



Tammany Trace Bike Ride



March 7, 2026

Salmen Nature Park (Not Camp VBar)

35122 Parish Parkway

Slidell, LA 70460

9:00-until....

Register at bsa-selacouncil.org

Event Description:

The Tammany Trace Bike Ride is open to all levels of Scouting. It is designed as a fun event that will allow all Scouts to participate and interact with each other. Younger Cub Scouts will gain knowledge of what it might be like to be a Scouts BSA in a few years and some of the activities that they participate in to earn Merit Badges. Cub Scouts will also be able to work toward the completion of various Adventures or Electives. Scouts BSA can work on the Cycling Merit Badge while at the same time helping the Cub Scouts to get to know Troops in the area and how they interact.

General Information:

Starting/Ending Point – Salmen Nature Park Picnic Shelter (Not Camp VBar)
35122 Parish Parkway
Slidell, LA 70460

Date - March 7, 2026

Time - 9:00 to ? (the park closes at 4:00 so you must have your car out by then)

Price - \$10/person (includes patch & trail snack).

Schedule:

9:00 – 9:30 Check-in

9:30 – 11:00 Safety Briefing, Program Activities & Merit Badge sessions

11:00 - Take to your Bike and Ride!

Ride Requirements:

ALL RIDERS MUST WEAR A HELMET

ALL RIDERS MUST WEAR CLOSED TOE SHOES

All riders must attend a session of the Safety Briefing to receive their patch and their trail snack.

Ride Options:

Plan for an approximate average of 10 mph and plan your times accordingly.

Lions/Tigers/Wolfs – Old Camp Salmen Park Loop – This trail loops around the park for approximately 1 mile. Scouts can have an easy ride and enjoy the park and other activities.

Bears/Webelos – Old Camp to the Slidell/Carollo Trailhead. This is a 2 ½ mile round trip.

Scouts BSA –

1. 10-mile ride:
 - a. Salmen Nature Park to Transmitter Road and back or
 - b. Park at Salmen and ride to South Pontchartrain Drive (this would require someone return to the starting point to retrieve the equipment vehicles).
2. 16-mile ride:
 - a. Salmen Nature Park to 12 Street (Lacombe) and back or
 - b. Park at Salmen and ride to the Mandeville Trailhead (this would require someone return to the starting point to retrieve the equipment vehicles).
3. 25-mile ride:
 - a. Salmen Nature Park to Fontainebleau and back (almost 27 miles) or
 - b. Begin at Salmen and ride to the Abita Springs Trailhead (this would require someone return to the starting point to retrieve the equipment vehicles).

Cycling Merit Badge:



Cycling Merit Badge counselors will be available at this event to help Scouts BSA work on elements 1-6 of the Merit Badge. Remember, for the Cycling MB, individuals must make two 10-mile rides, two 15-mile rides and two 25-mile rides, so participating in this event gives you one of those six required rides.

Cub Scouts:

See specific Rank books for requirements for each level



Lions On a Roll



Rolling Tigers



Wolves Pedal with the Pack



Bears On Bikes



Webelos Pedal Away



AOL Cycling

Other Activities:

