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4-H ONTARIO PROJECT



Wheels In Motion Mountain Biking

RECORD BOOK



The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service and
my Health to better living
for my club, my community and my country.

The 4-H Motto

Learn To Do By Doing

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RECORD BOOK

Record Keeping – Why?

Record Books are to document time and money spent, what you have learned, your ideas, memories and what you liked and didn't like. Your Record Book also...

- Helps you set goals for this project
- Has space to record important dates, your elected executive and the names and contact information of your leaders and club members
- Is a great way to get and stay organized

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three ring binder or duotang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will it easier to find what you need later on. This will also allow you to add extra pages later.

How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to remember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

Remember that this is YOUR Record Book so make it your own! And, remember to bring your Record Book to every meeting!

Who's Who

Club President: _____ Ph. #/E-mail: _____

Vice President: _____ Ph. #/E-mail: _____

Secretary: _____ Ph. #/E-mail: _____

Treasurer: _____ Ph. #/E-mail: _____

Press Reporter: _____ Ph. #/E-mail: _____

Meeting Dates:

	<i>Date & Time</i>	<i>Place</i>	<i>Notes: (Things to bring, remember, etc.)</i>
Meeting 1			
Meeting 2			
Meeting 3			
Meeting 4			
Meeting 5			
Meeting 6			
Achievement Program			

Member Expectations and Goals

Why did you join the Mountain Biking club?

What is one goal that you want to achieve in this project?

Do you have any ideas for fun things to do during the project?

Do you have any ideas for an Achievement Program for the Mountain Biking club? (Keep in mind that an Achievement Program should include the community in some way).

Member Responsibilities

- Be a current paid member of 4-H Ontario
- Attend at least 2/3 of the meeting time allotted for this project
- Complete the Record Book for this project. Bring it with you to each meeting!
- Put your Record Book in a binder or duotang so you don't lose any of the pages.
- Remember the more you put into your 4-H club the more you will get out of it!

Roll Calls – In my Opinion.....

	<i>Roll Call:</i>	<i>My Answer:</i>
<i>Meeting 1</i>		
<i>Meeting 2</i>		
<i>Meeting 3</i>		
<i>Meeting 4</i>		
<i>Meeting 5</i>		
<i>Meeting 6</i>		

Project Summary – Mountain Biking Project

A. *Member Comments*

1. What did you gain from taking this project?

2. Which meeting or topic was the most/least interesting? Why?
 - a. Most:

 - b. Least:

3. Comment and/or give suggestions for improvements on the overall project (eg. Activities, tours, achievement program plans, member presentations, special activities, judging information).

4. What interests would you like to explore through future 4-H projects?

B. Parent/Guardian Comments:

C. Leader Comments:

This project has been completed satisfactorily!

Member: _____ Leader: _____

Date: _____ Leader: _____

Activity #3 Meeting #2

Proper fit of a Bicycle Task Sheet

<p>1. Stand straddling the bike. Both feet should be flat on the ground.</p> <ul style="list-style-type: none"> • If you are fitting for a road bike there should be 2.5cm (one inch) of space between the top tube and your crotch • If you are fitting for a Mountain Bike there should be approximately 7.5cm (3 inches) of space between the top tube and your crotch 	
<p>2. Lift the front of the bike off the ground until it touches you. The space between the tire and the ground should be the same.</p> <ul style="list-style-type: none"> • 2.5cm (one inch) of space for a road bike • 7.5cm (3 inches) of clearance for a Mountain Bike 	
<p>3. Make sure that the saddle is level with the ground.</p>	
<p>4. Position the crank arms so they are in the 6:00 and 12:00 positions.</p>	
<p>5. You will need at least two partners for this exercise. Sit on the saddle, place your feet on the pedals and have your partners support you from the side to keep you from toppling over. Place your heels on the pedals.</p> <ul style="list-style-type: none"> • If your leg that is on the pedal at the 6:00 position is bent, then you need to raise the saddle • If you can't reach the pedal with your heel without rocking yourself on the saddle, then the saddle must be lowered 	
<p>6. Loosen the seat post clamp by flipping the quick release lever on the seat post binder bolt.</p> <ul style="list-style-type: none"> • Raise or lower the seat post in small increments until you have it positioned correctly • Tighten the binder bolt and make sure that the saddle points straight ahead 	
<p>7. While seated on the saddle, lean over and grab the grips on the handlebars</p> <ul style="list-style-type: none"> • Your waist should be bent forward at about a 45 degree angle • If you feel that you are "reaching" then you will need a bike with a shorter stem <ul style="list-style-type: none"> o Try to find a bike with the same frame size with a shorter stem • If you feel that you are crowded then you will need a bike with a longer stem <ul style="list-style-type: none"> o Try to find a bike with the same size frame but with a longer stem 	

