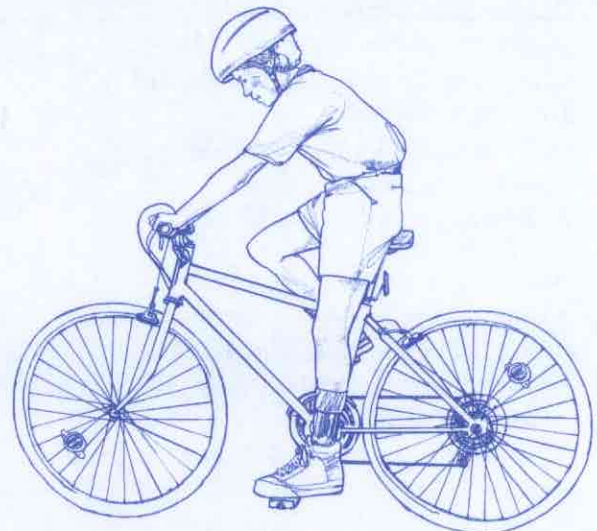


Cub Scout Sports: Bicycling



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of safe bicycling to your den leader or adult partner.
- _____ 2. Demonstrate how to wear the proper safety equipment for bicycling.
- _____ 3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, family, or den.

Sports Pin

Earn the Bicycling belt loop, complete requirement 1 below, and do four additional requirements:

- _____ 1. Make a chart to record at least 10 hours of bicycling. (Required)
- _____ 2. Participate in a pack, den, or community bike rodeo.
- _____ 3. Demonstrate how to repair a flat tire on a bicycle.

- _____ 4. Make a poster illustrating different types of early bikes and show it to your den.
- _____ 5. Give a demonstration to your den or pack on the proper use of safety equipment and gear.
- _____ 6. With the help of a parent or adult partner, register or reregister your bicycle.
- _____ 7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
- _____ 8. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
- _____ 9. Visit a bicycle race or exhibition.
- _____ 10. Help set up a bike rodeo or bike competition for your pack.

Resources

Contact the following for information on bicycling in your community:

AAA traffic consultants
Bicycle clubs/organizations
Bicycle shops
Local government bicycle coordinator
Local safety councils
Parks and recreation department
Physical education teachers
Police department safety officers

Books:

- *Greg LeMond's Complete Book of Bicycling*, Greg LeMond (Perigee Books, 1990)
- *Sloane's Complete Book of Bicycling*, Eugene Sloane (Fireside, 1995)
- *Bicycle Repair: Step by Step*, Rob van der Plas (Bicycle Books, 1995)
- *Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair, Including Road Bikes and Mountain Bikes* (Rodale Press, 1994)

Some Riding Safety Tips

- Be equipped properly (including reflectors!). Always wear a helmet.
- Obey traffic signs and signals.
- Never ride against traffic.
- Follow lane markings.
- Use hand signals.
- Choose the best way to turn left: signaling and turning from the left lane, or riding to the far-side crosswalk and walking your bike across the street.
- Ride in a straight line.
- Don't pass on the right.
- Don't weave between parked cars or cars stopped in traffic.
- Ride slowly on sidewalks.
- Keep your bike in good repair.
- Watch for cars pulling out in front of you.
- Scan the road behind you (you might want to have a rearview mirror).
- Use lights at night.
- Avoid road hazards.
- Dress appropriately.
- Know how to stop suddenly.
- Use a pack or rack to carry things.

Cycling Organizations

Adventure Cycling Association

150 E. Pine, P.O. Box 8308
Missoula, MT 59802-4515
Phone: 406-721-1776
Web site: <http://www.adv-cycling.org>

American Bicycle Association

P.O. Box 718
Chandler, AZ 85224
Phone: 480-961-1903; Fax: 480-961-1842
Web site: <http://www.ababmx.com>
Sanctions American BMX bicycling.

Bicycle Federation of America

1506 21st St., NW, Suite 200
Washington, DC 20036
Phone: 800-760-6272; Fax: 202-463-6625
Web site: <http://www.bikefed.org>
Promotes bicycling transportation and recreation and provides information to bicycle activists and government officials.

Bicycle Helmet Safety Institute

4611 Seventh St. South
Arlington, VA 22204-1419
Phone: 703-486-0100
Web site: <http://www.bhsi.org>

A helmet advocacy program of the Washington Area Bicyclist Association. Provides information about helmets and safety.

League of American Bicyclists

1612 K St., NW, Suite 401
Washington, DC 20006
Phone: 202-822-1333
Web site: <http://www.bikeleague.org>
National organization of bicycle enthusiasts. Promotes bicycling for recreation and transportation and increases bicycle safety awareness by educating bicyclists and road users.

National Bicycle League

3958 Brown Park Drive, Suite D
Hilliard, OH 43026
Phone: 614-777-1625; Fax: 614-777-1680
Sanctions BMX, Formula One, and freestyle bicycling.

USA Cycling

One Olympic Plaza
Colorado Springs, CO 80909
Phone: 719-578-4581
Web site: <http://www.usacycling.org>
The national body for competitive cycling in the United States.