PEDAL PUSHER

“She who succeeds in gaining the mastery of the bicycle will gain the mastery of life.” —Susan B. Anthony

Bicycling gives you a chance to discover new places, to be outdoors, to strengthen your body, and to have a good time.

THINGS TO KNOW AND DO

Complete the ★ Tasks, plus the number of tasks listed in each section.

Task 1

Complete the following task.

Before riding your bicycle, show that you know these seven basic safety rules.

1. Ride on the right-hand side of the road.
2. If you are riding with friends, always ride single file.
3. Do not ride on the sidewalk. Obey all traffic laws, just as cars do.
4. Always look ahead and be alert for possible dangers.
5. Never carry passengers or packages that could interfere with your vision or ability to control your bicycle.
6. Ride defensively.
7. AVOID gravel, sand, wet or icy roads, wet grass, ruts, curbs, drain grates, bumps or potholes in the road and riding too close to parked cars.

— AND —

Demonstrate the following:

• Stopping the bicycle properly without placing your foot on the ground
• Using the gears, if your bicycle has gears
• Using the horn or bell
• Using the light
• Using hand signals for a left turn, right turn, and stopping
Task 2
Complete the following task.

Does your state have bicycle safety laws? To find out, log on to www.bikeleague.org/content/state-bike-laws-0 and check the state-by-state listing.

Does your state or town require you to register your bicycle? Check with your local police department to find out. If registration is required, show your leader evidence that you have done so.

Task 3
Complete the following task.

Be sure your bicycle is in good working order. With the help of a qualified person, check, adjust or repair the following:

- The saddle or seat should be adjusted so it is comfortable for you. When you are seated, you should be able to reach the ground with one foot without tipping the bike. The seat should be fastened tightly to the frame.
- Handlebars should also be comfortable for you. They should not slip. The grips should fit snugly and be replaced when worn.
- Brakes should be securely fastened to the frame. They should stop the bike smoothly and evenly without wobbling. Wheel nuts should be tight.
- Spokes should be tight. Make sure to tighten any lose spokes. Replace any broken ones.
- Keep all the fender nuts and bolts tight.
- Headlight must be visible for 500 feet for night riding. If you do not have a good light, do not ride at night.
- Rear reflector must be visible for 300 feet.
- Inflate tires to the proper pressure.
- The correct pressure is usually stamped on the side of the tire. Tire air valve should stick straight out and not leak air. Check the tires frequently.

Task 4
Complete the following task.

Go on a bicycle ride that is at least 3 miles round-trip. Follow a bicycle trail, use a local map, or go online to find a route that allows you to avoid major streets and highways. Choose a destination that is interesting and fun. Bring along a lunch and invite some friends to join you.

- Demonstrate how to patch a tire.
- Remove any glass, pebbles or anything else that might become embedded in the tire tread. Replace worn tires.
- Bell or horn should be loud and clear.
- Kickstand should not be loose or wobbly.
- Clean the parts of your bike with a damp cloth so they shine.
1. WHETHER YOU CHOOSE A ROAD BIKE, MOUNTAIN BIKE, HYBRID, OR CRUISER, IT IS IMPORTANT TO BUY THE BICYCLE THAT WORKS BEST FOR YOU.

Check out different styles and decide which is the best for you based on fit, your skill, the type of riding you will do and price. You are not required to purchase a bike for this activity, but you should understand how to select the right bicycle when you are ready to buy one.

2. PROTECT YOUR BICYCLE.

Know how to protect your bicycle from theft:

- Learn about the different kinds of bicycle locks that are available. If possible, purchase one and use it regularly.

- If your bicycle is stolen, the registration information will help police to find it.

Keep a record of the following information about your bicycle:

**MY BICYCLE**

Make/Brand __________________________________________

Model/Serial Number ____________________________________

Other Details __________________________________________

- If your family has homeowners or renters insurance, the agent can help you file a claim. Contact them if your bicycle is stolen.

3. RIDE YOUR BICYCLE IN A PARADE.

Decorate your bike according to the theme.

1. BEFORE BEGINNING A CYCLING PROGRAM, IT IS IMPORTANT TO BE IN GOOD PHYSICAL SHAPE.

Learn at least five exercises, stretches, or a combination of the two that you can do to prepare your muscles for riding a bicycle. Practice daily for a few weeks before you begin to ride, and then continue to workout while you begin riding short distances. Increase the exercises as you gradually build up to a longer ride.

Log on to www.livestrong.com/article/95132-bike-riding-exercises/#page=1 to find instructions for exercises you can try.

2. INTERVIEW A SPORTS OR PHYSICAL THERAPIST.

Learn which types of injuries are most common in bicycling.

- How long does it typically take to recover from each of these injuries?

- What suggestions can they share for avoiding injuries?

3. AFTER YOU ARE CONFIDENT IN YOUR RIDING SKILLS, PLAN A 5-MILE BIKE RIDE.
When preparing for a long bike ride, you plan out a route to follow. The book of Romans in the New Testament lays out a plan you can follow to learn about the path to salvation. Grab your Bible and a pencil and hit the road—the Romans Road that is.

Look up the verses listed below then answer the questions as though you were sending a text to a friend. Remember that you can only use up to 160 characters when sending a text, so think B4 U TXT.

