

# **Welcome to Valley Forge!**

## **Arrowhead District Klondike Derby**

### **Saturday, February 7-8, 2020**

### **Pelham Fish & Game, Pelham, NH**

(BLD Rev 2, 12/12/19)

This year's Klondike Derby event will have you visiting Valley Forge, PA. This is where General George Washington spent a cold winter. And where you will be tested on your scout skill, spirit and teamwork.

Roughing it is part of the outdoor experience in the Granite State and there were volunteers from NH in the Revolutionary War. Can you live up to their example?

Again, this year the Freeze-out WILL BE WORTH POINTS and will take place on Friday 2/7/20; join the freeze-out veterans or try winter camping for the first time. Points are 2/Scout, to a maximum of 6 Scouts. (The club house will be open for warming in case of emergency.)

**Stay tuned for announcements from the OA for the OA Cafe!**

### **Registration and Payment**

In order to plan staffing levels and supplies, WE NEED YOU TO PRE-REGISTER using this [LINK](#) or the form on the last page of this packet. Give us your best estimate of the number of Scouts and sleds your troop will be bringing. We will be opening on-line registration in December. Details for online registration will be given out at the December roundtable.

In addition, if you **PRE-PAY by January 27, 2020, you will get a DISCOUNT OF \$3 PER SCOUT.** In the event of bitter cold (well below zero) or unsafe roads, the Derby will be cancelled or rescheduled. Your prepayment will be refunded, or you may apply it to the rescheduled Derby.

Klondike Derby costs:

Scouts \$9 each if paid by Jan. 27, \$12 each thereafter

Adults \$4 each (and you'll get a patch!)

**Stay tuned for announcements from the OA for the OA Cafe!**

**>>> Please Car Pool <<<**

## **Klondike Derby Schedule**

### **Friday, February 7**

**5:00 PM** Arrive for Freezeout, Register at HQ, get site assignment, Then setup your campsite.

**6-8:00 PM** Mac & Cheese dinner

**7:00 PM** Movie

**9:00 PM** Cracker Barrel

**10:00 PM** Taps

### **Saturday, February 8**

**7:00 AM** Reveille

**7:30 AM** Mayor's meeting

**7:30 AM** **Klondike Patrol Registration and Safety Checks open**  
You may move to your first station after completing both.

**8:45 AM** **Klondike Stations open**  
There will be a short flag ceremony at each station and in the administration building.

**11:30 AM** **Lunch Break – all stations closed**  
Remember to notify the mayor when you start cooking and of your progress during your preparation and cleanup.

**12:30 PM** **Stations reopen**

**3:00 PM** **Stations stop accepting new sleds**  
Patrols already working in a station may continue until 3:30.

**3:30 PM** **Stations close**  
Bring in your score cards before you pack up.

**4:30 PM** **Awards, depart after awards**

**4:45 PM** **Pick-up time – Let your parents know this is the time to be there to pick up their scout(s). However, we strongly recommend car-pooling. Parking is limited!**

## 2020 Klondike Derby

### General Rules

These rules apply for the entire Klondike weekend.

1. Everyone at the Klondike Derby site – Scouts, adults, workers, everyone – needs to file a medical form. [Med form part A & B are accepted](#). We will return your forms at the end of the derby with your patches.
2. Everyone on the course must be appropriately dressed. In particular, no Scout will be allowed on the course wearing sneakers or cotton jeans.
3. You are expected to abide by your Scout Oath, the Scout Law, and the Outdoor Code. Show respect to our hosts, event staff, and other Scouts.
4. There are no existing fire rings. To build a fire for competition, for lunch, or in your campsite, you **must use** a metal fire pan such as a trash can lid or wheelbarrow pan, and elevate it at least 6” off the ground with bricks, cinder blocks, or similar materials. A fire pan set on the ground scorches the ground and kills vegetation. When finished, make sure your fire is dead out, and **take the ashes away with you**.
5. SNOWBALL THROWING IS NOT ALLOWED. This is grounds for disqualification of the entire patrol, so help each other remember this rule!

### On the Course

1. Every patrol must have one sled. The sled must be at least 6 feet long from tip to tip and it must carry all of your Klondike Derby equipment. The patrol flag and Troop number must be displayed on the sled. Each sled to be limited to no more than 8 scouts.
2. In case there's no snow, your sled may have wheels, preferably detachable. You must have a way to keep your sled in control at all times, even on hills.
3. When you register, you will receive a list of stations. You must visit the stations in your assigned order.
4. Other than Klondike Staff, no adults are allowed to enter a station, or to communicate with any patrol inside a station.
5. It is the responsibility of the Patrol Leader to notify the Mayor of each station that his patrol has arrived and is ready to perform the task the Mayor has assigned for them. It is also the Patrol Leader's responsibility to check out with the Mayor and get his scorecard punched before leaving the station.
6. When Lunch starts, all patrols inside a station will prepare, eat, and clean up their lunch in that station. All patrols on route between stations will proceed to the next station and have lunch there.
7. **Before** starting to prepare lunch, the Patrol Leader must notify the Mayor of the station where you are located, to ensure that your efforts will be scored. The Patrol Leader is responsible for giving the Mayor the Scoresheet. See the sample Lunch Scoresheet in this packet to see what will be evaluated.
8. The Mayor of any station is the final arbiter of any conflicts concerning the scoring at that station. The on-site event chairman is the final arbiter of any conflicts concerning a patrol's overall score and ranking. Since no adults are allowed in stations, any arbitration must be initiated and conducted by the Patrol Leader.

