



Illinois 4-H | Spark Ideas. Ignite Possibilities.

Welcome, Rider! Did you know that bicycling is one of the most efficient forms of transportation? While many people ride bicycles, not everyone knows how to keep themselves safe while biking. Have you ever wondered...

- How much biking reduces your carbon footprint on Earth?
- What does it take to repair and maintain a bike?
- Why is it important to practice safe cycling skills?



Exploring 4-H Bicycle

Spark Activity: Walk & Share

Supplies: markers, large paper or poster board, sticky notes, map (physical or digital)

Directions: Look up a map of the neighborhood surrounding your house, your school, your church, or your community center. Next, identify a nearby place of interest that you enjoy visiting or that you often visit that is a walkable distance from your location (public park, library, restaurant, grocery store, etc.).

Utilizing your large paper or poster board, map a route from your location to your place of interest that would be the safest bicycle route. Accompanied by an adult, walk the route which you've selected. As you walk, take note of the following (you can utilize your phone to take images to help your memory):

- How busy is the traffic on your route?
- Do you observe other pedestrians or cyclists using this route?
- Is there a clearly marked bicycle lane on this route?
- Is there a safe and well-maintained sidewalk along this route?
- What dangers did you observe on this route that may make cycling difficult?
- Are the traffic signs along this route visible and well-maintained?
- Do you cross any busy intersections to arrive at your location?

After returning, use the sticky notes to mark the dangers / problems you predict on the route you selected. Decide what changes to your route may be needed to ensure your safety while cycling.



4-H Project Levels and Goals

Beginner

- Understand bicycle safety equipment
- Identify bicycle parts
- Demonstrate how to fix your bicycle
- Learn how to identify traffic signs and understand what they mean

Intermediate

- Compare and contrast factors for choosing a quality bike
- Fix a flat tire on a bicycle
- Demonstrate care in cleaning, lubricating, and fixing a bike chain
- Identify the tools required to properly repair and maintain each bicycle part

Advanced

- Organize a group ride
- Plan a menu for a full-day bike ride
- Demonstrate bike safety to others
- Perform a full bicycle tune-up

Put Your Project Into Action

Show Your Skills

- Display bicycle safety equipment
- Clean, lubricate, or fix a bike chain
- Demonstrate how to fix a flat tire

Service and Leadership

- Clean up local bike paths or organize a fundraiser for a bike trail
- Organize a recycled bicycle drive – seek donations of unused bicycles, repair them, then donate to individuals needing a bike
- Collaborate with your local bicycle shop or police department to conduct a bicycle safety workshop for a summer day camp
- Organize or lead a bicycle rodeo in your community or school
- Organize a social ride, bike to work day, or an open street event

Entrepreneurship

- Design an app for local cyclists to use to analyze optimal riding conditions for the day
- Provide and distribute a playlist for cyclists to listen to for cardio during cycling
- Volunteer at a local bike shop to get hands on experience fixing and marketing bicycles

Technology Connection

- Design a helmet blueprint for a 3-D printer
- Make a GPS map for your local bike trail users

Connecting with a Mentor

- Bicycle shop owner
- Bicycle club
- Cyclist
- Local Police Department

Events

- Bicycle rodeo
- Recycled bicycle drive
- Bicycle Safety Awareness Week
- Cycling marathon
- Citywide “Ride Your Bike to Work Day”



Careers for People Interested in Bicycles

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|--------------------------|---------------------------|
| Bicycle Shop Owner | City Planning |
| Cycling Marathon Planner | Bicycle Delivery Business |
| Bicycle Repair | Rent-a-Bike Manager |

Start a Conversation

How do bicycle safety workshops improve bicycling in the community?

Why is it important to share proper bicycle maintenance with others?

What is the value of learning the rules of the road while bicycling?

How has bicycling impacted your health and nutrition?

How is bicycling a part of addressing climate change for future generations?

Want to learn more?

go.illinois.edu/4Hbicycle

Explore more at Illinois 4-H!

4-H.extension.illinois.edu



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