

# 2014 Chain Bridge District Alonzo Stagg 50/20 Hike

Saturday, March 15th (Rain Date Saturday, March 22nd)

## General Overview and Guide

**[The ULTIMATE hiking challenge – Can you hike 50 miles in 20 hours or less?]**

**Overview:** This event offers opportunities for Boy Scouts, Venturers, and Scouters to hike 10, 20, 25, or 32 to 50 miles over local trails. The hike is "supported," meaning that there are various Support Stops along the way that provide food, drink, first aid, encouragement, and bail-out options. The event is an ideal opportunity for Scouts to complete the "roadblock" 20 mile hike needed for the Hiking Merit Badge – an Eagle Required Merit Badge – a hike that few Units otherwise conduct. It is also an excellent bonding and training event for Philmont, Lenhoksin Trail, or similar backpacking Crews.

The event is limited to 250 hikers. About 75% of the hikers actually sign up for either a 10 or a 20 mile hike – not 50 miles. Most complete those distances. All participants receive a patch. All participating Units receive a flag streamer. If they so request, Scouts that complete 25 miles in 10 hours (or a greater distance in appropriate time) receive a Certificate of Recognition. Hikers that complete the entire 50 miles in 20 hours or less (hence the term "50/20") receive the Alonzo Stagg "Excellence in Physical Fitness" medal and a Certificate of Recognition. This year, we "may" also give oval car stickers listing "50/20" to 50-Milers that match the 26.2 or the 2175 stickers occasionally seen for marathon runners or Appalachian Trail Through-Hikers. Only about half of the hikers who attempt 50 miles actually complete that distance. [Note that a 50 mile hike is a significant physical, emotional, and mental challenge, and should only be attempted by Scouts and adults who have extensively trained for it, to include at least one 25 mile practice hike in the month prior to the 50/20 Hike.]

Although listed as a Chain Bridge District event, the hike is actually put on by the participating Units – not by the District Staff. For this reason, it requires the logistical and staffing support of the participating Units. Support levels are roughly linked to the number of hikers from the respective Unit - Troops with large numbers of hikers are tasked to run full service Support Stops, while Troops with smaller numbers of hikers are tasked to run smaller Support Stops or other duties as assigned (such as hiking escorts, bicycle escorts, shuttle van drivers, and so on). Units must provide some level of logistical and/or staffing support in order to enroll Scouts in the event. [The minimum Unit signup is two hikers and one staffer.] **Participating Units must not enroll Scouts from non-participating Units.**

Much of the information concerning the Hike (including this Guide) is posted on-line at [troop111.org](http://troop111.org) (click on Activities, then Annual Events, and then the Alonzo Stagg Hike). Posts include:

- Individual Permission Slip/Release Form (Required for ALL participants, including staffers)
- Unit Registration Form (Unit Leaders)
- Links to the BSA Scout and Adult Medical Forms (As needed)
- Training (Hikers)
- Nutrition and Hydration (Hikers)
- Equipment Advice (Hikers)
- Sleep and Mental Attitude (Hikers)
- A copy of this Guide (Everyone)
- Directions for the 10, 20, and 25 - 50 Hike Routes (Hikers and Staff who are Hiking; Optional for all other Staffers)
- Trail Rules and Emergency Procedures Guide (Hikers)
- Morning Announcements (Hikers)
- Staff and Setup Guides (Unit Leaders, All Staffers, as needed)
- Support Stop Paperwork (Unit Leaders, All Staffers, as needed)
- Directions and Maps to Support Stops (Unit leaders, All Staffers, as needed)
- Hiker Maps (Hikers)
- Alonzo Stagg Honor Roll (Anyone who is Interested)

Note that this Guide is not comprehensive – in fact, an effort has been made to reduce duplication of material in this Guide that is already posted on line or provided in hard copy to each Unit’s Hike Coordinator. **All hikers and staffers (especially hikers going for 25 or more miles) are expected to access and read the pertinent posts on the website.**

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**Who May Participate?** - Only registered Boy Scouts, Venturing Scouts, and associated adults from participating Units may participate in the event. For insurance purposes, participating Units must ensure that any recently “bridged” Webelos (that is, that are now “New Scouts”) are in fact **registered as Boy Scouts**. For the same reason, *it is also highly recommended that all participating adults also be registered in the BSA*; however, this is not required. **Non-Scout youths, Cub Scouts, and Webelos Scouts may not participate, and similarly, Scouts and adults who are not associated with a participating Unit or with the Chain Bridge District Staff, may not participate.**

