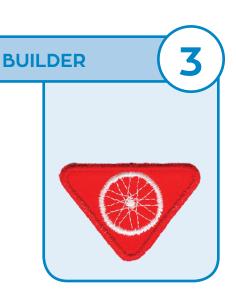
Cyclist

- **1.** Complete the Road Safety award.
- **2.** Demonstrate:
 - **a.** How to keep the bike clean
 - **b.** How to safely ride the bike
 - **c.** Turn signals while riding
 - **d.** How to take care of the bike
- **3.** Participate in a bike activity.
- **4.** Do a five-mile bike ride.
- **5.** Make a map of where you went.
- **6.** With your family, use your map to retrace your route.



Helps

- **2. a.** Clean and polish the bikes. Then decorate them and have an inspection.
 - **b.** Set up a barrel race to practice.
 - **c.** During the above race, use hand signals.
 - **d.** Have small groups act out good and bad ways of caring for a bike. Have them wear plastic garbage bags and oil the chain.
- **3.** Hold a Bicycle Derby Day:
 - Bike inspection by the police or firedepartment.
 - Have a pit area for preparing bikes for inspection.
 - Plan a parade for decorated bikes. Give a prize.
 - Play games using the bike: Fast race, slow race, relay race, paper carrier throw, obstacle race, etc.
- **4.** Plan a five mile bike ride. Decorate your bike, then go to a park with paved trails. After the ride have a picnic or go swimming. Have a special reward for those who successfully complete the ride.
- **5.** Map-making is fun. Keep it simple. Use pencils and rulers.