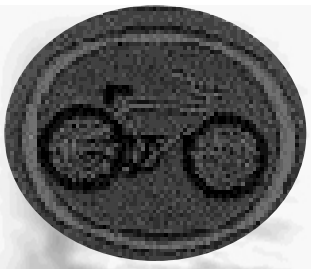
Cycling



1. Know by name and explain the purpose of the various parts of a bicycle.
2. Properly replace a blown inner tube.
3. T3. Do one of the following:
   - **a.** Visit a bicycle repair shop and watch a demonstration of bicycle repairs.
   - **b.** Visit with an amateur/professional cyclist and have that person explain repairs that can be made to a bicycle quickly during an event or race.
   - **c.** Disassemble the parts of the bicycle necessary to do a simple cleaning and demonstrate how to clean the bicycle properly.
4. Adjust the brakes and front and rear derailleur properly.
5. Know and practice courtesy, safety, and rules of the road as they pertain to bicycling.
6. Why is it essential to always wear a cycling helmet? What are the rules in your city/town and state/province/country for wearing a cycling helmet? (both minors and adults)
7. Demonstrate your ability to read a road map or use a GPS course-mapping program, routing your 50-mile (80 km) course and following it accurately on the ride.
8. Have the following riding record:
   - **a.** Take three separate 10-mile (16 km) rides in different locations.
   - **b.** Take a 50-mile (80 km) ride in ten hours or less.

Skill Level 1

Original Honor 1933

Cycling, Advanced

1. Have the Cycling Honor.

2. Describe how to select the correct frame size, handlebar, and saddle height to fit one's body size.

3. Describe briefly all the desirable features of a bicycle used for long distance touring.

4. Take apart, clean, and reassemble the bearings in the front and rear wheels, headset, and bottom brackets.

5. Explain and demonstrate the meaning of "BCD" as it relates to the crank.

6. Select the crank and rear sprocket combination that would give the best results under the following conditions:
- **a.** Riding in hilly terrain
- **b.** Touring with packs on the bicycle
- **c.** Riding in level country

7. Explain how the riding characteristics of a bicycle are affected by:
- **a.** The geometry of the bicycle frame including:
  - **i.** Head and seat tube angles
  - **ii.** Fork rake
  - **iii.** Chain stay length
  - **iv.** Bottom bracket height
  - **v.** Wheel base length
- **b.** The kind of wheels used including:
  - **i.** Clincher, tubeless, or tubular tires
  - **ii.** Number of spokes used on each wheel
  - **iii.** Number of spokes each spoke crosses

8. Make a list of desirable equipment items to be taken on a multi-day bicycle tour, including shelter and cooking equipment.

9. Review courtesy and safety rules used while bicycling. What are the rules for the road for cyclists in your local area?

10. What are the advantages of drafting? Know how to safely and properly draft.

11. Know the different clothing articles used in bicycling and the advantages of each.

12. List the maintenance checks needed prior to riding a 100-mile (160 km) tour, including items such as:
- **a.** Truing tires completed
- **b.** Cables are tightened
- **c.** New tubes and tires, pressures checked
- **d.** Chain lubrication
- **e.** Brake pad thickness checked
- **f.** Repair tool kit verified

13. Develop a plan that involves hydration and nutrition that you will use before, during, and after a ride.

Recreation
General Conference
2001 Edition
Udpated 2019

14. Have the following riding record while working on this honor:
- **a.** Make three single-day 20-mile (32 km) rides in different locations.
- **b.** Complete either a 75-mile (120 km) one-day bicycle trip or a multi-day 100-mile (160 km) bicycle tour.

15. Evaluate the 75-mile trip (120 km) or 100-mile (160 km) tour. Answer such questions as:
- **a.** What were high/low points of the ride?
- **b.** What parts of your preparation helped you succeed? What could you have better prepared for?
- **c.** When did you almost quit? Why?
- **d.** How did your hydration and nutrition plan work during your ride? What was most helpful? What would you change about your plan next time?
- **e.** What would you do differently next time?.

Skill Level 2

Original Honor 1976