

4-H BIKE GUIDELINES

General Guidelines

1. Learn to be a safe and courteous rider.
2. Several publications are available in the Extension office.
3. For the fair, members can exhibit posters, pictures, charts, written reports, items or articles showing activities and accomplishments related to the project.

First Year Members:

1. Learn the parts of the bicycle and types of bicycles.
2. Learn how to select the equipment which best matches needs, financial situation and physical structure.
3. Develop the habit of conducting a quick check before riding.
4. Learn riding rules, traffic laws, how to handle your bike while riding on the road, and bicycle safety. Be aware of any special laws or ordinances in your community regarding bicycling.

Second Year Members:

1. Learn about shop repairs and adjustments.
2. Learn how to do tire repair and care.
3. Learn about accessories.
4. Learn about adjusting bearings and brakes and wheel and spoke alignment.
5. Continue to learn about safety.

Third Year and Above Members:

1. Learn how to handle emergency maneuvers such as the panic stop, instant turn, etc.
2. Learn the purpose and usage of the different gears on a bike.
3. Learn advanced maintenance and repair techniques.
4. Learn about possible careers in bicycling.
5. Learn how to personalize bikes, paint and customize bikes.
6. Learn how to select tires, respoke wheels, and clean and adjust brakes.
7. Plan trips and community service activities.