PEDAL AWAY

ELECTIVE ADVENTURE

SNAPSHOT OF ADVENTURE

Get your helmet and your Cub Scout Six Essentials — we are going on a bike ride. Learn how the gears on a bike work and make it easier for you to pedal. Practice safety and good maintenance of your bike, and it will last a long time.

REQUIREMENTS

Approved by

1. Decide on gear and supplies you should bring for a long bike ride. _____
2. Discover how multigear bicycles work and how they benefit a rider. _____
3. Practice how to lubricate a chain. _____
4. Pick a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle. _____
5. With your den, pack, or family, use a map and plan a bicycle ride that is at least 5 miles. _____
6. With your den, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 5 miles. _____

- **Elective Adventure**
- **Scan for this Adventure page**

REQUIREMENT 1

Decide on the gear and supplies you should bring for a long bike ride.

The Cub Scout Six Essentials is a must for a long bike ride. You'll need a few other items to be prepared for a cycling activity, as well. Some of the gear is personal, and some will benefit your group. As a group, you'll need to decide how to divide up the group gear and who will carry which pieces of the group gear.

Personal Biking Gear

- Bicycle helmet
- Bicycle gloves
- Proper shoes and clothes

Group Gear

- Bicycle pump
- Tire patches
- Group first-aid kit

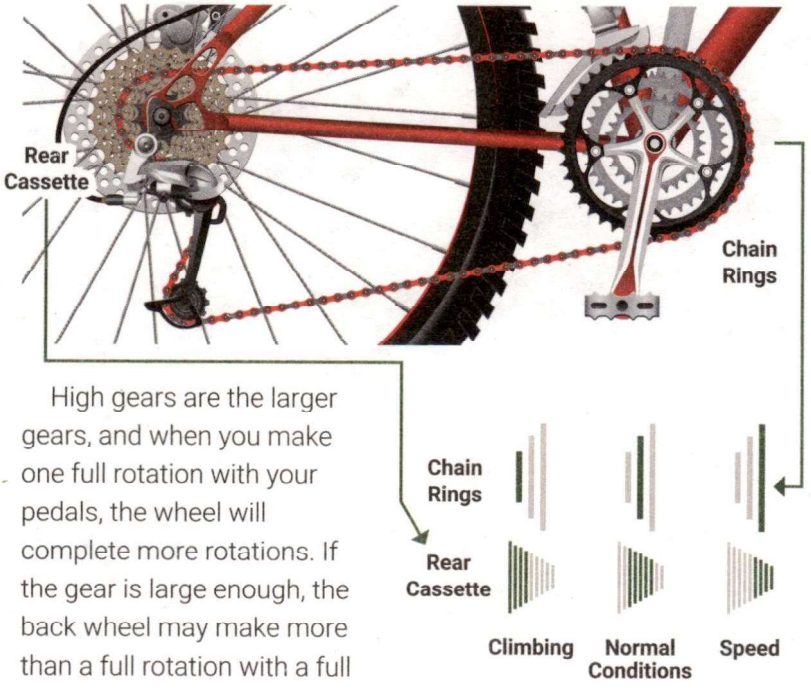
REQUIREMENT 2

Discover how multigear bicycles work and how they benefit the rider.

Gears are considered simple machines. Gears on a bike allow the rider to keep pedaling at a steady rate whether going uphill or downhill.

There are several different-sized gears on the back of your bike, and the bike chain goes around one of them. When you shift gears, a device pushes the chain off one gear and onto another.

On a bike that has no gears, every rotation you make with your pedal makes one rotation on the back wheel. Bikes with gears can change the number of rotations you make with your pedals to equal one full rotation of your back tire.



High gears are the larger gears, and when you make one full rotation with your pedals, the wheel will complete more rotations. If the gear is large enough, the back wheel may make more than a full rotation with a full

rotation of your pedal. This would mean when you pedal once, the back tire will go around more than once. This makes it harder to pedal. High gears are used when you want to go fast on flat areas or when you're going downhill.

Low gears are smaller, and when you make one full rotation with your pedals, the wheel will complete fewer rotations. This makes it easier to pedal, but it takes more rotations of your pedal to make the back wheel go around just once. Low gears are used when going uphill.

When you're riding and get into a good rhythm of pedaling, you want to keep that rhythm. As your bike path changes, you adjust your gears so you can keep the same rhythm.

