Ready to see the world’s colors whiz by and feel the wind in your face? It’s time to take off with the 4-H bicycle project and discover the joy of riding a bike.

- Demonstrate safe cycling skills.
- Repair and maintain a bicycle.
- Plan and participate in cycling activities and events.
- Create an awareness of recreational, health and other applications of cycling.
- Practice the life skills of decision making, leadership, planning, organizing and communication.

Here’s what you can do all year!

<table>
<thead>
<tr>
<th>Bicycling for Fun</th>
<th>Wheels in Motion</th>
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<tbody>
<tr>
<td><strong>Level 1</strong></td>
<td><strong>Level 2</strong></td>
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- Select bicycle safety equipment.
- Demonstrate how to fit a helmet.
- Identify bike parts and purposes.
- Choose between bike wants and needs.
- Select the right size bike.
- Make adjustments to fit a bike properly.
- Check bicycle tires, brakes and chains.
- Control my bike while balancing, starting and stopping.
- Stop a bike on a line.
- Recognize traffic signs and their meaning.
- Demonstrate how to signal and balance while turning.
- Locate and identify cycling hazards.
- Plan a bike trip.

- Lean how to choose a bike.
- Compare tire pressure.
- Pinpoint the cause and fix a flat tire.
- Remove, clean, lubricate and replace a bike chain.
- Replace brake cables.
- Perform the rock dodge maneuver.
- Plot and follow a bike route.
- Ride safely in traffic.
- Make emergency turns safely.
- Demonstrate how to shift gears efficiently.
- Ride safely at night.
- Plan a menu for an all-day bike ride.
- Identify bicycle-related jobs and careers.

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

**Communication**
- Demonstrate how to fix a flat.
- Teach others the importance of bike safety and wearing a helmet.
- Present on hand signals to use while biking.

**Citizenship**
- Check the fit of a parent’s or friend’s bike.
- Help with a large bike event.
- Help a younger child lubricate and clean a chain.
- Organize a bike event or activity to raise money for a charity.

**Leadership**
- Lead a bicycle safety training workshop.
- Hold a bike rodeo.
- Have a club bike trip.

**Entrepreneurship**
- Develop a bike safety presentation and advertise the service to local community organizations and businesses.
- Start a bike repair business.

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.
Here are other opportunities to explore the bicycle project:

- Give a speech or demonstration at your club meeting and county communication event.
- Record a radio ad or volunteer to be interviewed on a local radio station for National Bike Month (May).
- Volunteer to teach a class on bike safety.
- Get a group together to participate in Walk/Bike to School Day.
- Teach a younger member how to make bike repairs.

### 4-H Resources

- **National 4-H Bicycle Adventures Curriculum:**
  - Level 1: Bicycling for Fun
  - Level 2: Wheels in Motion
  - Helper’s Guide
  - Don’t Get Stuck: Fix It DVD (Available for checkout through your county Extension office)

### Other Resources

- **Safety Resources**
  - Bicycle Helmet Safety Institute
  - Snell Memorial Foundation

- **Internet Resources**
  - Bicycle Laws in the U.S.
  - The Stolen Bike Registry (free)
  - Tandem Bicycling
  - The Unicycle Page
  - Walk/Bike to School Day
  - North Dakota Biking Trails
  - CANDISC Bicycle Tour

### Recordkeeping

- **ND 4-H Project Plan**
- **Planning for My Project Adventure** (Ages 8-10)
- **ND 4-H Plan of Action** (Ages 11-18)
- **ND 4-H Participation Summary for 11- to 19-year-olds**

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