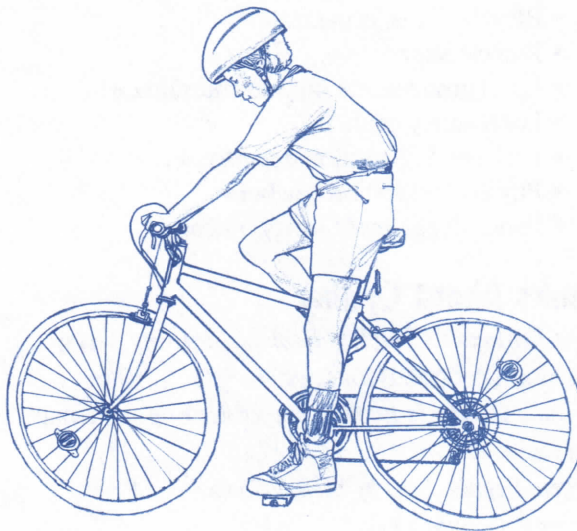


Cub Scout Sports: Bicycling



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 About Cycling

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 59807
Phone: 406-721-1776, 1-800-755-2453 (toll free)
Fax: 406-721-8754
Web site: <http://www.adv-cycling.org>

American Bicycle Association

P.O. Box 718
Chandler, AZ 85244
Phone: 480-961-1903; fax 480-961-1842
Web site: <http://www.ababmx.com>
Sanctions American BMX bicycling.

National Center for Bicycling & Walking (NCBW)

Phone: 410-570-5765
Web site: <http://www.bikewalk.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 800
Washington, DC 20006-2850
Phone: 202-822-1333; fax: 202-822-1334
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, 1-800-886-BMX1 (toll free)
Fax: 614-777-1680
Web site: <http://www.nbl.org>
Sanctions BMX, Formula One, and freestyle bicycling.

USA Cycling

210 USA Cycling Point
Colorado Springs, CO 80919
Phone: 719-434-4200
Web site: <http://www.usacycling.org>
The national body for competitive cycling in the United States.