



# OUTDOOR **RECREATION** AWARD

## PROJECT: **BIKING**

### GOALS

**A. BIKING PREP:** Complete all of the biking skill tasks.

**B. BIKE RIDE:** Plan and complete a bike ride that is at least one mile long.

### **A. BIKING PREP**

Complete the 3 activities below to prepare for your ride. Biking is a wonderful sport that offers speed and exercise. Once you learn how to ride a two-wheel bike, you gain opportunities to ride longer distances and to go to fun places all over your town.

#### **Part 1—Bike Laws**

Locate your states biking laws to learn the “rules of the road.” Use one of the websites below or research on your own. Write down any rules for under-age-18 bikers as well as general rules of the road.

- [bikeleague.org](http://bikeleague.org) (Select Making Biking Better > Bike Laws > State Bike Laws)
- [bicycledriving.org/law/state-laws](http://bicycledriving.org/law/state-laws) provides direct links to your state laws

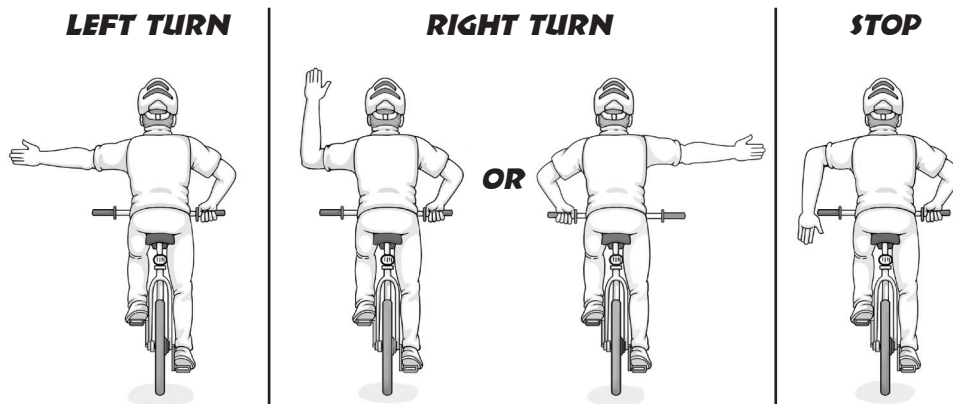
#### **Part 2—Adjust Your Bike**

Ask for coaching from a friend or family member for key skills you will need to prepare for a bike ride.

- Air in Tires:* Learn how to add air to your tires if your air pressure gets low.
- Adjust Seat:* Learn how to raise and lower your seat. Many hybrid bikes have simple levers that are easy to operate. Others require a screwdriver or simple tool to loosen the seat.
- Putting the Chain Back On:* If your chain slips off mid-bike ride, ask for help learning how to put your chain back on.

#### **Part 3—Bike Hand Signals**

Learn biking hand signals to show others on the road your intentions. Practice these while biking around your neighborhood with a friend or family member to make them second nature.





## **B. BIKE RIDE**

1. Pick a fun destination: a park, your school, the local pool, a friend’s house, or a local discovery center or farm.
2. Get your parent’s permission before planning your route.
3. Choose a friend or family member to go with you. Never take a long bike ride alone without your parent’s permission.
4. Plot your route using a bike map or search for directions on the web. You can use the “bike” feature of *google.com/maps*. To find a route, enter in a beginning and end destination, and change the transportation type to “bike” instead of car. The app will create a suggested bike route using trails and bike friendly roads. You can also typically find a map of local bike routes at your local sporting goods store or visitor’s center.
5. Have fun! Be sure to drink plenty of water and take breaks if needed. Enjoy your bike ride and be safe!

### **Things to Bring:**

- bike
- helmet
- bag with air pump, water, snacks, map, and sunscreen
- sunglasses

## **RESEARCH MORE**

- Look for local events at a sporting goods store in your area.
- Attend bike maintenance classes.
- Visit a local cycling store and ask for information on biking destinations.

*My child has successfully completed the Project Goals for the topic–**Biking**.*

Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Complete SIX projects to earn your RECREATION award)*