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BLACKSBURG, VIRGINIA

4-H BICYCLE RECORD
FOR UNIT 1

YOUR BICYCLE AND YOU



For Year 19 _____

Name _____ Age on Jan. 1 _____ Extension Unit _____

Years in 4-H _____ Years in Bicycle Projects _____

Name of 4-H club _____

4-H Leaders' Name _____

Extension Division
VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY
Reprint March 1979

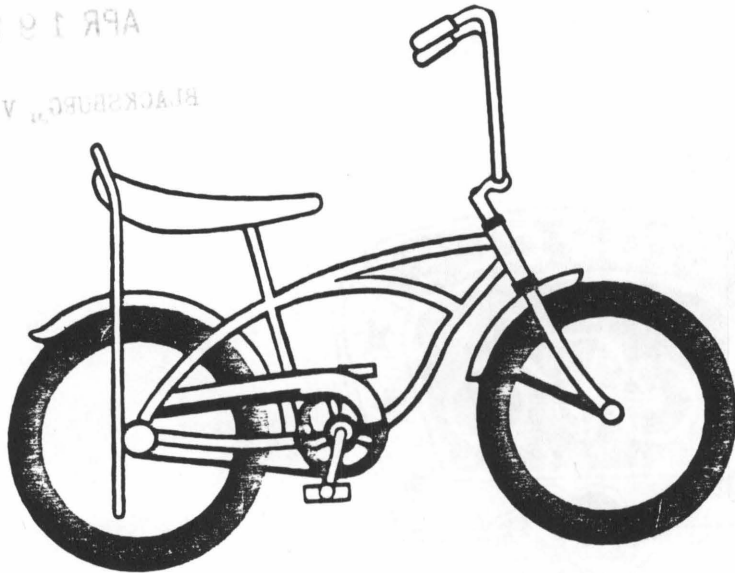
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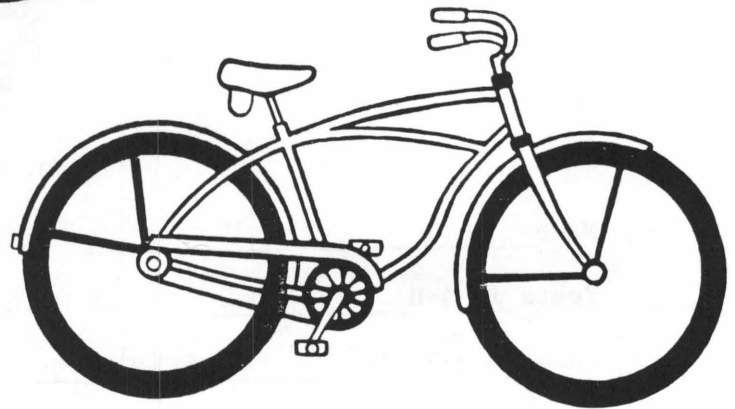
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. W. R. Van Dresser, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State College, Petersburg, Virginia 23803.

TYPES OF BICYCLES

There are three basic types of bicycles. They are:



a) _____



b) _____



c) _____

There are many novelty bikes. Two are the "high wheeler" and tandem. Draw a picture of each of these bikes.

Tandem

High Wheeler

BIKE DRIVING IS FUN

1. I learned that the bicycle can be used for

- a. _____
- b. _____
- c. _____

2. I have the following responsibilities when using my bike.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

GETTING TO KNOW YOUR BIKE

My bicycle:

color _____

serial number _____

brand _____

size _____

type _____

1. What general type of bicycle is a ten speed?

2. My bike has several safety features. Six safety features that I have checked and serviced this year are:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

3. The correct air pressure for the tires on my bike is _____ pounds per square inch.

4. The size of the tires on my bike are _____ inches by _____ inches.

5. Bicycle parts:

I learned that the front wheel assembly has several parts. Four of these are:

