, support, and special projects:

- **Equipment:** Bike-a-thon monies have supplied the funding for equipment that supports the regional ministries associated with Pathfinders such as:
  - Truck
  - Trailer



- **Support:** Local Pathfinder Clubs have access to the services of Area Coordinators to assist in awareness and leadership trainings, professional growth, club evaluations and trouble shooting. Bike-a-thon funds have helped offset the following expenses of our Area Coordinators such as:
  - Travel-mileage, food
  - Long-distance phone charges incurred while providing support services to local clubs
  - Miscellaneous expenses incurred: Photocopies, training supplies, etc

**Special Projects:** The Pathfinder Directors of Central California Conference may make appropriations to special projects associated with Pathfinder Ministries. Examples of such appropriations voted in the past are:

- Equipment – sound system
- Missions – matching funds for mission trip endeavors

## **Funds**

All contributions are “*tax deductible*”. A receipt [sponsor sheet] should be given at the time when the sponsor pays his/her pledge.

### **Collection of Funds**

ALL funds are to be collected by the Pathfinder or club that solicited the pledges

### **Payment Method**

All contributions should be made in the form of a check. All checks should be made payable to the local church

### **Allocation of Funds**

Funds donated by the sponsors are allocated as follows:

- 2/3 to the Local Club
- 1/3 to the Pathfinder Club of Central California Conference

### **Central California Conference Funds**

The Pathfinder Director of the local club is responsible for the payment on one third [1/3] of the amount collected to the **Central California Conference – Pathfinder Ministries**. Payment should be made in the form of a check.

### **Accounting Procedures**

- All funds collected are to be receipted and deposited into local club/church accounts. These accounts are subject to periodic audits by the **Central California Conference of Seventh-day Adventists**.
- Funds paid by the local clubs to the **Central California Conference** are deposited in a temporarily restricted account and held in trust for disbursements to Pathfinder expense accounts. These accounts are audited annually.

## **Questions**

Questions pertaining to Bike-a-thon, its funding, or the appropriation of income generated by Bike-A-Thon please call the Pathfinder Ministries office at [559] 347-3174.



# Bike-A-Thon Monies Are Due

Director Name: \_\_\_\_\_ Pathfinder Year : \_\_\_\_\_

Club Name: \_\_\_\_\_

## Jr. Rider (10-12 years old)

|                                |  |           |
|--------------------------------|--|-----------|
| GIRL WITH MOST SPONSORS        |  | SPONSORS: |
| GIRL WITH MOST MILES RIDDEN    |  | MILES:    |
| GIRL WITH MOST MONEY COLLECTED |  | AMOUNT:   |

## Jr. Rider (10-12 years old)

|                               |  |           |
|-------------------------------|--|-----------|
| BOY WITH MOST SPONSORS        |  | SPONSORS: |
| BOY WITH MOST MILES RIDDEN    |  | MILES:    |
| BOY WITH MOST MONEY COLLECTED |  | AMOUNT:   |

## Teen Rider (13-15 years old)

|                                |  |           |
|--------------------------------|--|-----------|
| GIRL WITH MOST SPONSORS        |  | SPONSORS: |
| GIRL WITH MOST MILES RIDDEN    |  | MILES:    |
| GIRL WITH MOST MONEY COLLECTED |  | AMOUNT:   |

## Teen Rider (13-15 years old)

|                               |  |           |
|-------------------------------|--|-----------|
| BOY WITH MOST SPONSORS        |  | SPONSORS: |
| BOY WITH MOST MILES RIDDEN    |  | MILES:    |
| BOY WITH MOST MONEY COLLECTED |  | AMOUNT:   |

Total number of miles by club: \_\_\_\_\_

Total number of riders: \_\_\_\_\_

Total amount of monies collected \$ \_\_\_\_\_  
 (Thank you for your contribution)

Mail this form to Pathfinder Ministries Youth Department Central California Conference  
 2820 Willow Avenue Clovis, CA 93612, or email to [pathfinders@cccsda.org](mailto:pathfinders@cccsda.org)



**Central California Conference  
Youth Ministries**

**2023 BIKE-A-THON  
Registration & Point Form**

Director \_\_\_\_\_ Club \_\_\_\_\_

**Actual Club Membership:**

\_\_\_\_\_ Pathfinders + \_\_\_\_\_ Staff = **Total Club Membership**

**A - Total in Attendance:**

\_\_\_\_\_ Pathfinders + \_\_\_\_\_ Staff + \_\_\_\_\_ Other = Total in attendance (1A) \_\_\_\_\_

**Total Attendance Points**

(Divide A into Total club Membership then multiply by 100- Use percentage scale to get points) Possible 20 pts.

**B - Total Pathfinders & Staff in Uniform:**

\_\_\_\_\_ Pathfinders + \_\_\_\_\_ Staff = Total (1B) \_\_\_\_\_

**Total Uniformed Points**

(Divide B into Total club Membership then multiply by 100 - Use percentage scale to get points) Possible 20 pts.

**C - Total Pathfinder (including TLT's) Riders:**

(Do not include staff or 'other' riders)

\_\_\_\_\_ Pathfinders = Total (1C) \_\_\_\_\_

**Total Pathfinder/TLT Riding Points**

(Divide C into Total Pathfinder Membership then multiply by 100 - Use percentage scale to get points) Possible 20 pts.

|    |   |       |   |        |
|----|---|-------|---|--------|
| 90 | - | 100 % | = | 20 PTS |
| 80 | - | 89 %  | = | 18 PTS |
| 70 | - | 79 %  | = | 17 PTS |
| 60 | - | 69 %  | = | 16 PTS |
| 1  | - | 59 %  | = | 15 PTS |

Number of Auxiliary Staff and Kids (Not Riding) \_\_\_\_\_ (0 pts)

**GRAND TOTAL**

**Bike-A-Thon Points**

**20 BONUS** points will be added if the envelope containing CCC funds is postmarked by the Pathfinder Fair.

