🚵 Cub Scout Bike Rodeo

General instructions for organization of the bike rodeo:

- Print out the station names, starting on page 4 of this doc front& back, so that instructions are on the back of a “sign” indicating the station name. Note that some stations can use the same physical space and volunteers– the stations are organized so that these stations are printed on the same page (i.e. stations 2 and 3; stations 4 and 6)
- Have volunteers each read their instructions and display their station number/name sign during the event.
- Other than items that are in the box from past years, each volunteer should bring the items needed for their station
- Some volunteers (stations 4, 5, and 6) do not have a table, so they should try to hold up their sign so the kids can find them for instructions
- Make sure that there is sufficient space for the kids on bikes; limit the number of participants riding at a station at any given time so they don’t knock into each other
- During set-up, leave space between the stations and try to space out the tables, in order to facilitate flow during the event
- Print a couple of copies of bike rodeo map.jpg for the layout of the stations at Deering Estate (the image prints on legal size paper - see copy below)

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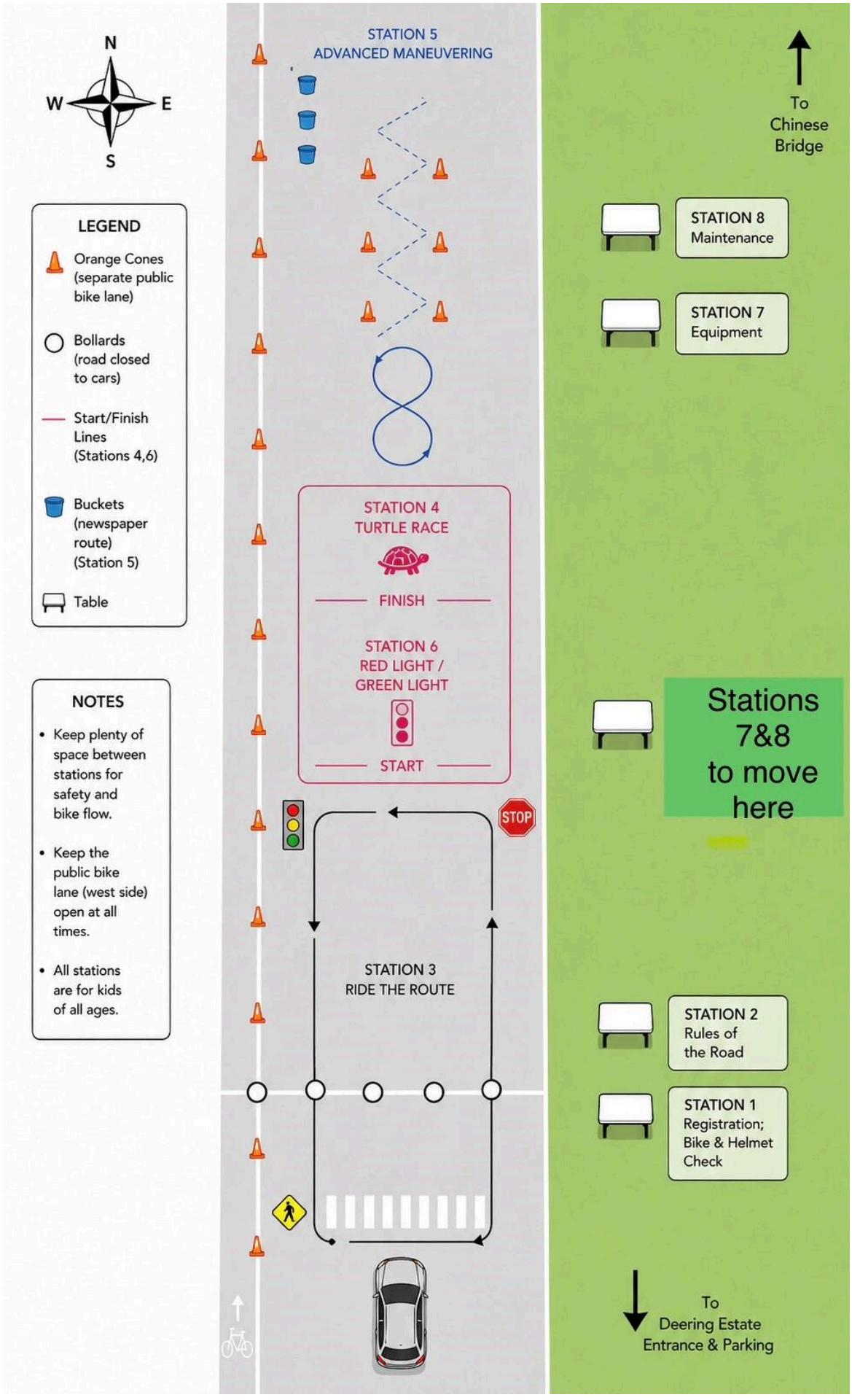
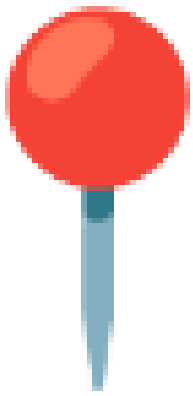

