OBJECTIVES
Target Life Skills: Personal Safety, Decision Making, Self-discipline
Opportunity will be provided for faculty to share information about college degree programs in Ag Systems Technology Management and related career options.
The bicycle activity is designed to teach 4-H youth safe bicycle habits, provide an opportunity to demonstrate their knowledge of bicycles, and to show their skills in riding a bicycle.

ELIGIBILITY
Each county may enter one (1) junior and one (1) senior 4-H member in the District 4-H O-Rama. The top seven senior winners in each region are eligible to compete at State O-Rama.

ACTIVITY
This event is designed to provide youth enrolled in the 4-H bicycle program with an educational activity. Participants will have an opportunity to demonstrate their knowledge of the bicycle and the rules associated with its operation as well as demonstrate their skills in bicycle riding. Safety will be stressed throughout the contest. The use of bicycle safety helmets is required while at any site used for the overall event. Reference for Juniors "Bicycle Skill Tests for District and State Competition", “Bicycle Parts,” and 4-H Curriculum Bicycling for Fun BU8334 and Wheels in Motion BU8335. Reference for Seniors "Bicycle Skill Tests for District and State Competition", "Bicycle Parts,” and 4-H Curriculum Bicycling for Fun BU8334 and Wheels in Motion BU8335. Additional information can be found in 4-H Curriculum DVD: Don’t Get Stuck: Fix It BU8399.

Bicycle Parts
This contest will include (time limits as shown):
A. Written examination - 20 multiple choice and true-false questions taken from the 4-H curriculum. (15 minutes)
B. Parts Identification - Identify 10 parts in five minutes (5 minutes)
C. Skill Riding courses we will choose from for Regional and State events:
   a. Double obstacle test
   b. Double zigzag obstacle test
   c. City Streets
      i. 4-Way Intersection
      ii. Railroad Crossing
      iii. Scanning
   d. Figure eight steering

- Contestants will wear properly fitted Consumer Product Safety Commission (CPSC) or SNELL approved bicycle helmets whenever they are riding a bicycle in the contest area and on the grounds of the event site.
- Contestants are encouraged to bring their own bicycles and helmets for use in this event. The bicycle must properly fit the individual and meet accepted safety standards.
- Bicycles and helmets will be available for loan at the event for contestants unable to provide their own (You must request a bicycle or helmet at least 3 weeks prior to the event).
• The event is designed to be a practical safety demonstration and attempts to simulate actual operating conditions. However, in this event situation, contestants must remain seated while riding in the skill events.

AWARDS
District 4-H O-Rama
Both junior and senior winners will receive a trophy. Ribbons will be given to the 2nd, 3rd, 4th, and 5th place winners in both divisions.
Arkansas 4-H O-Rama
The senior winner will receive a trophy. The 2nd, 3rd, 4th, and 5th place winners will receive ribbons.

JUDGING
Designated judges will preside over the event and their decisions will be final. The points-off system will be used with penalty points given for errors. The winning contestant will be the one with the lowest total score.

PREPARED BY
Noah Washburn, 4-H Program Director

Note: Work done in connection with district and state competition in the Bicycle Activity should be reported in 4-H Record Books under Bicycle. When appropriate, this work may be reported in Record Books under related areas such as leadership, achievement, and safety.
BICYCLE WRITTEN TEST

Incorrect ______ x 5 = ______ Penalty Points

Name: __________________________

Junior____________      Senior_____________

County _____________District _______

Multiple Choice: Write the letter of the correct answer to the right of the question number

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10._____  
11._____  
12._____  
13._____  
14._____  
15._____  

True or False: Circle the answer that best describes the statement.

16.TURE or FALSE
17.TURE or FALSE
18.TURE or FALSE
19.TURE or FALSE
20.TURE or FALSE
BICYCLE PARTS IDENTIFICATION

Incorrect _______ x 5 = _______ Penalty Points

Name: __________________________

Junior _____________ Senior _____________
County _____________ District _______

Instructions All Contestants: Write the tag number on the line to the left of the most correct name for each part.

