

## SAMPLE 4-H O-Rama Bicycle Written Exam

Choose the corresponding letter that best answers the question and place it on your answer sheet.

1. What is a track stand?
  - A. It's standing up so you can go up hills faster.
  - B. It's balancing on an almost still bicycle without touching your feet to the ground.
  - C. When you slow down and come to a stop at the railroad tracks to listen for trains before crossing.
2. What is the best rate to pedal at on hilly roads?
  - A. 30 - 40
  - B. 75 - 100
  - C. 65 - 90
3. You should snack about every 10 miles that you bike, how often should you drink 20 oz of water?
  - A. 8 - 10
  - B. 10 - 12
  - C. 12 - 14
4. What types of tires give good traction on unpaved surfaces?
  - A. Big, knobby tires
  - B. Small, knobby tires
  - C. Thin tread
  - D. Thick tread
5. What does "Scanning" mean?
  - A. Looking at road signs
  - B. Stopping to look around you
  - C. Looking around you without falling
6. You need to check your bicycle ABCs when?
  - A. Every year
  - B. Every month
  - C. Every week
  - D. Every time you begin to ride
7. What does it mean when your bike starts to "skip" gears?
  - A. Your chain is too greasy
  - B. Your gears are not properly aligned
  - C. Your chain is rusty
  - D. You are shifting too fast
8. What is the difference between a chainring and a gear?
  - A. The cog is in the front and the chainring is in the back
  - B. The chainring is in the front and the cog is in the back
  - C. Nothing. They are the same thing.

9. How many teeth does the outer chainring have?
- A. 46
  - B. 28
  - C. 34
10. Before making a turn at an intersection, you must look:
- A. At the traffic signals because everyone obeys traffic laws in Arkansas.
  - B. Straight ahead, others will know the path you are taking.
  - C. Left, right, and left again before turning.
11. What are gyro cables?
- A. A ratcheting mechanism on the rear wheel
  - B. A type of Greek food
  - C. A special brake used on freestyle bikes
12. What do you call the luggage bags that fasten alongside bike wheels?
- A. Wheel storage
  - B. Panniers
  - C. Velodrome
13. The rate at which you turn the pedals is called?
- A. Cadence
  - B. Foot speed
  - C. Power position
14. If you are only going to use your bike to ride around town, you may want a \_\_\_\_\_ bike.
- A. Touring
  - B. Road
  - C. Mountain
  - D. Track
15. These bikes are restricted to velodromes and have no gears or brakes.
- A. Track
  - B. BMX
  - C. Free style
  - D. Road

**Choose either True or False to best describe the following statements.  
Place your answer on the answer sheet!**

16. True or False – The front brakes are more important than the rear brakes in slowing the bike.
17. True or False – Traffic laws in all 50 states require bicyclists to ride on the right with the flow of traffic.
18. True or False – A mountain bike is designed, primarily for use off road on trails and highways.
19. True or False – A “third hand” tool is very useful in replacing brake cables.
20. True or False – The handlebar is part of the bicycle frame.

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