ACTIVITY #5 MEETING #3

Judging Mountain Bikes - Judging Card

Criteria

1. Appearance - Does the Mountain Bike look in good shape? Is it appealing for someone to buy? Has it been stored properly? Are the parts on it worn looking? Is it missing parts?
2. Safety – Does it have all of the proper safety features? Is it an older style bike? Does it look like it may have been in a crash?

Giving Reasons:

I place this class of mountain bikes _____, _____, _____, _____

I place mountain bike _____ first because _____

I place mountain bike _____ over mountain bike _____ because _____

I place mountain bike _____ over mountain bike _____ because _____

I place mountain bike _____ over mountain bike _____ because _____

I place mountain bike _____ 4th because _____

For these reasons, I place this class of mountain bikes _____, _____, _____, _____

Official Placing _____

EXTRA ACTIVITIES Meeting #13

Trail Quest Worksheet!

Have 4-H Members work in pairs. Go for a walk on a trail and have Members find an item for each request listed below.

something underneath something else _____

something old _____

something just beginning _____

a large group of things _____

something dirty _____

something spotted _____

something moved by the wind _____

something noisy _____

something with arms _____

something you can hardly see _____

something falling _____

something you can't reach _____

something you have never seen before _____

something growing well _____

something with a nice smell _____

something with an earthy surface _____

something powdery _____

two things together _____

something coloured _____

something you wouldn't see in the summertime _____

EXTRA ACTIVITIES Meeting #15

Judging Mountain Bike Tires - Judging Card

Criteria

1. Appearance - Does the Mountain Bike tire look in good shape? Is it appealing for someone to buy? Is it a proper tire for a Mountain Bike?
2. Safety – Will it hold air? Does it have cracks in it? Is the tread wore down? Is the tire almost bald?

Giving Reasons:

I place this class of Mountain Bikes tires _____, _____, _____, _____

I place tire _____ first because _____

I place tire _____ over tire _____ because _____

I place tire _____ over tire _____ because _____

I place tire _____ over tire _____ because _____

I place tire _____ 4th because _____

For these reasons, I place this class of tires _____, _____, _____, _____

Official Placing _____

EXTRA ACTIVITIES Meeting #16

MTB Bingo

Material Needed: MTB Bingo Sheet, pens

Give each person a Bingo sheet (found on the next page). 4-H Members must get signatures of Members who fit the criteria for each square. The first person to fill in a letter wins. If time allows, then play for the 1st person to fill in the entire sheet.

Has the same coloured hair as you	Has milked a cow
Has visited more than 2 countries	Lives on a farm
Wears Glasses	Loves to Read Books

Is wearing the colour red	Has gone scuba diving before	Goes to the same school as you
Likes to Dance		
Likes to Mountain Bike		
Plays a musical instrument		

Is wearing jeans	Is the same age as you
Likes Anchovies	Has been to Ottawa
Is wearing a watch	Has 1 brother

EXTRA ACTIVITIES Meeting #17

Entrapment

Materials Needed: 125 feet of rope, bikes, helmets

Using the rope, make a circle that is 30-40 feet in diameter. Everyone rides outside the circle until you blow the whistle to start the game. Then they enter the circle and the game is on. The object is to ride around and eliminate other riders by the following rules:

- If your foot touches the ground, then you are out
- If you ride out of bounds then you are out
- If you run into another rider or touch another rider then you (the offending rider) are out.

The last person in the circle wins.

EXTRA ACTIVITIES Meeting #18

Elastic Band Activity

Materials Needed: elastics, Gatorade/water bottles, sharpie pen

At the beginning of a Mountain Biking trail ride (or a Mountain Biking weekend), give each 4-H Member a bottle of Gatorade or a bottle of water. Each time they refill their bottle, tell them to put an elastic band around their bottle. The following day, look at the number of elastic bands on their bottle and calculate the amount of fluid they drank.