N
W
E
S
LEGEND
Orange Cones (separate public bike lane)
Bollards (road closed to cars)
Start/Finish Lines (Stations 4,6)
Buckets (newspaper route) (Station 5)
Table
NOTES
• Keep plenty of space between stations for safety and bike flow.
• Keep the public bike lane (west side) open at all times.
• All stations are for kids of all ages.
STATION 5
ADVANCED MANEUVERING
STATION 4
TURTLE RACE
FINISH
STATION 6
RED LIGHT / GREEN LIGHT
START
STOP
STATION 3
RIDE THE ROUTE
To Chinese Bridge
STATION 8
Maintenance
STATION 7
Equipment
Stations 7&8 to move here
STATION 2
Rules of the Road
STATION 1
Registration; Bike & Helmet Check
To Deering Estate Entrance & Parking



Station 1

📍 Station 1: Bike & Helmet Check

✅ Covers: Bike fit, helmet safety

🧰 Supplies: table, 2 tire pumps, tools to adjust seat, checklist cards, pens, & prizes

Activity: **Volunteer 1** hands out checklist cards & another **2-4 volunteers (AOLs)** assist Scouts in checking:

- Helmet fit (2-finger rule, “V” straps, snug chin strap)
- ABCs - Air, brakes, chain
- Learn to adjust a seat and pump tires
- Discuss signs of brake or tire wear

After completing all stations scouts return to the check-in table to show completed checklist and collect a prize.

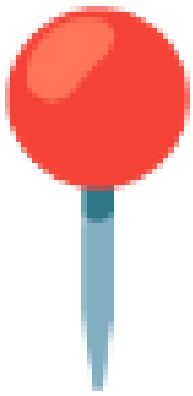
A bike helmet fits correctly if it sits level on your head, covering your forehead with the front edge about two finger-widths above your eyebrows. The helmet should feel snug and stable, staying in place without rocking side-to-side when you move your head. Adjust the rear dial for a snug fit, ensure the side straps form a "V" below your ears, and check the chin strap for a snug fit that allows only two fingers between it and your chin.

> **Shake Test:**
> With the helmet on but unbuckled, shake your head gently from side to side and front to back. The helmet should not rock or move independently of your head.
>
> **Yawn Test:**
> Buckle the chin strap and tighten it until it's snug, then open your mouth wide. You should feel the helmet press slightly into the top of your head.

A is for air: Check the air pressure, spin the wheels and make sure the tires are not worn out.

B is for brakes: Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. If the bike has hand brakes check to see that the levers don’t hit the handlebars when squeezed. Lift one tire up at a time and spin it; squeeze the levers to see if the tire stops. The brake pads should be clean, straight and contact the rims properly.

C is for Cranks, Chain, and Cogs: Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal not rust or black gunk. If the bike has gears check to make sure the gear levers and derailleurs (gear-changing mechanism) work to shift the chain between gears.



Station 2 and 3

📍 Station 2: Hand Signals & Safety Rules

For All Dens (Required) - 2 vols

🧰 Supplies: table, printed traffic signs, pen

✅ Overview: these two stations go together because in Station 2, you explain the hand signals, review the road signs, and discuss rules of the road. In Station 3, they practice those skills along a route.

Activity:

- Introduce and practice left, right, and stop hand signals
- Learn what common road signs mean (stop, yield, crosswalk)
- Discuss rules like riding on the right, looking both ways, not following too closely, and alertness

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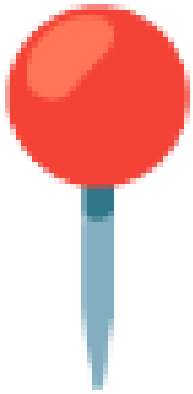
📍 Station 3: Ride the Route

✅ Covers: Riding a safe route with signs

Activity:

- ↪️Follow a mock route with signs and turns
- Practice hand signals and ride on the RIGHT.
- 🛑 Practice stopping at stop sign, making eye contact with the driver, and turning at intersections.
- **Notice blind spots at intersections:** Ideally, someone should park a truck or SUV along the route and sit in the driver's seat (with the engine off). When scouts approach the intersection with the vehicle, they need to stop and wait for the driver to (a) make eye contact and (b) waive them forward, before the scout passes in front of the car. Emphasize that these are the most dangerous interactions because drivers cannot see pedestrians and bikes that are too close to the bumper or in the periphery.
- **REPEAT:** inexperienced riders (anyone who has not ridden much on the road) should be encouraged to repeat until they can complete the course safely.
- **Ask:** What makes a place a good one for biking? What makes a place unsafe or unpleasant for biking?