- a. _____
- b. _____
- c. _____
- d. _____

6. I always take good care of my bike. To be safe, I have checked the following parts the number of times indicated.

	Weekly	check () Monthly	Yearly
a. Handlebars (checked for looseness)	_____	_____	_____
b. Front forks (checked for looseness & wear)	_____	_____	_____
c. Front hub (looseness and wear)	_____	_____	_____
d. Crank assembly (for looseness)	_____	_____	_____
e. Rear wheel cones (for looseness)	_____	_____	_____
f. Pedals (looseness & wear)	_____	_____	_____
g. Tires (pressure, cuts, wear)	_____	_____	_____
h. Valve stems (are they straight?)	_____	_____	_____
i. Saddle (looseness and height)	_____	_____	_____
j. Spokes (broken or loose)	_____	_____	_____
k. Chain (oiled, loose, worn)	_____	_____	_____
l. Front wheel (does it wobble?)	_____	_____	_____
m. Rear wheel (does it wobble?)	_____	_____	_____
n. Brakes (do they work well?)	_____	_____	_____
o. Light (does it work?)	_____	_____	_____
p. Reflectors (clean, broken or missing)	_____	_____	_____
q. Gears (clean, oiled, worn)	_____	_____	_____
r. Bell or horn (does it work?)	_____	_____	_____
s. Kick stand (does it work?)	_____	_____	_____
t. Lock and chain	_____	_____	_____

7. In Virginia, a bicycle, by law, is a vehicle and the driver must obey the same rules as a _____ driver.
8. The light on the front of my bike should be bright enough to be seen for _____ feet (that is nearly twice the length of a football field).
9. The rear reflector must be visible for a distance of _____ feet.
10. Below I have drawn pictures showing how to signal for a left hand and right hand turn.

left hand turn

Right hand turn

11. I have learned to recognize traffic signs by their shape and color. I have sketched the signs asked for in the squares below.

Stop Sign
Color _____

Railroad Crossing
Color _____

Warning Signs
Color _____

Yield
Color _____

12. I drove my bicycle approximately:

	Hours	For Pleasure	On Business	Other
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				

15. Rearrange the following letters to make words that relate to bicycles

- a. lelb _____
- b. nabelhrads _____
- c. ronh _____
- d. nihac _____
- e. kerabs _____
- f. lsdaed _____
- g. sladep _____

16. Six conditions are present in every driving situation. They can be favorable or unfavorable and accidents can occur unless drivers adjust to them properly. Beside each condition, explain how each could cause an accident.

a. light conditions:

b. weather conditions:

c. road conditions:

d. traffic conditions:

e. bicycle condition:

f. driver condition:

17. Bicycle Games

A. Drop in the Bucket

This game is designed to improve bike driving skill. Eight buckets or cans are arranged in a row 15 feet apart. Participants drive their bikes down the row and try to drop a marble (pebbles or nuts can be used) in each bucket without stopping their bikes.

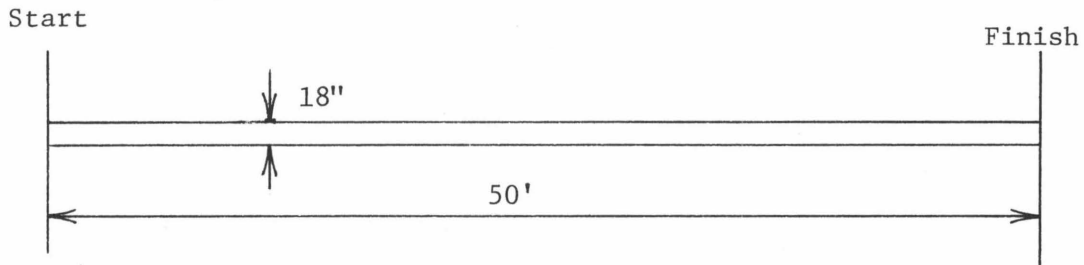
The event is scored by allowing 5 points for each hit. Record the time for each participant. In case of a tie, the one with quickest time wins.



Buckets or cans are spaced 15' apart, participants toss marbles in cans as they ride by.

B. Slow & Straight Races

This race is designed to test the bike drivers skill at balancing while going very slow. Two 50-foot lines are spaced 18" apart. Time is recorded and the objective is to drive between the lines without touching them and to be the slowest going the 50 feet. However, penalty points are assessed for wheels touching the lines, for stopping, for drivers foot touching the ground and for falling with the bike.



Scoring and description of driving mistakes

	Tot. # of Mistakes	Pts./ Mistake	Tot. Penalty Points
1. Either bike wheel touching either boundary line	_____	x 1 =	_____
2. Driver's foot touches the ground	_____	x 2 =	_____
3. Driver stops the bike	_____	x 3 =	_____
4. Driver falls with bike	_____	x 4 =	_____
Total Penalty Points			_____

One penalty point is cancelled for each second driver takes to complete the course.