REQUIREMENT 3

Practice how to lubricate a chain.

It is best to use oil that is designed for bike chains. Most of these products will come in a small bottle that has a small hole for the oil to come out of when you squeeze it. Avoid using lubrication in spray cans, as they can get onto other parts of your bike that need to stay dry, like your brake pads.

Make sure your bike is secured properly. (Maybe your buddy can hold it still.) With your hand, back-pedal the bike so the chain is moving, but the back tire is not. With your other hand, apply the oil to the chain as it's moving. Make sure to apply enough oil so it covers the complete chain. Stop applying the oil and continue to pedal with your hand to allow the oil to work into the chain.

REQUIREMENT 4

Pick a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle.

There are three main types of bike locks— chain, cable, and D-lock.

Chain locks are metal chains that have a type of lock connecting the two ends of the chain. The lock may be a padlock that requires a key or one that requires a combination code to unlock it.

Cable locks are similar to chain locks but instead of chain, they're made of a strong metal cable. Cable locks weigh less and are more flexible than chain locks. Like the lock on a chain lock, the lock on a cable lock typically requires a key or a combination code to unlock it.

D-locks are made from a thick, metal bar bent in the shape of a U. A straight bar connects the two ends and creates a lock that looks like the letter D. D-locks usually require a key to unlock them.

When using a lock on your bike, you want to make sure that you secure the lock around a part of the bike that is solid and that you attach the lock to something solid. Most bike stands are designed for attaching a bike lock.

If your bike has tires that can come off easily, it may be using a pinch bolt system. A pinch bolt looks like a lever. You pull the lever back to loosen the wheel, allowing you to remove the wheel from the frame. If your bike uses this system, make sure that your lock can secure your wheels in addition to the frame.

REQUIREMENT 5

With your den, pack, or family, use a map and plan a bicycle ride that is at least 5 miles.

It may take less than an hour for you to bike 5 miles. A professional cyclist can travel 25 miles or more per hour on a flat trail. For this Adventure, it's recommended that you find a designated bike trail that is flat, especially if you have younger Scouts or family members who will be joining you.

When planning your path for your bike ride, consider these questions:

- Is the trail paved or rugged?
- Can everyone who will be on the bike ride handle the conditions?
- Is the trail flat, or will there be inclines and declines?
- Are there sites or things you want to stop and see?
- Are there areas where you can rest?

Make sure to tell a responsible adult who is not going on the bike ride the path you plan to take, when you will start, any stops you plan on making, and when you plan to get back.

REQUIREMENT 6

With your den, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 5 miles.

A 5-mile bike ride will give you a chance to get comfortable with your bike and with riding with a group. Grab your Cub Scout Six Essentials, complete a bike safety check, wear your helmet and safety gear, and grab a buddy.

Bike rides are most enjoyable when taken on paths or trails designed for bikes, away from vehicle traffic and free of hazards. During your 5-mile bike ride, take a break and drink some water if you feel the need.

Cycling with your den, pack, or family gives a great sense of friendship and motivation. When riding as a group, here are some things to keep in mind:

- Remember to ride close enough to your buddy. You want to be the first person there if they fall or need help.

- Have a ride leader. This is the person who is at the front of the group. They set the speed or pace of the ride, but make sure that they do not ride so far ahead of others in the group that some struggle to keep up. The ride leader can switch out as needed.
- Have a ride sweeper. This is the person who is at the back of the group. The ride sweeper does not let anyone get behind them to ensure that no one gets left behind. If the group is riding too fast for some riders, the sweeper asks the faster riders to slow down. They also decide who the ride leader is so they can switch a ride leader who is going too fast with one who has a pace that is comfortable for everyone.
- Communicate. Talking and signaling to group members about what you plan to do (like stopping or turning) and about possible obstacles is important to keep the group safe. If you're uncomfortable taking one hand off your handlebar to signal, speak up and use your voice to communicate to other riders. Remember, everyone in the group must signal, not just those at the front. Point out and vocalize obstacles on the road that could cause flat tires or crashes if not avoided, and communicate if you need to stop for any reason.

Here are some personal responsibilities to keep in mind whenever you ride a bike:

- Always wear your helmet and other safety gear.
- Follow all rules of the trail and/or road.
- Let the group know if everyone is going too fast for you.
- Let the group know if you need to stop for any reason.
- If someone has to make a repair or just needs a break, be patient.
- Never overlap wheels with another rider.