## Equipment Lists

### Sled Specifications:

Here are some web sites with sled designs:

[http://scoutdocs.ca/Klondike/Klondike\\_sled\\_plans.php](http://scoutdocs.ca/Klondike/Klondike_sled_plans.php)

<http://inquiry.net/outdoor/winter/gear/sleds/>

Your sled must be at least 6 feet long from tip to tip and it must carry all of your Klondike Derby equipment. The sled may have wheels, preferably detachable. The Patrol flag and Troop number must be displayed on the sled.

### Patrol Equipment List:

- Patrol Flag – Must have Patrol Name, totem (animal, item, image), and Troop number.
- Two (2) notebooks and two (2) pencils or pens
- Hot balanced meal for each member of the Patrol (refer to the “Guidelines for Lunch’ section of this packet)
- Utensils for cooking
- Hot drink for each Scout
- Pot to heat water or cocoa
- Minimum of one (1) quart of water per Scout (2 quarts recommended)
- Adequate clean-up material for cooking and fire-building stations
- Soap to wash hands
- A portable stove, unless you are cooking lunch over a fire.
- Fuel, kindling, and tinder for **two** small fires, or **three** if you are cooking lunch over a fire.
  - Fires may use only natural materials (wood) - No charcoal, liquid fuel or gaseous fuel allowed
  - All fires must be built above the ground in a trash can lid, wheelbarrow body or similar fireproof fixture supported on bricks or cinder blocks - no ground fires
- Matches or fire starters (points may be available for alternative starting methods.
- **A trash bag for all wood, paper, garbage, ashes, etc. This is a pack in/pack out event!**
- Two (2) twenty-five foot (25’) ropes 1/4 " or more,
- Minimum of eight (8) six foot (6') or longer ropes. Rope must be properly whipped or spliced.
- Two (2) camp-style blankets
- Six (6) tent stakes
- Minimum of 6 staves six feet (6') long. You should have one for each Scout. Each staff must be able to support the weight of a Patrol member.
- One (1) tarp (trail tarp) or 10' by 10' or larger piece of canvas or heavy-duty plastic
- First Aid Kit to meet all requirements of first aid for First Class Scout - include materials for slings and splints
- Scout Handbook and/or Field Book

### OPTIONAL:

- Musical instrument which can be used for the Patrol cheer

### Equipment List for Each Scout

- Scout Spirit
- Proper footwear for snow and/or mud – NO SNEAKERS
- Layered clothing for cold weather activity – NO COTTON JEANS
- Folding pocketknife (No sheath knives allowed)
- Compass and whistle
- Cup and eating utensils
- High-energy snacks for morning and afternoon

## Directions to Pelham Fish & Game



### From the East

Take Rte 111 to Windham. At the corner of Lowell Rd, take it South. Left onto Cobbetts Pond Rd. At the "T" intersection, left onto 111A, Then right onto Marblehead Rd. Take that until it changes name at the Pelham line to 100 Simpson Mill Rd. Watch for Pelham Fish & Game on the left.

Follow directions to parking. Or use the QR code above.

### From the West

Take Rte 111 East to Windham. At the corner of Lowell Rd, take it South. Left onto Cobbetts Pond Rd. At the "T", left onto 111A, Then right onto Marblehead Rd. Take that until it changes name at the Pelham line to 100 Simpson Mill Rd. Watch for Pelham Fish & Game on the left. Or use the QR code above.

Parking is limited, so please carpool to the greatest extent possible.

## When You Arrive

### Freezeout on Friday:

Check in any time after 5:00 Friday night in the main building. You will then be shown where to set up camp.

### Derby on Saturday:

On your arrival your adult leader in charge and your SPL are to check in at the administration building. Here Unit and patrol registration will be verified, outstanding payments will be met and the SPL will be given sled check forms to be distributed to each of the sleds patrol leader.

Patrols will then present themselves and their loaded sled to the safety check station, located behind the administration building. Don't forget to bring your sled check form given to you by your SPL.

Safety Check opens at 7:30 AM. Here we will make sure you are properly dressed and equipped to enjoy the Klondike Derby safely. Scouts who do not have proper winter clothing and footwear will not be allowed on the course.