Time _____ seconds

Final score equals total points - time in seconds.

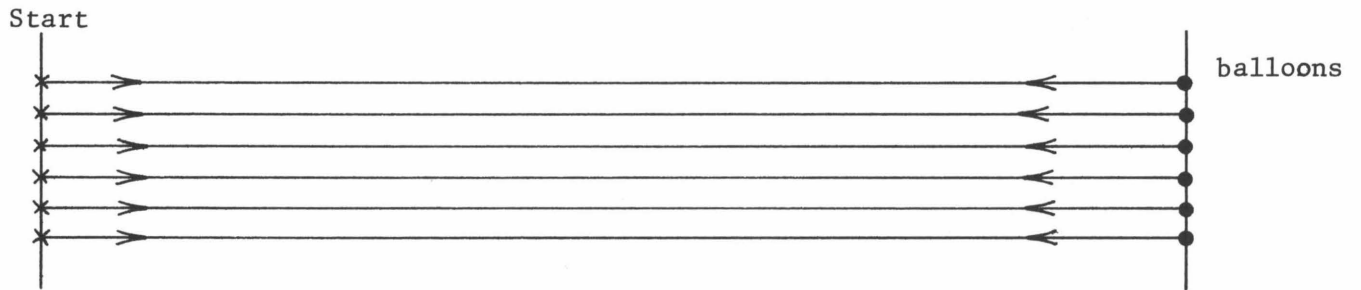
score = points - seconds

_____ = _____ - _____

Participant with lowest score wins

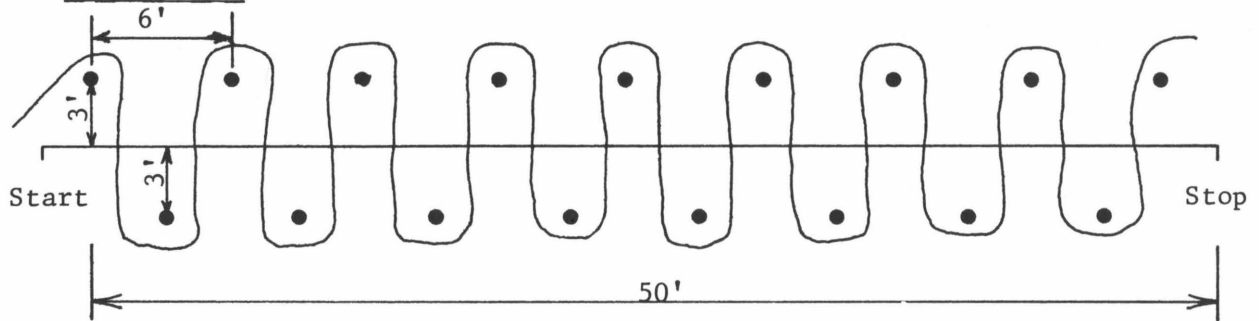
C. Drive and Blow Race

This race is to test driving skill and lung power



Participants with bikes at starting line, race the 100 feet to a balloon, dismount and inflate the balloons. After they "burst" the balloon, they remount and return to the starting line. The winner is the first to cross the finish line.

D. Slalom Race



The slalom race is designed to test a driver's balancing skill in an alternating situation.

Scoring for Slalom

	No. Times Mistake Was Made	Penalty Pts. for Each Mistake	Total Penalty Points
1. Markers touched by bike or driver	_____ x	_____	= _____
2. Markers knocked over	_____ x	_____	= _____
3. Driver touches surface with foot	_____ x	_____	= _____
4. Driver stops bike	_____ x	_____	= _____
5. Driver falls with bike	_____ x	_____	= _____
6. Total time to complete in seconds	_____ x	_____	= _____
Total Penalty Points			_____

Lowest score wins.

E. Balloon Bursting Race



Inflated balloons are weighted to the ground at 10' intervals, with small stones. Drivers try to burst balloons with bike wheels.

Scoring:

	No. of times Mistake was Made	Penalty Points for Ea. Mistake	
1. Driver touches foot down	_____ x	2	= _____
2. Driver stops bike	_____ x	4	= _____
3. Driver falls with bike	_____ x	5	= _____
4. Doesn't burst balloon	_____ x	10	= _____
5. Time to complete course	_____ x	1	= _____

18. Below I have listed 6 points to remember about safe bike driving.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

19. FUN ON WHEELS

(A story about some interesting things I have done with my bike)

