

PHILMONT NEWSLETTER



Volume 1 / Issue 2

DID YOU KNOW?

Philmont is a working cattle ranch with 250 horses, 85 burros, 320 cattle, 140 buffalo, and 7 ponies. 300 tons of hay is produced each year.

In addition, Philmont has over 1,500 deer, 300 elk, 40-60 antelope, and 100-150 bears.



SUMMER WINDS DOWN, TRAINING HEATS UP

Hello all and welcome to Issue 2 of T146 Philmont Newsletter. I know I said this publication wouldn't come until September, however, there are a couple of items I wanted to cover before we get back into the swing of things in the fall.

1. Equipment Check – August is a good time to check your pack and boots. Our monthly hikes will begin in September with weighted packs so please start to think about what you will need. This is also a good time to check your boots. While you don't have to buy new boots now for our hike in 2022, you should plan to hike in the boots you are planning to bring to Philmont at least 5 times before the trip.

2. Individual Training – Please use the month of August to start individual training. Walking around your neighborhood with your school backpack filled with some books for weight is a good place to start – this way when we have our first hike in September, you will be prepared. Please see the last section of the newsletter for tips and best practices for training.

“To walk in nature is to witness a thousand miracles” Marie Davis

CURRENT PHILMONT ROSTER

Here is our list. I am hoping the one *tentative scout* confirms his interest, which will leave only one spot.

Adult 1	Brian Refici
Adult 2	Edward MacDonald
Adult 3	Dave Caserlla
Scout 1	Nathan Refici
Scout 2	Owen MacDonald
Scout 3	Anthony Caserlla
Scout 4	Sam Sadler
Scout 5	Sam Shefsky
Scout 6	Zander Boss
Scout 7	Alex Ribarov
Tentative Scout	
Open for Scout	

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FALL CALENDAR (TENTATIVE)

We are finalizing the Troop's fall calendar shortly and wanted to let you know the current "save-the-date(s)" for training hikes:

- Sept. 11 – Hike with weighted pack (target 20lbs – work on it in Aug!)
- Oct. 10, 11 - Columbus Day weekend – overnight on trail with equipment
- Nov. - TBD

UPCOMING PAYMENT DATES

Below is a schedule of upcoming payment dates. We are still researching fundraisers to help alleviate the costs, however, those will most likely be in place in the spring. We will also book airfare and transportation in early 2022 for the "total cost" per scout. Please bring payment made out to Troop 146 when we meet again in September and let either Dave or I know if the upcoming payment schedule may be problematic.

Description	Individual Amount	Total Amount
Total amount per person	\$1,295.00	\$15,540
Amount due – Oct. 1	\$722.50	\$8,670
Amount due – Mar. 1	\$572.50	\$6,870

TRAINING BEST PRACTICES

Start with Steady-State Cardio

Prioritize steady-state cardio—focusing on off-feet activities like rowing and cycling is particularly beneficial for beginners. Training hikes will produce a fair amount of impact on the joints, but these activities won't overload them. Experienced backpackers looking to maintain their post-trail fitness might consider doing something more intense, like trail running, to stay conditioned. Running and stair climbing are other options to consider if you already have a solid fitness base and your joints can take the stress. Remember: hiking calls for steady cardio endurance. As a general guideline, Welton recommends aiming for at least 30 to 60 minutes of endurance training twice a week, in addition to practice hikes.

Add Resistance Training to Prevent Injury

Exercises like lunges, squats, and planks will prepare your muscles, bones, and connective tissues to handle the stresses of the trail. "For hiking, you should focus on lower weight and more reps to hit the endurance fibers in the muscles," Cadorette says. Welton recommends two or three 30-to-60-minute sessions per week.

Don't Skimp on Recovery

Remember to schedule time—an entire day at minimum each week—for physical and mental recovery amid all this preparation, especially if you're not in the best shape. On the trail, carry a tennis ball to roll out hip flexors. Foam rolling is also beneficial. And at least once per week, you should take the time to stretch your whole body, particularly the calves, hips, quads, and hamstrings.