The sled patrol leader will take the completed Safety Check Form into registration and receive your starting orders.

After completing Safety Check, you will proceed to the first station, specified in your instruction, but you will not be allowed to start working at that station until 8:45.

## 2020 Klondike Derby

### Strategy Hints

At each station you will be given a task to complete. Make sure you understand what is expected, and ask questions if necessary. Take a bit of time to plan how you will attack the task.

Patrols that work together, with each Scout contributing ideas and effort, are likely to score better than patrols where some Scouts are left out.

Display your patrol flag, and use your patrol yell, at every appropriate opportunity.

Budget your time. There is enough time to visit every station, but only if you don't take too long at any one task. Sometimes you will do better to accept a partial score at a station where you're having difficulty, so that you can move on to complete other stations.

Lunch is a scored activity. If you are working in a station when the lunch period begins at 11:30, you will prepare lunch at that station after completing its task. If you are on the trail, you will prepare lunch at the next station you reach. In either case, **BE SURE TO NOTIFY THE MAYOR**, before you begin, that you will be making lunch in his station. Give him your lunch score sheet and tell him what your menu is and how you have divided up the work.

### Cold Weather Tips

Winter can be a lot of fun if you're properly prepared. Here's how:

1. **AVOID COTTON!** Cotton clothing absorbs moisture from your skin while you're active. When you stop moving, the damp cotton draws heat out of your body very fast. Instead of cotton, use synthetic long underwear, and wool-blend socks. These allow moisture to pass through, and stay warmer even when damp.
2. Dress in layers. You should have a wicking layer next to your skin, then one or more insulating layers, and a weatherproof shell layer on the outside. Multiple layers trap insulating air between them, and give you flexibility to adjust as temperature or activity levels change. Windproof and water-resistant shell pants and jacket with hood will help keep that warm air from blowing away.
3. Plan ahead for warm feet. Wear insulated winter boots or hiking boots that are large enough to wear two pairs of wool socks inside. If your boots (or any clothes) are tight, they'll reduce circulation, leading to cold spots.
4. "If your feet are cold, put your hat on." Keep your core warm so there's extra heat for your extremities. An unprotected head loses a great deal of heat, so make sure to wear a hat. Use a neck-warmer or scarf to protect your neck as well.
5. Mittens are warmer than gloves, because your fingers stay together. Wear thin liner gloves for tasks that need more dexterity, but keep your mittens on whenever possible.
6. Stay dry. Brush off snow before it melts on your clothing. Unzip or remove layers if you're overheating, so you don't soak your clothes with sweat. Carry extra socks in case your feet get wet (they can also be used as emergency mittens).
7. Watch each other for signs of frostbite or hypothermia, and take action as soon as you notice them.
8. Fuel your engine. Your body needs food to generate warmth, so eat a good breakfast, lunch, and supper, and carry high-energy snacks. Candy will give you a quick energy boost, but it is followed by a fast drop unless you add slow-burning protein, fats, or complex carbohydrates.
9. Stay hydrated. Your body needs plenty of water to pump the heat from your core to your extremities. In winter's dry air, you lose moisture without noticing it, so make an effort to drink – at least 1 quart in the morning and another in the afternoon. Plan lunch to include water too, as in a soup or stew.
10. Protect your food from freezing. Remember that cans may freeze in cold weather.

## 2020 Klondike Derby

11. Keep your water in wide-mouth bottles, and store them upside down, so that any ice that forms does not seal the opening.
12. White gas (Coleman fuel) works well for cooking in cold weather, but be careful not to spill it on your skin – its rapid evaporation can cause frostbite.

When camping in the winter, you don't have to worry about bugs, but you will need some special preparation.

1. Your sleeping bag should be rated to 20° F or lower – many Scouts find a 0° bag keeps them comfortable. A mummy bag is warmer than other styles because it allows less space for cold air to enter, and its hood surrounds your head. Synthetic fill bags are better than down, even though they're a bit heavier and bulkier, because they're not quite as useless when they get damp. The warmth of any sleeping bag comes from the dead air space it traps, so a thicker bag is generally warmer. You can make a three-season bag warmer by adding a wool or fleece blanket (on the inside, so it doesn't compress the bag's fill), or by adding an insulated liner bag or over-bag.
2. Use an insulating pad under your bag. The added comfort is nice, but the insulation provided by a sleeping pad is vital. A ½" closed-cell foam pad is an effective, inexpensive choice. Open-cell foam absorbs moisture, and compresses when you lie on it, so it does not make a good insulator. Air mattresses with hollow tubes are a poor choice, because the air inside circulates to draw heat out of your body. A self-inflating air mattress works well, because the foam inside keeps the air from circulating.
3. A small tent is warmer than a big tent, because the smaller volume is more easily heated by your body. Be sure your sleeping bag doesn't press against the sides of the tent, or it might get damp from condensation.
4. Change into dry clothes – from the skin out – before going to bed. The clothes you wore during the day are damp from sweat, even if you don't notice it. You'll want long underwear, and possibly one or more insulating layers, plus a warm hat and socks.
5. Remember that your sleeping bag doesn't add heat, it just preserves the heat your body generates. So go to bed warm, by eating a good hot meal and doing some light exercise before sliding into your sleeping bag.
6. A tightly-sealed Nalgene bottle full of hot water can keep you warm inside your sleeping bag. Make sure the bottle is dry and cannot leak.
7. Get up in the night if you have to. If you find you need to use the latrine at night, do it. Trying to hold on until morning will just make you cold and miserable.

