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4-H BICYCLE RECORD  
FOR UNIT III

ENLARGING YOUR CYCLING WORLD



For Year 19 \_\_\_\_\_

Name \_\_\_\_\_ Age, Jan. 1 \_\_\_\_\_ Extension Agent \_\_\_\_\_

Years in 4-H \_\_\_\_\_ Years in Bicycle Project \_\_\_\_\_

Name of 4-H Club \_\_\_\_\_

Name of 4-H Leader \_\_\_\_\_

Extension Division  
VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY  
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BICYCLE SAFETY

- 1. \_\_\_ Yes \_\_\_ No I have read and have handy my bicycle owners manual.
- 2. \_\_\_ Yes \_\_\_ No I have reviewed Units I & II of the 4-H Bicycle Program.
- 3. a. My Bicycle serial number is \_\_\_\_\_.
- b. My Bicycle license number is \_\_\_\_\_.

Register your bike with local police. This will help if it is lost or stolen.

- 4. I have helped younger 4-H'ers and bike drivers learn the following safety rules:  
(List)

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- 5. Since over 800 young people are killed yearly in bicycle accidents, try to encourage bike drivers to service and repair their bikes. Help teach bike safety by personally helping others. List what you have done to improve bike safety.

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- 6. Safety is important in my community. I have helped with or initiated the following community bicycle safety programs.

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7. I take a lot of pride in my bike and it has a certain personality. I have made my bike different from others by doing the following:

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PAINTING & CUSTOMIZING

8. When I painted my bike, I read directions on the can as well as getting advice from hardware stores and paint shops. In order to get the bike ready to paint I did the following:

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9. The type of paint I used was \_\_\_\_\_. I had to take the following precautions when using it:

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10. When I customized my bike, I did the following:

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SAFETY AND MAINTENANCE RECORD

11. Tires are important safety devices. In talking with tire dealers and reading manufacturers literature I have learned things about tires such as:

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12. Explain how to clean and adjust bearings.

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13. Draw and label the parts of a front wheel hub assembly.

14. Wheel spokes need to be serviced to help maintain control of the bike. Several spoke patterns are used when installing spokes in a wheel. Ask a bike service shop about spoking wheels. Explain how to respoke a wheel.

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15. Bike trips are fun, if planned properly. Plan a trip. Include a map outlining the route, the distance, and the time required to complete the trip. Include your leader in the planning, make sure you plan for food, repairs, rest stops, first aid kits. You are a senior bicycle 4-H member so it is your responsibility to make things safe for younger drivers. List below the plans and details your group has made in preparation for a bike trip. (You may attach maps, etc.)

16. Outline below the leadership roles you have played for your 4-H club and community.

a. Talks and Demonstrations given:

Topic	Date	Place	Group	Remarks (Number hearing you, etc)

b. Posters and exhibits:

Topic	Date	Place Displayed	Estimate No. Seeing it

c. Bike meets (e.g. safety inspection, bike hikes, etc.):

Type of meet	Date	Place	Remarks

17. Develop a cross-word puzzle on bicycle safety that you could use with younger bicycle drivers to make them aware of good safety practices. Include the puzzle design and the questions for across and down that must be answered to complete the cross-words.

