



The Liberty Training Rifle

Building Rifleman Skills on a Budget



Participating in Appleseed does not require an expensive rifle or ammo. A cheaper-shooting alternative to the traditional centerfire rifle is the .22 rimfire "Liberty Training Rifle".



Here is a summary of the basic components you will need for the relatively simple task of building an LTR.

The Ruger 10/22 rifle is a good choice because of its low price, accuracy and many available aftermarket parts, but you can also use a Marlin 795 as a good rifle to start with. Both rifles out of the box are more accurate than the skills of most shooters. In fact many Appleseeders have earned their Rifleman Qualification with a standard factory 10/22 or Marlin. The essentials of creating an LTR comprise adding sling swivels along with a US GI style sling and adjustable sights. If you want to go further, consider a quick magazine release.



The US GI military sling is adjustable making it easy to use in the hasty and loop sling positions, and it significantly increases the accuracy of any shooter. Many shooters are amazed at the difference it makes. Starting with a wooden stock begin by installing swivel studs (already present on the Marlin). Install the studs one inch from the forend and buttstock. Drilling a pilot hole

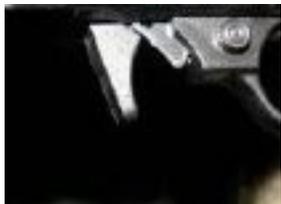
will make for easier installation. Using red Loctite will create a solid connection before adding Quick-Detachable (QD) 1¼" swivels.

Installing a set of Tech Sights (<http://www.tech-sights.com/>) will provide a longer sighting radius and increased adjustability to dial in your shots as your skills improve. They mount directly to the rifle using existing holes requiring no additional hardware. These sights will provide easy wind and elevation adjustments and the sight picture is similar to the M1 Garand, Springfield M1A and the AR-15 rifles. Picking up an inexpensive AR-15 sight adjustment tool will provide the quickest way to adjust these sights.



Iron sights are recommended for Appleseed. You generally do not need a scope, because it is not important for the target to be sharp and clear visually in order to hit it. However, scopes are easy to adjust for windage and elevation, and some shooters will definitely benefit from use of a scope. They are also easily added to your rifle, replacing factory sights which are both

hard to use and hard to adjust. For those shooters a 3×9×32 AO or 4X AO .22 scope will be very useful. The Adjustable Objective is an important feature as most shooting at Appleseed events is performed at 25 meters. In a pinch, you can get along with a regular scope, if that's all you can find.



Because of the rapid tempo of some Appleseed exercises, replacing the factory magazine release on the Ruger 10/22 is the first update done by most people. There are many styles to choose, from inexpensive polymer to custom aluminum. They all work the same, the choice is yours.

Ruger factory magazines have been found to be very reliable. You should plan on bringing 3-5 magazines to an Appleseed. Most shooters are pleased to discover that inexpensive rim fire ammo works adequately in most Liberty Training Rifles. Buy some 50 round sample packs to discover your rifle's preference before buying in bulk. Picking up a .22 cal. bore snake and some cleaning supplies will complete your training toolkit. The most important part of your rifle to keep clean is the CHAMBER. Always wipe any oil out of the chamber and barrel before firing the first shot!

For more information visit <http://www.appleseedinfo.org>

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