_____ Allen wrench
_____ Axle
_____ Axle nut
_____ Bead
_____ Bearings
_____ Bearing, cone
_____ Bearing, race
_____ Bell
_____ Bottom bracket
_____ Brake arm
_____ Brake cable
_____ Brake caliper
_____ Brake lever
_____ Brake pad
_____ Cable
_____ Cable housing
_____ Cable end
_____ Cassette
_____ Chain
_____ Chain ring
_____ Chain stays
_____ Chain tool
_____ Chain whip
_____ Cone wrench
_____ Crank arm
_____ Crank set
_____ Crescent wrench
_____ Derailleur, front
_____ Derailleur, rear
_____ Down tube
_____ Dust cap
_____ Fender
_____ Fender support bracket
_____ Ferrule
_____ Fixed cup wrench

_____ Freewheel
_____ Freewheel remover
_____ Front fork
_____ Front reflector
_____ Handlebar
_____ Handlebar stem
_____ Headlamp
_____ Head tube
_____ Headset
_____ Hub
_____ Jockey/idler pulleys
_____ Mirror
_____ Pedal
_____ Pivot bolt
_____ Presta valve
_____ Pump
_____ Quick release lever
_____ Rear forks
_____ Rear reflector
_____ Rim
_____ Schrader valve
_____ Seat
_____ Seat post clamp assembly
_____ Seat stay
_____ Seat tube
_____ Shifting lever
_____ Spoke
_____ Spoke wrench
_____ Tire
_____ Tire levers
_____ Tire gauge
_____ Top tube
_____ Valve core
_____ Valve stem cap
_____ Wheel
TEST #1: DOUBLE OBSTACLE TEST

Total # of Penalty Points _____
Name: __________________________
County _____________ District _______

PURPOSE
To determine the rider's ability to gauge limited space on a straight line.

DIAGRAM

PROCEDURE
From a riding start, the rider maneuvers slowly between the pairs of obstacles without either tire touching any obstacle. When the rider has gone the entire distance, he or she turns and repeats the performance in the opposite direction.

SCORING

<table>
<thead>
<tr>
<th># of times</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Touching foot to ground</td>
<td>__________</td>
</tr>
<tr>
<td>2. Having either tire touch an obstacle</td>
<td>__________</td>
</tr>
<tr>
<td>3. Not passing between every pair of obstacles - either or both tires</td>
<td>__________</td>
</tr>
<tr>
<td>4. Skidding wheel</td>
<td>__________</td>
</tr>
<tr>
<td>5. Standing up</td>
<td>__________</td>
</tr>
<tr>
<td>6. Using brake excessive</td>
<td>5</td>
</tr>
<tr>
<td>7. Expending an excessive amount of energy</td>
<td>3</td>
</tr>
<tr>
<td>8. Unsafe/disruptive activity</td>
<td>* 20-500</td>
</tr>
</tbody>
</table>

* (Examples: failure to follow instructions; riding, not walking bike; failure to use helmet) At judge's discretion, consultation with event coordinator/superintendent required.
TEST #2: DOUBLE ZIGZAG OBSTACLE TEST

Total # of Penalty Points ______ Name: __________________________
County __________ District _______

PURPOSE
To test the rider's ability to gauge limited space on a zigzag line.

DIAGRAM

PROCEDURE
From a riding start, the cyclist zigzags at a slow rate of speed between the pairs of obstacles without either tire touching an obstacle. When the rider has traveled the entire distance, he or she turns and repeats the performance in the opposite direction.

SCORING

<table>
<thead>
<tr>
<th># of times</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Touching foot to ground</td>
<td>______ x 5 ______</td>
</tr>
<tr>
<td>2. Having either tire touch an obstacle</td>
<td>______ x 2 ______</td>
</tr>
<tr>
<td>3. Not passing between every pair of obstacles - either or both tires</td>
<td>______ x 5 ______</td>
</tr>
<tr>
<td>4. Skidding wheel</td>
<td>______ x 10 ______</td>
</tr>
<tr>
<td>5. Standing up</td>
<td>______ x 5 ______</td>
</tr>
<tr>
<td>6. Using brake excessively</td>
<td>5 ______</td>
</tr>
<tr>
<td>7. Expending an excessive amount of energy</td>
<td>3 ______</td>
</tr>
<tr>
<td>8. Unsafe/disruptive activity</td>
<td>* 20-500 ______</td>
</tr>
</tbody>
</table>

* (Examples: failure to follow instructions; riding, not walking bike; failure to use helmet) At judge's discretion, consultation with event coordinator/superintendent required.
**TEST #3: CITY STREETS**