**Who Must Register? – Everyone must Register, whether hiking, staffing, or both.** However, only hikers are charged a registration fee. Except for Chain Bridge District Staff members who are not affiliated with a participating Unit, registration may be done only through a participating Unit. Chain Bridge District Staff members who are associated with a participating Unit should register with that Unit; those who are not may instead register with the District Provo Unit that has been set up for this event (with Jack Person, Acting Scoutmaster). All adults, whether BSA-registered or not, must ensure that their Unit has their medical form on file. Chain Bridge District Staff who register through the Provo Unit must attach a photocopy of their medical form to their permission slip/release form. **Individual registrations will NOT be accepted by the Hike Administrator.**

**Registration Fees** - The fee varies by intended distance. This year, 10 Milers are charged \$5, 20 Milers \$10, 25 Milers \$15, 32-47Milers \$20, and 50 Milers \$25. There is a registration cutoff one week in advance (i.e., 9:00 pm on the Sunday prior). **There is a No Refund policy in effect following the registration cutoff, but Units may freely substitute other Unit members for dropouts right up to the morning of the Hike.** Note, however, that substitutes must be properly registered and have a medical form on file with their Unit, or they may not participate. As noted above, there is no charge for Staffers (defined as anyone who is not hiking; however, except for Tail-End Charlies and Bluemont Loop Escorts, staffers who also hike must register and pay for their respective hikes). [Tail-End Charlies and Bluemont Loop Escorts are considered to be staff, and are not charged.]

**Routes** – There are three different routes, specific for the 10, 20, and 25-50 Milers (see the Directions for details). All three use a combination of local roads, the C&O Canal Towpath, and various bike trails. All Hikes begin from the St. Agnes Parish Center (1910 N. Randolph St., Arlington, 22207). The routes may be marked at certain points with surveyor flags and/or chalk-marks, and/or there will be adult staffers directing the hikers at a few critical junctions. **All hikers must download a copy of the Directions for their hike.** The 10 and 20 Mile routes start and end at the Parish Center. The 25 Mile route ends at Fletchers Boat House. The 32 milers end at Gravelly Point, and the 39.5 to 50 Milers end at the Bluemont Pavillion. Hikers ending at Fletchers and Gravelly Point will be shuttled back to St. Agnes, while hikers making it to Bluemont will be returned to St. Agnes if needed (most hikers finishing at Bluemont are picked up there by their families or friends).

**Assembly Times** - Are as follows: **25 and over milers at 5:00 am; 20 milers at 6:30 am; and 10 milers at 8:00 am.** Showing up early will not change your starting time, so no one should show up early (or complain about being held til the scheduled starting time). **Hikers that fail to make their assembly time may not participate in their scheduled hike,** but (except for 10 milers) can hike a lower distance hike assembling at a later time, if they wish. Note that missing your assembly time, **regardless of cause**, is NOT grounds for either a partial or full refund.

**Support Stops** – Minor refreshments will be available at St. Agnes at the beginning of all hikes, and possibly at the conclusion of the 10 and 20 mile routes (which both end there). Full Support Stops will be located at Lock 10/C&O Canal, Great Falls Tavern/C&O Canal, Fletchers Boathouse/C&O Canal, Gravelly Point/National Airport, and Bluemont Park. A minor “Waypoint Support Stop” will be located in Shirlington, roughly halfway between Gravelly Point and Bluemont.

**Support Stop Setup and Operations** – All Support Stops are standalone operations run entirely by their assigned Units. See the website posting for extensive information on this critical issue.

**Arrival Hold Times at Support Stops - No one will be allowed to run the course** – this is a HIKING event, not a running event. Runners reach the various Support Stops well before they are open for business, and often before any staffers have even arrived. **Any “hiker” who reaches the Support Stops faster than a 5 mph pace will be assumed to have been running, and will be held in place (i.e., not allowed to sign in) until his pace has been reduced to 5 mph.**

**Cut-Off Times at Support Stops** - There will be cut-off times at each Support Stop, past which any remaining hikers will not be allowed to continue. The cut-off times are based on LEAVING the Support Stop before the 2.5 mph deadline. **No exceptions, period, including for adults.** There will also be a SUGGESTED cutoff time for leaving Gravelly Point based on a 3 mph deadline - past events have repeatedly shown that hikers who have not maintained a 3 mph pace up to this point have virtually no chance of completing 50 miles within 20 hours, and also greatly extend the operational hours for the Shirlington Waypoint and Bluemont Park Staffs.