EXTRA ACTIVITIES Meeting #19

Essential Equipment Relay Race

Materials Needed: 3 buckets, 2 sponges, 2 sets of elbow and knee pads, 2 sets of safety glasses, 2 helmets, 2 pairs of rubber gloves, lots of water, sharpie marker

Fill one bucket of water, place it in an open area. Place the 2 empty buckets approximately 10 metres away from the filled bucket. Mark a line with the Sharpie marker at 20cm on each empty bucket. Break the group into 2 teams. The participants must put on all of their essential equipment (helmet, gloves, pads, glasses) and run down to the filled bucket, saturate a sponge with water and run it back to their empty bucket to transfer the water. Then they transfer all of their essential equipment to the next person on their team. The first team to fill their bucket with water to the 20cm line wins.

EXTRA ACTIVITIES Meeting #20

Human Knot

Have everyone stand in a circle. Then have everyone put their hands in the centre of the circle and hold hands with someone across from them. Then tell them to un-mix themselves without letting go of anyone's hands. Time it.

Do it again but the second time enlist the help of a Dr. Mix Up. Ask for someone to volunteer to be Dr. Mix Up and remove them from the group. Have everyone else repeat the Human Knot again but this time, have Dr. Mix Up help to untangle the group. Time it.

Was it faster to have a leader? Was it easier to have a leader? Why?

EXTRA ACTIVITIES

Activity #20 – Word Search

WHEELS IN MOTION!

E K E A R S W V H R S E A T C D J L N E
 A L A K E I L I A R T A S H L Y T E U U
 Y G C V A B M B B K K M A J A D E E T P
 I L O Y B R E L U B R I C A T E M H R P
 C L Y O C L B M Q A N K X R C S L W I R
 G R L Y D I H A I T O Q R R J I E S T K
 N T R N U U B Y N I K T B J P O H U I Z
 H T A N F X M W U R M V Q F H N U I O H
 S H X J J E P G I E U K B M B Y V E N Z
 D P A H W O V V S S H U D E C S T B K R
 L A M S T S D L D T O Y D M R E F C F W
 S Q K X R I N K E O M K D L D L L S Y S
 P E D A L S W Z M O O G M R Y C M U D O
 D S E Z K B X A U W S I Q D A A T B H Z
 V G A Y O S W N T I Z B F B S T M I A I
 J R E I I F T L F E W J Y Z A S I U J T
 O Y W O H A G U S P R H Y K G B E O Z A
 X X Y S I S S E L E B U T J G O Y B N O
 A R Z N R J C U I G C E Y N G G I U J I
 E J S G K Q D N G J L L I Z I R C I M C

BICYCLE
 BRAKE
 CHAIN
 GEARS
 GLOVES
 HANDLEBAR
 HELMET
 HYDRATION

NUTRITION
 OBSTACLES
 PEDALS
 RIM
 SEAT
 TIRES
 TRAIL
 TUBELESS

Activity #20 – Word Search Solution

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E + E + R S + + + R S E A T C + + L N +
+ L + K E I L I A R T + + H + + T E U +
+ + C V A + M B + + + + A + + + E E T +
+ + O Y + R E L U B R I C A T E M H R +
+ L + + C L B + + + N + + + + + L W I +
G + + + D I + + + T + + + + + + E + T +
+ + + N + + B + + I + + + + + + H + I +
+ + A + + + + + + R + + + + + + + O +
+ H + + + + + + + E + + + + + + + N +
+ + + + + + + + S H + + + + S + + + +
+ + + + + S + + + + + Y + + + E + + + +
+ + + + R + + + + + M + D + + L + + + +
P E D A L S W + + O + + + R + C + + + +
+ + E + + + + A U + + + + + A A + + + +
+ G + + + + + N T + + + + + T + + + +
+ + + + + T + + E + + + + + S I + + +
+ + + + + A + + + + R + + + + B + O + +
+ + + + I S S E L E B U T + + O + + N +
+ + + N + + + + + + + + + + + + + +
+ + + + + + + + + + + + + + + +

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BICYCLE (7,7,NW)

BRAKE (7,5,NW)

CHAIN (15,1,SW)

GEARS (2,15,NE)

GLOVES (1,6,NE)

HANDLEBAR (2,9,NE)

HELMET (17,7,N)

HYDRATION (11,10,SE)

LUBRICATE (8,4,E)

MOUNTAIN (11,12,SW)

NUTRITION (19,1,S)

OBSTACLES (16,18,N)

PEDALS (1,13,E)

RIM (5,1,SE)

SEAT (11,1,E)

TIRES (10,6,S)

TRAIL (11,2,W)

TUBELESS (13,18,W)

WATER (7,13,SE)