Total # of Penalty Points _____

Name: __________________________

County _____________District _______

<table>
<thead>
<tr>
<th>City Streets Skills – 4-Way Intersection</th>
<th># of items</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Turning - Lane Change and Intersections</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Gave wrong signal</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Did not check for traffic</td>
<td>_____ x 10</td>
<td>_____</td>
</tr>
<tr>
<td>- Improper turning technique (left to right lane)</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Lost control of bicycle while turning</td>
<td>_____ x 10</td>
<td>_____</td>
</tr>
<tr>
<td><strong>Stopping</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Did not give signal to stop</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Improper signal given</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Did not stop before crosswalk</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Not a full stop/foot on ground</td>
<td>_____ x 10</td>
<td>_____</td>
</tr>
<tr>
<td>- Did not look Left-Right-Left</td>
<td>_____ x 10</td>
<td>_____</td>
</tr>
<tr>
<td>- Did not stop</td>
<td>_____ x 25</td>
<td>_____</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City Streets Skills – Railroad Crossing</th>
<th># of items</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Railroad</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Did not scan back left</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Did not signal to stop and walk across, or signal left to cross perpendicularly</td>
<td>_____ x 10</td>
<td>_____</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City Streets Skills – Traffic Scanning</th>
<th># of items</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Scanning</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Look over wrong shoulder</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Failure to scan</td>
<td>_____ x 10</td>
<td>_____</td>
</tr>
<tr>
<td>- Identified object incorrectly</td>
<td>_____ x 5</td>
<td>_____</td>
</tr>
<tr>
<td>- Losing control of bike while scanning</td>
<td>_____ x 10</td>
<td>_____</td>
</tr>
</tbody>
</table>
The following activities will be included in the City Streets Skills Test. Instructions are given below for both teaching the activity and for scoring the activity. Although only the driving lane will be drawn for the contestants, the course will simulate two-way roads and proper turns from intersections. Note the illustrated examples given below and the instructions for each. Bicyclists are bicycle drivers who must obey vehicle traffic laws.

4-Way Intersection
1. The bicyclist must scan back and look for traffic.
2. The bicyclist signals a stop.
3. The bicyclist must position themselves in the proper area for a right or left turn.
4. Stop with both feet on the ground
5. Get your pedal in the ready position
6. Look left, then right, then left again (also look for pedestrians)
7. Signal the turn
8. Make the turn

(The diagram shows no turn. Riders will be asked to make a left turn, a right turn, or a straight path)

Railroad Tracks
1. The bicyclist also should look behind (scan), prior to crossing the tracks, to ensure the bicyclist does not weave in front of a motor vehicle while crossing.
2. Approaching the tracks, the bicyclist should give the slowing down (left arm bent down at elbow) signal.
3. Two ways of crossing a railroad track are: 1. dismount bike and walk across tracks, or 2. slow down and ride bike across tracks at a 90-degree angle to the rails. Proper signals must be given for moving in the lane to position oneself for riding across the tracks.
4. The bicyclist must look both directions (scan) for a train prior to crossing the railroad track.

Scanning Exercise
The bicyclist is expected to scan to the rear while riding to look for traffic and in preparation for making a turn. In the scanning event, the bicyclist should identify the number of hands the judge has raised to indicate scanning was done. The bicyclist should look over the left shoulder.
TEST #4: FIGURE EIGHT STEERING

Total # of Penalty Points _____  Name: __________________________
County _____________ District _______

PURPOSE
To evaluate the rider's ability in steering and balance.

DIAGRAM

PROCEDURE
The rider takes a moving start with both hands on the handlebars and makes three complete figure eights.

SCORING

<table>
<thead>
<tr>
<th></th>
<th>No. times</th>
<th>Penalty points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Touching foot to ground</td>
<td>_____</td>
<td>x 5 ______</td>
</tr>
<tr>
<td>2. Not using both hands on the handlebars</td>
<td>_____</td>
<td>x 5 ______</td>
</tr>
<tr>
<td>3. Having either tire touch/cross any border line (per 5 foot interval)</td>
<td>_____</td>
<td>x 2 ______</td>
</tr>
<tr>
<td>4. Off course - either or both tires (per 5 foot interval)</td>
<td>_____</td>
<td>x 3 ______</td>
</tr>
<tr>
<td>5. Standing up</td>
<td>_____</td>
<td>x 5 ______</td>
</tr>
<tr>
<td>6. Using brake excessively</td>
<td>5</td>
<td>______</td>
</tr>
<tr>
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