**Other Support Personnel** – Additional support will be provided by “Waypoint” staffers, Tail End Charlie (TEC) Hikers, Cyclists, and Bluemont Loop Hiker Escorts. These positions need to be filled by Units who are not assigned to a Support Stop, or for excess staff from Units that are already handling a Support Stop. See the website post for thumbnail sketches of all staff positions. Note that parents and/or spouses of “50 Milers” are invited to come to Bluemont Park late to encourage and if necessary escort hikers around the Bluemont Loops.

**Hiker Distances** - All Hikers should have realistic expectations - 20 miles is a very challenging hike for anyone who hasn't been training. All Hikers are expected to hike their intended distance, or at least to the next Support Stop on their route. There will be no "pickup" support between Support Stops, except in emergency situations. Any hikers who stop between Support locations and cannot continue will need to be picked up by their parents or by their Unit, and are responsible for FIRST notifying the Hike Administrator and their Unit Leaders that they are going to Quit the Hike. Under no circumstances should a hiker walk home or get picked up by a parent before the Hike Administrator and Unit Leader have so approved.

**Buddy System in Effect Throughout the Hike** - All Hikers must hike as buddy pairs or triplets. “Buddy groups” of 4 or more are not allowed (that is, 4 Scouts hiking together is actually 2 buddy pairs co-hiking; this is because “buddy groups” of 4 or more tend to lose solo hikers, which is **unacceptable**). Buddy pairs and triplets **MUST** stay together at all times, even for bathroom stops. “Together” means side-by-side, not “in sight.” All hikers must wear a loop of colored surveyor tape (provided at Registration, different colors for different hikes) around their neck and shoulder to enable easy identification at Support Stops and by Hike Safety personnel (Tail End Charlies, Cyclists, Waypoint Guides, etc.)

**Support Bags** – 20 and greater milers may have a support daypack or small duffel bag forwarded to Support Stops so that they'll be there when the hiker arrives. This relieves the hiker from the burden of carrying a heavy pack. See the “Equipment” post on the website for additional information concerning this option. Note that **10 Milers should not need to carry any gear, but can pack and carry a light daypack if they so wish.** Most 20 Milers also just carry a light daypack. Heavy daypacks and backpacks are completely unnecessary and are potentially harmful.

**Finishing Times** – The **10 Milers** should finish between 11:30 am and 1:00 pm at St. Agnes. The **20 Milers** should finish between 1:00 pm and 3:00 pm at St. Agnes. **25 Milers** will arrive at Fletchers between 1:00 pm and 3:00 pm, and will be shuttled to St. Agnes when a shuttle vehicle is available. **50 Milers** will arrive at Fletchers between noon and 2:00, at Gravelly Point (32 miles) between 1:30 and 4:00, at Shirlington between 2:30 and 5:30, and at Bluemont (1st time, 39.4 miles) between 3:30 and 7:00. 50 Milers typically finish between 8:00 pm and 12:00 am. The cutoff to earn an Alonzo Stagg medal is 20 hours after starting, which almost always corresponds to 1:30 am. The first arrival times will be 30 to 60 minutes later, and the last arrivals 60 to 90 minutes later, in bad weather conditions.

**Hiker Tracking** – Units will check in their own hikers the morning of the Hike, are responsible for picking up any of their hikers that quit between Support Stops, and for verifying that all their hikers are accounted for when the last one(s) have either quit or completed the hike. **It is the Unit Leader's or Unit Registrar's responsibility to contact the Acting Hike Administrator or his designee to confirm that all of their Unit's Hikers have finished and are accounted for; this is especially critical for Scouts.**

**Cell Phones and Cell Phone Lists** – All hikers and support personnel are strongly encouraged to carry a charged cell phone, but hikers are specifically warned to avoid “distracted hiking” on trails that are busy and hazardous with runners and fast-moving cyclists – this is a particular problem when the weather is pleasant on Hike Saturday. **Staring down at a**

**phone and listening to music while hiking on a bike trail is a good way to get seriously injured or killed.** All primary staffers will receive a list of names and cell phone numbers for all other primary staffers (these will be requested in a separate email). **Units are responsible for maintaining a Unit cell phone list, and for immediate access to same, for all their hikers and support personnel.** Hikers reaching Gravelly Point and Shirlington will need to provide their names and cell phone numbers to the staff, and will be counseled on the upcoming route if they have not walked it on a previous Alonzo Stagg Hike or on a Unit practice hike.

