



# Cub Scout Bicycling

## Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Workbook updated: April 2008.

Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

### **Cub Scout Bicycling Belt Loop** (See the [Pin Requirements](#) below.)

**Complete these three requirements:**

1. Explain the rules of safe bicycling to your den leader or adult partner. \_\_\_\_\_

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2. Demonstrate how to wear the proper safety equipment for bicycling. \_\_\_\_\_

3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, your family, or your den. \_\_\_\_\_

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### **Cub Scout Bicycling Pin**

**Earn the Cub Scout Bicycling belt loop, and complete five of the following requirements:**

1. Make a chart to record at least 10 hours of bicycling. (Required) \_\_\_\_\_

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2. Participate in a pack, den, or community bike rodeo. \_\_\_\_\_  
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3. Demonstrate how to repair a flat tire on a bicycle. \_\_\_\_\_  
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4. Make a poster illustrating different types of early bikes and show it to your den. \_\_\_\_\_  
\_\_\_\_\_
5. Give a demonstration to your den or pack on the proper use of safety equipment and gear. \_\_\_\_\_  
\_\_\_\_\_
6. With the help of a parent or adult partner, register or reregister your bicycle. \_\_\_\_\_  
\_\_\_\_\_
7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling. \_\_\_\_\_  
\_\_\_\_\_
8. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices. \_\_\_\_\_  
\_\_\_\_\_
9. Visit a bicycle race or exhibition. \_\_\_\_\_  
\_\_\_\_\_
10. Help set up a bike rodeo or bike competition for your pack. \_\_\_\_\_  
\_\_\_\_\_

**Online Resources** *(Use any Internet resource with caution and only with your parent's or guardian's supervision.)*

**Cub Scout Advancement:** <http://usscouts.org/advance/cubscout/ranks.asp>

**Tiger:** <http://meritbadge.org/wiki/index.php?title=Tiger>

**Wolf:** <http://meritbadge.org/wiki/index.php?title=Wolf>

**Bear:** <http://meritbadge.org/wiki/index.php?title=Bear>

**Webelos:** <http://meritbadge.org/wiki/index.php?title=Webelos>

**Cub Scout Academics and Sports Workbooks:** ► [meritbadge.org](http://meritbadge.org) -or- ► [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ► [usscouts.org](http://usscouts.org) -or- ► [meritbadge.org](http://meritbadge.org)

**Boy Scouts of America:** <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)  
[ExpertVillage Biking Videos](#) ► [Safety](#) ► [Bikes](#) ► [Fit](#) ► [Flats](#) ► [Maintenance](#) ► [Trail Riding](#) ► [Mountain](#) ► [Mountain2](#)

Bicycling Magazine: <http://www.bicyclingmagazine.com>

BMXPLUS! Magazine: <http://www.bmxplusmag.com>

Mountain Bike Magazine: <http://www.mountainbike.com>

Adventure Cycling Association: <http://www.adv-cycling.org/>

American Bicycle Association: <http://www.ababmx.com/>

Intl. Mountain Bicycling Association: <http://www.imba.com/>

League of American Bicyclists: <http://www.bikeleague.org/>

Nat. Off-Road Bicycle Assn.: <http://www.usacycling.org/mtb/>

USA Cycling: <http://www.usacycling.org/>