Safety Briefing

Nature Hike around Old Camp Salmen with Joe Pavur

Crafts

Games

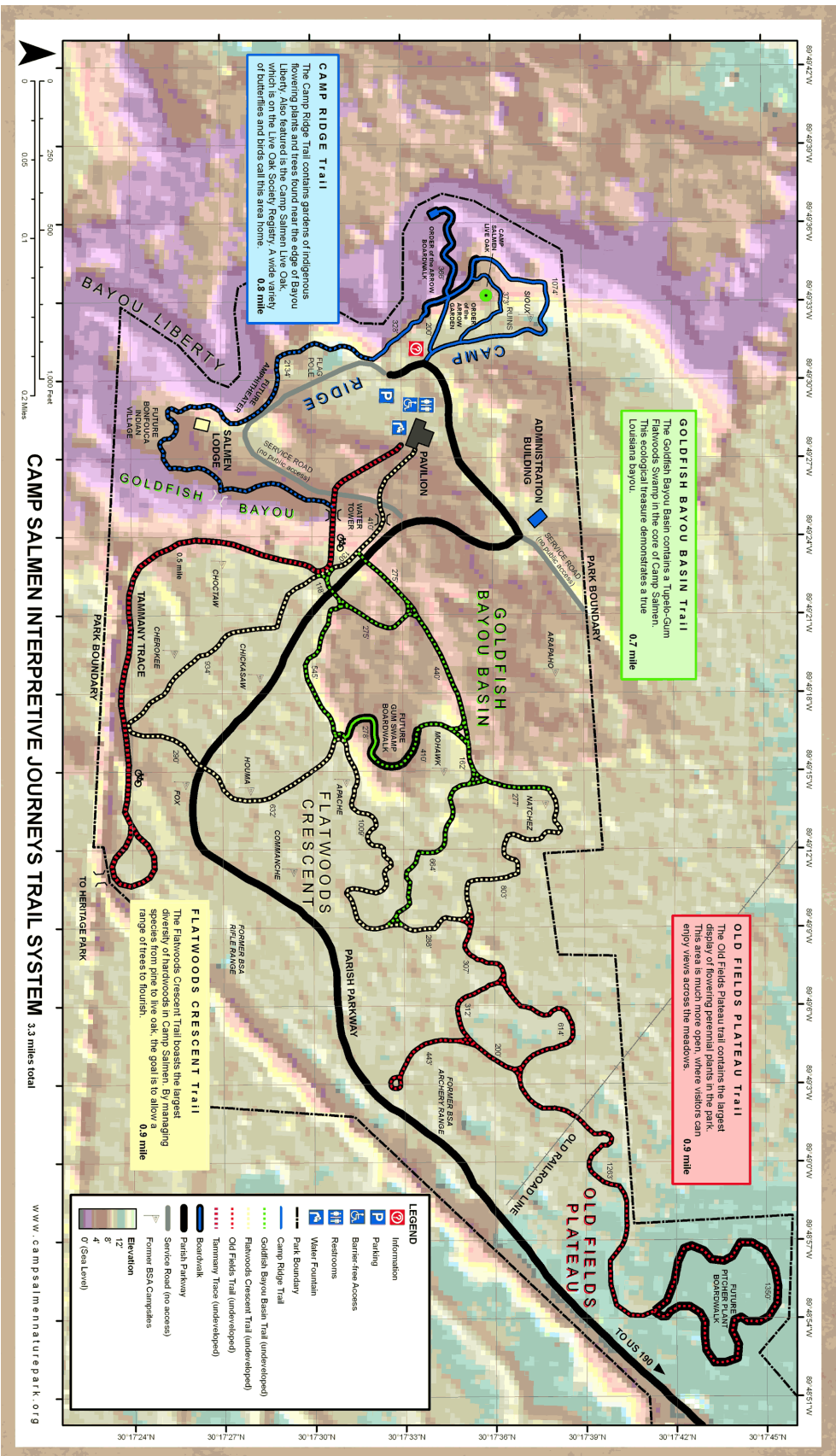
Additional activities from partner organizations

Additional information:

- Some assistance may be available to help shuttle vehicles to the “end” location if biking one-way.
- Note that the park closes at 4:00 so if you are taking one of the longer rides, you will need to be aware of your time constraints and plan on being back at the park before 4:00 to get your vehicles out of the parking lot.
- Scouting America Bicycle Safety link - <https://www.scouting.org/health-and-safety/gss/gss08/#j>

What to Bring:

- Bike
- Helmet
- Knee & Elbow pads (recommended but not required)
- Water (more than one bottle if planning one of the extended rides)
- Lunch – especially if you are planning on one of the longer rides. Units could plan a support vehicle at another stop along the Trace to have their lunch later in their ride or eat at Salmen Nature Park before they start.
- Snacks
- Bicycle pump (at least one member of the group should have a pump that is accessible in case someone gets a flat)
- Basic bicycle repair kit (at least one member of the group should have a kit that is accessible)
- First Aid Kit – small personal first aid kit in case of biking accident





Yield to Pedestrians



Ride in the Direction of Traffic



Do Not Wear Earphones While Riding



Use a White Headlight and Red Tail Light at Night. Wear Reflective Clothing and Safety Light



Stop at All Red Lights and Stop Signs

Bike Safety

How to Signal When Riding Your Bike



Look Over Your Shoulder

Look for cars and signal before making a turn or changing lanes. Double check to make sure it is safe to move.

Use Hand Signals

Tell drivers where you are going.

Be Careful Changing Lanes

Only change lanes if you need to turn. Signal left or right before you change lanes.

If You Feel Uncomfortable Merging or Turning

Pull over to the side of the road and wait until the cars have passed.

Wear a Helmet Whenever You Ride and Buckle the Chin Strap!



Make Sure it Fits Correctly



Don't Wear Backwards



Replace if Cracked



Don't Wear Tilted



No Loose Straps

Fitting Your Bike Helmet

Buy it. Fit it. Wear it.
EVERY RIDE!

The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: www.bhsi.org/.

STEP 1

Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

STEP 2



Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

STEP 3



Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

STEP 4



Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

STEP 5



Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

STEP 6



Final Fitting:

- A.** Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.
- B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
- C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
- D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.