



# Cycling Merit

All cyclists must wear a properly fitted helmet when completing the riding requirements of this merit.

1. Prepare your bike for inspection by completing the following:

a. Perform necessary maintenance.

b. Demonstrate how to adjust brakes and the derailleur.

c. Prepare a safety checklist and use it to inspect your bike.

Write out the safety checklist on a separate sheet of paper and insert it into your workbook.

d. Properly clean your bike.

2. Have your bike inspected by your group leader. Complete the following items as part of your inspection:

a. List and label the parts of a bike.

Fill out MWS 1 "Parts of a Bike" to fulfill this requirement.

b. Describe the components of your bike that require routine checks to insure the bike is safe to ride.

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c. Describe the components of your bike that require regular oiling.

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d. Describe how to adjust the seat and handlebars to fit your body.

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Leader's Initials

Date \_\_\_\_\_

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e. Describe what repairs or tune-up you performed on your bike in preparation for the inspection.

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3. Demonstrate how to repair a flat.
4. Demonstrate your knowledge of the bike safety rules of the road by completing the following:
  - a. Show how to brake safely.
  - b. Show how to make safe left and right turns at intersections and non-intersections of a street.
  - c. Demonstrate how to safely ride next to a row of parked cars.
  - d. Show how to safely ride along a curb or along the edge of an uncurbed road.
  - e. Explain the traffic laws for bikes and how they differ from laws for automobiles.

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5. Complete the following bike trips. Write a report for each of the trips. The reports should include information listing the dates, the routes traveled, and what you observed along the way.

Write your reports on separate sheets of paper and insert them into your workbook.

- a. Two 10-mile trips

Dates of trips: \_\_\_\_\_

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- b. Two 15-mile trips

Dates of trips: \_\_\_\_\_

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c. Two 25-mile trips

Dates of trips: \_\_\_\_\_

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d. One 50-mile trip completed in one day

Date of trip: \_\_\_\_\_

\_\_\_\_\_

Leader's  
Initials

Date \_\_\_\_\_

