

Cycling

1. Know the name and explain the purpose of the various parts of a bicycle.
2. Repair a punctured bicycle tire.
3. Take apart, clean, and properly reassemble a bicycle.
4. Adjust the brakes and front and rear derailleur properly.
5. Know and practice courtesy and safety rules in bicycling.
6. What is the advantage of wearing a cycling helmet?
7. Have the following riding record:
 - a. Take three separate 10-mile (16.1 km) rides in different locations.
 - b. Take a 50-mile (80.6 km) ride in ten hours or less.
8. Know how to read a road map by routing out your 50-mile (80.6 km) course and following it accurately on an actual ride.

Skill Level 1

Original Honor 1933



Cycling, Advanced

1. Have the Cycling Honor.
2. Describe how to select the correct frame size, handlebar, assembling, and saddle height to fit one's body size.
3. Describe briefly all the desirable features of a bicycle used for long distance touring.
4. Take apart, clean, and reassemble the bearings in the front and rear wheels, head set, and bottom brackets.
5. True a rear wheel, making sure it is properly dished.
6. Select the front and rear sprockets combination that would give the best results under the following conditions:
 - a. Riding in hilly terrain
 - b. Touring with packs on the bicycle
 - c. Riding in level country
7. Explain how the riding characteristics of a bicycle are affected by:
 - a. The geometry of the bicycle frame including:
 - (1) Head and seat tube angles
 - (2) Fork rate
 - (3) Chain stay length
 - (4) Bottom bracket height
 - (5) Wheel base length
 - b. The kind of wheels used including:
 - (1) Clincher or tubular tires
 - (2) Small or large frame hubs
 - (3) Number of spokes used on each wheel
 - (4) Number of spokes each spoke crosses
8. Make a list of desirable equipment items to be taken on a multi-day bicycle tour, including shelter and cooking equipment.
9. Know safety precautions to observe while bicycling.
10. What are the advantages of drafting? Know how to safely and properly draft.
11. Know the different clothing and safety equipment used in bicycling and the advantages of each.
12. Have the following riding record while working on this honor:
 - a. Make three single-day 20-mile (30.2 km) rides in different locations.
 - b. Make a 100-mile (161.3 km) tour, involving three days of riding.
13. Write a 500-word description or give a three-minute oral report of the 100-mile (161.3 km) tour.

Skill Level 2

Original Honor 1976