**Romans 10:9-10**

Read Romans 10:9-10. What these verses say about God or His Son, Jesus:

What these verses say about me:

**Romans 3:10-12 & 3:23**

Read Romans 3:10-12 and 3:23. What these verses say about me:

When following the Romans Road, what happens during the journey has a big impact on your final destination. After studying these verses this is what I need to do.

**Romans 3:10-12 & 3:23**

Read Romans 3:10-12 and 3:23. What these verses say about me:

When following the Romans Road, what happens during the journey has a big impact on your final destination. After studying these verses this is what I need to do.
1. CYCLING IS A SPECIAL OLYMPICS EVENT.
Log on to www.specialolympics.org/cycling.asp and do the following:
- Get an overview of Special Olympic cycling.
- Learn about at least one athlete.
- Find out about how you might get involved as a coach.

4. THINK OF A WAY TO TEACH AT LEAST FIVE BICYCLE SAFETY RULES TO A YOUNGER SIBLING, COUSIN OR FRIEND.
Be creative and have fun. You can make word puzzles, games, coloring pages or videos to teach the rules.

Here is a sample puzzle that uses a code to teach a safety rule. Try to solve it by matching the numbers listed to the letters above each.

For example,

<table>
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<th>1</th>
<th>2</th>
<th>9</th>
<th>3</th>
<th>25</th>
<th>3</th>
<th>12</th>
<th>5</th>
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<td>21</td>
<td>19</td>
<td>5</td>
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<td>15</td>
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<td>18</td>
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<td>8</td>
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<td>1</td>
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<td>13</td>
<td>5</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

A B C D E F G H I J K L M
1 2 3 4 5 6 7 8 9 10 11 12 13

N O P Q R S T U V W X Y Z
14 15 16 17 18 19 20 21 22 23 24 25 26

Log on to www.kidshealth.org/kid/watch/out/bicycle/safety.html for other safety tips.

2. HELP TEACH THE CYCLIST EMBLEM TO A GROUP OF SUNBEAMS.

3. BIKE FOR A CAUSE.
Whether you ride to raise funds or to raise awareness about something that is close to your heart, this is a great way to make a difference. Check with a local bike club or go online to see if there is an event in your area you can join.

For example, the American Diabetes Association hosts an annual Tour de Cure. Log on to http://tour.diabetes.org to learn how you can get involved.
If you are working on the Catherine Booth Award, take photos to share with the Review Committee.

1. **LONG TRIPS ARE THE PEAK OF ACHIEVEMENT FOR MANY CYCLISTS.**

   They should be attempted only after you have become used to long distance peddling and can make your own bicycle repairs. Decide on a destination and map your route along paved secondary roads. Plan to start early enough in the day to reach your destination by mid-afternoon. Stay overnight and sleep under the stars, at a friend’s house, a hotel, or a motel. Be sure to discuss your plans with an adult leader and have at least one leader accompany you on your trip. Take photos along the way.

2. **ORGANIZE OR HELP ORGANIZE A BICYCLE SAFETY CHECK IN YOUR COMMUNITY.**

   This could be sponsored by your Girl Guard troop, the police department, or a local bicycle shop. Make or help make the plans, follow through on the plans, and evaluate the event. If you are working on the Catherine Booth Award, save copies of posters or fliers and take photos of the event to share with the Review Committee.

3. **REPAIR AND RESTORE A BICYCLE TO GOOD-AS-NEW CONDITION.**

   Donate it to Toys for Tots, the corps toy shop, or another children’s ministry.

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**Looking Ahead**

If you enjoyed this activity, find out how to put it to work. Talk to your school counselor about career opportunities that would allow you to use your new skills. What can you do now to help you prepare for a related job in the future?

Here are several careers related to this emblem. There are many others.

- Professional cyclist
- Retail sales
- Bicycle designer/engineer

**Additional Resources**

**Apps**

- The Social Network for Athletes
  
  [www.strava.com](http://www.strava.com)

- Endomondo Fitness App
  
  [www.endomondo.com](http://www.endomondo.com)

**Websites**

- Bikely Bicycle Route Mapping Website
  
  [www.bikely.com](http://www.bikely.com)

- Pedestrian and Bicycle Information Center
  
  [www.bicyclinginfo.org](http://www.bicyclinginfo.org)

- The League of America Bicyclists
  
  [www.bikeleague.org](http://www.bikeleague.org)

**Bicycle Safety Useful Links**


Pedal Pusher on Pinterest

PEDAL PUSHER

MY TASKS AND ACTIVITIES:

★ Task 1
Signature: ____________
Date Completed: ____________

★ Task 2
Signature: ____________
Date Completed: ____________

★ Task 3
Signature: ____________
Date Completed: ____________

★ Task 4
Signature: ____________
Date Completed: ____________

Mind Matters
Signature: ____________
Date Completed: ____________

Body Basics
Choice Task 1
Signature: ____________
Date Completed: ____________

Choice Task 2
Signature: ____________
Date Completed: ____________

Soul Quest
Signature: ____________
Date Completed: ____________

Others
Signature: ____________
Date Completed: ____________

S-T-R-E-T-C-H Project(s)
Signature: ____________
Date Completed: ____________

MY NOTES:

MY BIG IDEAS:

I WONDER:

Completed
My Name: _______________________
Date: _______________________

COMPLETED