VENTURING RANGER AWARD CYCLING/MOUNTAIN BIKING ELECTIVE

Additional checkoff sheets and helps are available from ScouterMom.com.

a. Describe the difference between cycling (touring) and mountain biking.					
b. Laws and safety					
b-i. Know the laws governing biking in your state					
b-ii. Learn and know bicycle safety rules and gear for your preferred type of biking.					
b-iii. Give a presentation and safe biking session to your crew, another crew, a Cub Scout or Boy Scout unit, or another group using the knowledge you have gained.					
b-iv. Demonstrate proper first aid for head injuries					
If you choose mountain biking as your discipline, do c(i) and c(ii).					
c. Rules and environmental impact					
c-i. Learn the mountain biking rules for the trail as stated by the IMBA (International Mountain Biking Association) and explain what is meant by soft cycling.					
c-ii. Describe environmental considerations that are important for mountain biking and describe ways to lessen their impact on the environment.					
d. Maintenance checklist and journal.					
d-i. Establish a maintenance checklist that needs to be reviewed before each tour or trip.					
d-ii. Make and keep a personal biking journal and record information on at least three tours or trips.					
e. Repair kit.					
e-i. Buy or build a bike tool and repair kit					
e-ii. Show you know how to use each tool in the kit.					
e-iii. Repair a flat tire, adjust your brakes, properly adjust your seat and handlebars, repair a broken chain, and show you know how to temporarily repair a buckled wheel.					
f. Bike trail project.					
f-i. With the approval of the property owner or land manager, plan and lead a one-day bike trail or road maintenance project					
f-ii. Write an article about your project for your school or community newspaper					
g. Cycling trips					
g-i. Take at least eight separate cycling tours 20 miles in length or eight separate mountain biking treks 10 miles in length.					

,									
5									
)									
	l, s	S	S	S	S	S	S	S	S S