**Medical Records** - Units are responsible for designating a Medical Liaison who is responsible for maintaining their medical records. **The Medical Liaison must have physical possession of the records for all their Unit's hikers and support personnel, and must be immediately available by phone for as long as any of them are still on the trail or staffing. This person obviously cannot be a hiker or hiking staffer, and may be required to remain on duty as late as 2 am for Units with 50 Milers.**

**Organizational Meetings** – There is only one major meeting – all participating Units **must** send at least one adult who is deeply involved in that Unit's hike planning (2 persons would be better) to the FIRST meeting. In addition, all participating Units who are running a Support Stop or a Waypoint **must** send at least one adult to an equipment pickup the night before the Hike (or another night if so designated). These representatives will be picking up signs and other equipment, and possibly helping to set up the Hall. Other Staffers may come to the latter meeting if they wish. Reminder emails will be sent for both meetings.

**Trail Signage** – Some pre-hike signing “may” be done the day before the Hike. [The need for such signage has been greatly reduced over the past 4 years by the use of “Waypoints Guides” at critical junctions.] If employed, the signage will include small surveyor flags with a "50/20" marked on them, plus chalk-marks (arrows and 50/20's) marked on sidewalks, and possibly some larger directional signs. **The 50 Miler Tail-End Charlies and Cyclists are responsible for collecting these surveyor flags after all hikers have passed (flags should be delivered to the next Support Stop for eventual return to the Hike Administrator, or returned directly to the Hike Administrator's residence).** Other signs will be installed on site or near site at the various Support Stops on Saturday. These signs will be collected by the Support Stop staff after the last set of Tail-End Charlies has passed their Stop (and later returned to the Overall Hike Coordinator).

**Hike Saturday** - The Parish Center will be opened by 4:30 am on Hike Saturday. Each participating Unit must have a Registrar on site for each of the Hikes that their Unit is participating in - but only for those Hikes. In other words, if everyone in a Unit is doing a 10 mile hike, then that Unit's Registrar does not need to show up until half an hour before the 10 mile hiker assembly (meaning at 7:30 am). Conversely, if everyone in a Unit is hiking 25 or more miles, then that Unit's registrar needs to arrive at 4:30 am, but can leave by 5:45 am - they don't need to stick around if there are no hikers from their Unit on the 10 or 20 mile hikes. Units may have multiple Registrars if they have hikers on 2 or all 3 Hikes, or can use a single Registrar for all hikes. The Parish Center will close when the Tail-End Charlies for the 10 and 20 Milers have returned and departed for home; at that point, the Morning/Afternoon Hike Administrator will hand off the Hike to the Evening/Nighttime Hike Administrator (at the Bluemont Pavillion); this usually occurs between 3:30 and 4:30 pm.

**Support Stop and Waypoint Shutdowns** - **It is the Station Chief's or Waypoint Chief's Responsibility to contact the Hike Administrator to confirm that their Station has closed.**

**More on Awards** - In order to save on costs, and because signups are sometimes dramatically higher than actual attendance, patches and ribbons are ordered after the event is over. It usually takes about 6 to 8 weeks to receive these items from the vendors. We have a stock of Alonzo Stagg medals for the 50 Milers, and they can be picked up at each Unit's convenience the week after the Hike. Certificates (for 25 or higher mile hikers) will be prepared within a week of the Hike's conclusion, by request only, for Scouts only (if an adult really wants one, please so request). Successful 50 Mile Hikers will have their names posted on the Alonzo Stagg Hike Honor Roll, on Troop 111's website (each adult's position (ASM, MC, etc.) and each Scout's rank, are needed for the postings). A writeup will be published in a future issue of Chainmail, and may be published in the NCAC's Scouter Digest.

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