Station 7

📍 Station 7: Bikes and Equipment

Especially for Tigers, Wolves, Bears - 1 volunteer

✅ Activity:

- 📄 supplies: wolf worksheet about bike types
- 🧑‍🏫 Discuss what to wear when riding a bike: bright colors, sun protection, comfort

- 💡 How else can you make sure that drivers see your bike?
- 💦 What else should you take on a bike ride? Water, sun protection
- 🚗 When riding and you see a car behind you, what do you do? Move all the way to the right and say “car back”.
- 🚙 When riding and you see a car in front of you, what do you do? Move all the way to the right and say “car front”.
- 🚲 Discuss different types of bikes - print Wolf Adventure worksheet with pictures

ROAD



- Great for both commuting, casual riding, & racing
- Frame can vary from heavy steel, lighter steel, carbon, & aluminum
- Most come with "drop" style handlebars that give rider a forward leaning riding position
- Narrower tires

MOUNTAIN



- Made for off-road & trail riding
- They make great commuters too!
- Wider tires
- Most come with either full (front & back) suspension or partial suspension
- Heavier than road bikes
- Most have flat handlebars

HYBRID

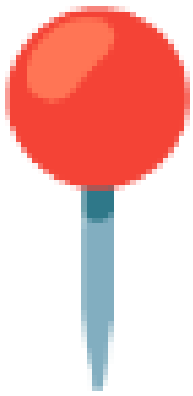


- A great option for commuting, bike touring, & light trail riding
- Wider tires than a road bike
- Flat, upright handlebars
- Most can be modified with fenders, racks, & baskets

CRUISER



- Perfect for short, casual rides & running errands
- The most casual style of bike we have
- Large, wide "balloon" tires
- Full upright riding position
- Tend to be single or 3-speed
- On the heavier side



Station 4 and 6

📍 Station 4: Turtle Race

Balance & Control Practice (All Dens) - 1 volunteer

✅ Last to cross the finish line wins!

Activity:

- Use CHALK to paint a start and finish line on the ground
- BEFORE STARTING - Explain the goal and rules. This is balance practice and not about winning. Encourage scouts to practice more than once.
- When you say “Go” riders must lift feet off the ground
- Any rider who puts feet down before finishing should be encouraged to try again
- Goal is to be the last person across the finish line without putting feet down
- Run races with 3-4 kids, so they have space
- Focuses on balance and low-speed maneuvering

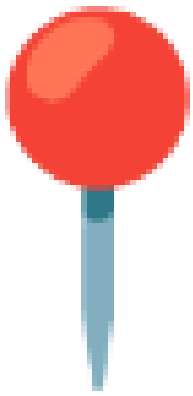
📍 Station 6: Red Light/Green Light “Race”

For All Dens – same volunteer from station 4

✅ Builds braking and reaction control

Activity:

- ✳️Riders proceed when the volunteer says “Green Light” and stop immediately when at the “Red Light”
- 🚩Learn to start & stop quickly and safely



Station 5

📍 Station 5: Figure Eight & Obstacle Course

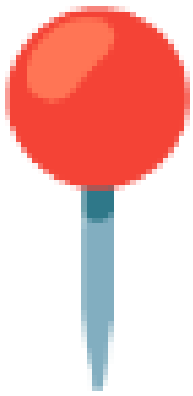
Recommended for Bears and Webelos/AOL - 2 volunteers

🗞️ Supplies: 3 newspapers, messenger bag, 3+ buckets

✅ Covers: Advanced maneuvering

Activity:

- Ride a chalked figure-eight
- Weave through cones and ride curves
- Newspaper route challenge: practice throwing newspapers (or bean bags) into the buckets (for advanced and confident riders)



Station 8

📍 Station 8: Bike Maintenance (WEBELOS/AOL Only) 🧰

Required for Webelos/AOL

🏁Supplies: bike locks, multi-gear bike, lubricant for chain, spare inner tube and tools to change same

✅ Covers: Bike care and maintenance knowledge

Activity:

- 🪛Learn how to lube a chain
- 🛞Learn to repair a flat tire
- ⚙️Discover how multi-gear bicycles work
- 🔒Pick a bike lock to use and show how to properly use it
- 🎒Decide on gear and supplies you should bring on a long bike ride
- 🧭Discuss how to select a route for a 5- or 10-mile ride
- Ask: Where are some good places to bike in our community?
- Ask each scout to make a plan to bike their 5 (WEBELOS) or 10 miles (AOLs) - this can be done all at once or in increments.
- Ask them whether they are more likely to bike alone, with only their family, or with a community group (like scouts)?
- Ask them to brainstorm how they could bike more often - could they bike to school, to the park, or could they organize a family bike ride? What changes do they need to make in order to make this happen?

Supplies	**Responsible Person**
Attendance/sign-in sheet	Station 1
2-4 folding tables	
2 tire pumps	
cones	in box
Sidewalk chalk	in box
stop, yield, crosswalk signs & traffic light	In box (check batteries)
Bug repellent	
newspapers or bean bags	
canvas bag & buckets for “paper route”	
print passports	In box
race-themed decorations	In box
Bike locks	Station 7
tools: lubricant, microfiber cloth, & tools to repair a flat; spare inner tube	Station 8
Pens, hole punch, scissors	In box
Trash bags	
Bowl or tray for prizes	
First aid	
electric leaf blower (if at Deering)	
Pack flag and/or recruiting materials	