## 2020 KLONDIKE DERBY GUIDELINES FOR LUNCH SCORING

Station \_\_\_\_\_ Patrol # \_\_\_\_\_ Total Score \_\_\_\_\_

### Lunch scoring is broken down into five categories: 20 points max

(NOTE: Highest score will likely be a hot lunch that has been prepped from home that requires small amount of clean-up and little waste.)

#### **EFFORT:** (5 points maximum, pro-rate as necessary)

##### **0 points: No Lunch**

**1 Point: "Whatever,"**; Main course is basically a bagged lunch with no cooking/heating required

**2 Points: "The Factory Made it,"**; Main course is Dinty Moore or Hot dogs, etc.

**4 Points: "Looks Like We Made it,"**; Main course took time, effort and planning to prepare (homemade beef stew, homemade soup, grilled cheese sandwiches, etc.)

**5 Points: "Home Cooking"**; Main Course is prepared by the patrol from ingredients, or fully cooked onsite with already prepared ingredients. Ingredients prepared at home are acceptable. Peeled potatoes. Par-boiled chicken. Pre-cooked bacon. Etc.

#### **COOKING:** (2 points each; 4 points maximum, pro-rate as necessary)

**2 points:** Main course, fruit/vegetable (real ones), dessert

**2 points:** Entree is heated through completely (mayor to test/inspect)

#### **THE DETAILS:** (1 point each; 5 points maximum)

**1 point:** A dining area is set up (table cloth, dry, clean places to sit, etc.)

**1 point:** A *respectful* grace is said before anyone starts to eat

**1 point:** A neat/legible duty roster is posted & each scout is assigned a task

**1 point:** The duty roster is FOLLOWED (scouts actually perform jobs they're assigned on the duty roster)

**1 point:** A neat, legible menu is posted (last minute menus on paper towels get a zero)

#### **CLEAN UP:** (select closest dish clean-up, 3 points max.)

**3 points:** "Full Clean Up" (dish/cookware/utensils washed and rinsed in hot water, grey water disposed of properly- (note: Full= proper, if no pots/dishes etc., proper clean up rules apply)

**2 points:** "Minimal Clean Up" (dish/cookware/utensils wiped clean and rinsed with water, grey water disposed of properly)

**1 point:** Lazy Man's Clean Up (dish/cookware/utensils wiped of excess food)

**0 points:** No Clean Up (dish/cookware/utensils packed away dirty)

#### **SITE CLEAN UP:**

**1 points:** No paper litter or spilled food on ground. All trash and garbage packed out.

#### **SCOUT SPIRIT:** (pro-rate as necessary)

**2 Points:** Patrol demonstrated Scout Spirit and can explain/give examples of how they did that.



# 2020 Klondike Derby Registration and Payment

Troop number: \_\_\_\_\_

Registering contact name: \_\_\_\_\_

Registering contact E-mail address: \_\_\_\_\_

Registering contact Phone: \_\_\_\_\_

In-charge adult leader at Klondike name: \_\_\_\_\_

In-charge adult leader at Klondike E-mail address: \_\_\_\_\_

In-charge adult leader at Klondike Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Number of patrols (sleds) attending:** \_\_\_\_\_

Number camping during Freezeout Friday night:

Patrols \_\_\_\_\_ Scouts \_\_\_\_\_ Adults \_\_\_\_\_

Number of Scouts attending: \_\_\_\_\_ × \$9 = \_\_\_\_\_

Late payment (after Jan. 27) #Scouts \_\_\_\_\_ × \$3 = \_\_\_\_\_

Number of adults attending: \_\_\_\_\_ × \$4 = \_\_\_\_\_

Total cost: \_\_\_\_\_

**Stay tuned for announcements from the OA for the OA Cafe!**

Make checks payable to "Daniel Webster Council"

**Envelopes with checks must be post-marked by 1/27/2020 to receive the \$3.00 discount**

Mail registration and payment to:

**Arrowhead DE  
Daniel Webster Council  
571 Holt Ave  
Manchester, NH  
03109**