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4-H BICYCLE RECORD
FOR UNIT II

MAINTAINING YOUR BICYCLE



For Year 19 _____

Name _____ Age, Jan. 1 _____ Extension Unit _____

Years in 4-H _____ Years in Bicycle Project _____

Name of 4-H Club _____

4-H Leaders Name _____

Extension Division
VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY
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ADJUSTMENTS AND REPAIRS YOU CAN MAKE

8. I have the following tools which I use for working on my bike.

_____ open end wrenches (give sizes _____)

_____ box end wrenches (give sizes _____)

_____ adjustable wrenches (give sizes _____)

_____ tire pressure gauge (pressure range _____ psi)

_____ bicycle tire pump

_____ hammer (ballpeen)

_____ screw drivers

_____ special chain tool (for chains on derailleurs)

9. I plan to purchase the following tools to help service bikes:

_____, _____, _____,

_____, _____, _____

10. Some bikes require metric tools. Some metric and inch sizes are close such as 10 mm and 7/16 inch; 13 mm and $\frac{1}{2}$ -inch, 14 mm and 9/16-inch.

11. Explain how to service a chain.

12. Explain how to service and adjust pedal crank bearing cones. How do you lubricate them?

13. Explain how to service and adjust front wheel bearing cones. What kind of lubrication does your operators manual recommend?
14. Explain how you adjust and lubricate head bearing cone.
15. What type of brakes does you bike have? What does the owner's manual recommend about servicing and adjusting brakes?
16. Plan a bike hazard hunt. Pick out a bike route with the aid of your 4-H leader and/or local police. Make note of all the potential hazards to bike drivers. Then get several bike drivers together to ride this route and keep notes of all the hazards they find. Keep score and see who can find the most.
- a. How long was your bike route _____?
 - b. How many hazards did you find _____?
 - c. List the hazards here

- d. How long did it take to ride the route? _____
- e. Did you let leaders or parents know where you were going and approximately how long you would be gone? _____ (yes/no)
- f. Did you report hazards to local authorities or persons concerned? _____ (yes/no)

17. I have given the following talks or demonstrations on bicycles:

Topic	Date	Place	Group	Remarks

18. I made the following posters and exhibits about bicycles:

Title of poster or exhibit	Where it was shown

19. Write a story indicating how driving your bike has been "fun on wheels".

19. (Continued)

BIKE QUIZ

- T F 1. A bicycle is a vehicle. By law in Virginia a driver must ride the bike on the right hand side of the street or road.
- T F 2. Pedestrians do not have the right of way in crosswalks.
- T F 3. Night driving without a headlight and rear light or reflector is unsafe and unlawful.
- T F 4. Bicycle drivers hitching a ride on another vehicle can easily have an accident.
- T F 5. Bike drivers should give hand signals when stopping or turning.
- T F 6. Blue is a good color to wear when biking after dark.
- T F 7. Light conditions can cause an accident.
- T F 8. The condition of the bike can cause an accident.
- T F 9. Weather conditions can cause accidents.
- T F 10. Driver conditions can cause accidents.
- T F 11. Traffic conditions can cause accidents.
- T F 12. Road conditions can cause accidents.

- T F 13. Cyclists should ride at least 3 feet away from parked cars.
- T F 14. The headlights of a bicycle should be visible from at least 500 feet.
- T F 15. A good bicycle never really needs greasing and oiling.
- T F 16. Even a skilled driver should walk his bike through an intersection with heavy traffic.
- T F 17. Saddle and handlebars should be adjusted to drivers height.
- T F 18. When passing a slow moving car going in the same direction, you should pass to the left.
- T F 19. Bicycle drivers should observe and obey all traffic signs, stop signs and signals and other traffic control devices.
- T F 20. You can drive a bike, but not a car, in either direction on a one way street.

20. Service Record

Dates Serviced this year	Job
_____	chain
_____	pedals
_____	chain wheel
_____	tires, cuts, air pressure
_____	replaced tires and tubes
_____	front wheel bearing cones
_____	rear wheel bearing cones
_____	pedal crank bearing cones
_____	spokes
_____	gears
_____	derailleur
_____	brakes
_____	lights
_____	reflectors (cleaned or replaced)
_____	bell or horn
_____	washed and waxed
_____	lubrication of moving parts

