Colorado State University Extension

4-H

BICYCLE

General/Natural Resources Projects

Do you love to bike around the neighborhood? Have you had to fix a flat tire on your bike? Would you like to learn the proper hand signals to use when riding your bike? Are you ready to see the world's colors whiz by and feel the wind in your face? Then this is the project for you.

This project is designed to help young people learn bicycle care, maintenance, safety and related community issues and develop life skills.

Unit 1 - Bicycling for Fun Beginners Jr./Int./Sr	Unit 2 - Wheels in Motion Jr./Int./Sr.	Unit 3 - Self-Determine Ints. and Srs. only
This unit is designed for members with little or no experience. Members may stay in this unit for two years. Members will accomplish the following learning experiences: • Body Protection • Protect Your Noggin • Getting to Know Your Bike • Your First Bike • Just the Right Fit • Finding Your Groove • On Your Bike • Braking and Stopping • Is the Coast Clear? • Sign Language • Scanning the Area • Taking Turns • Be Road Smart • How Do I Get There?	This unit is designed for members that have some experience with a bicycle. Members will accomplish the following learning experiences: • Comparison Shopping • Pressure Checkup • Patch It • Chain Overhaul • Putting on the Brakes • Know Your Terrain • X Marks the Spot • Traffic Manners • Shifting Gears • Emergency Turns • Shifty Maneuvers • Dark and Stormy Riding • Fueling the Engine • Career Cyclist • Making a Difference	This unit is designed for the more advanced bicyclist who has more experience. This is an independent study. This is for intermediate and senior members only (11-18 years old). Members will need to do the following: • Select a topic of interest • Define the topic • Develop a plan of action • Carry out the plan • Evaluate the plan

Resources

- Unit 1 - Bicycling For Fun (MC0251) Jr./Int./Sr.
- Unit 2 -Wheels in Motion (MC0252) Jr./Int./Sr.
- Bicycle Helpers Guide (LC0250) for Units 1 and 2
- Unit 3 - Self-Determine Guide (MT330B) Int./Sr.
- Don't Get Stuck: Fix it - Video (MC0253V)
- Don't Get Stuck: Fix It - DVD (MC0253D)
- Exhibit Requirements
- Bicycle e-Record
- Bicycle Project Tip Sheet
- Bicycle Score Sheet

Leadership Suggestions

- Plan and participate in cycling activities and events
- Help the project leader organize a bike rodeo for the club
- Help another person fit a helmet
- Attend state-wide 4-H events such as Youth Fest, CLC, LDC or State Conference

Demonstration Ideas

- Demonstrate safe cycling skills and equipment
- Repair and maintain a bicycle
- Demonstrate the right bike size
- Conduct an ABC Bike Check
- Look in the manual for more ideas

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. Colorado State University Extension programs are available to all without discrimination. To simplify technical terminology, trade names or products and equipment occasionally will be used. No endorsement of product names is intended nor is criticism implied of products not mentioned.