



Fitness-Cycling Trail Badge Worksheet



Trailman Name: _____

Troop #: _____

Do all of the following requirements (1-8)

	Date Completed	Verified By
1. Discuss why keeping your body healthy and strong is important to you and God and list examples of ways it is possible to spend too much time on exercise, sports, or physical training.		
2. Read 1 Timothy 4:8 and explain the value of "training the body" in relation to godliness. (attach work separately)		
3. Complete the following about cycling basics:		
a. Learn how to determine the proper seat height and bike height.		
b. Learn about different sizes and types of tires and when they might be used.		
c. Discuss the different types of bicycles.		
d. Compare the cost between different types of bikes.		
e. Discuss what type of clothing, shoes, or equipment should be worn while cycling.		
f. Discuss where it is proper and improper to go cycling.		
g. Explain the traffic laws for bicycles in your state. Compare them with motor vehicle laws.		
4. Discuss the types of foods and beverages that should be consumed before, during, and after a long bike ride.		
5. Go on a ride with others including your leader and demonstrate the following:		
a. Mounting, dismounting, steering, pedaling, stopping, and hand signals		
b. Proper riding location on the side of the road and along parked cars		
c. Gearing, pedaling on ascents and descents, and emergency stops		
d. Turns, turn signals, left turn from the center of the street, and the alternate left turn (box) technique		
e. Crossing of streets and railroad tracks and avoiding obstacles		



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6. Demonstrate how to perform basic bicycle repairs:		
a. Inflating tires		
b. Repairing and/or replacing a tire		
c. Replacing a chain on the sprocket		
d. Adjusting brakes		
e. Raising and lowering the seat		
7. Make a bicycle repair kit for your rides that includes those items necessary to make the repairs listed in the previous requirement.		
8. Outline a training plan of at least three months but no longer than one year for improving your fitness using one of the options below. It should include progressive improvement goals and frequency schedule for practice. It must be based on your ability and take into account your current cycling fitness. It must be approved by your leader. Option 1: Road Biking: Using a map of your area, plan and take 10 rides with your leader's approval. Map out your course and plan for rest stops. Identify possible problem areas before riding and determine how you will minimize them. The first ride must be at least 5 miles and you must work up to a final ride of at least 50 miles. Each ride must take place on a separate day and must be completed in one day. (Log your cycling trips in The Trailman's Handbook) Option 2: Off-road Biking: Using trail maps, map your course and execute 10 off-road rides with your leader's approval. Identify possible problem areas before riding and determine how to minimize them. The first ride must be at least 2 miles and you must work up to a final ride of at least 20 miles. Each ride must take place on a separate day and must be completed in one day. (Log your cycling trips in The Trailman's Handbook) Option 3: Track Cycling, Cyclo-cross, or Para-Cycling: Develop a goal for a cycling event or events based on your current average time and desired improvement, and then complete the event. It must be approved by your leader.		



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Notes:
