



# West Virginia 4-H Clubs Monthly Program Guide

## Health and Fitness: Bike to the Future!

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### Warm-ups

**Activity: Recognizing signs and what they mean.**

Road signs give important information to the biker. Signs with the same meaning often have the same shape, color, or symbol. Have blank cutout shapes of different signs and the corresponding symbols. Have the youths match the sign shapes with the symbols that go with them. After they have completed matching the sign and symbol have the youths color the signs with the correct color.

**Activity: Identifying bike parts and their purposes.**

There are many parts on a bicycle, and it is important to be able to identify them. Learning what parts are called and what they do is a skill needed before you ride. Have a bicycle with the different parts labeled. Give youths a sheet of paper with all the parts of the bicycle listed. Have the youths match the parts of the bicycle to the letter. Then have them write down the purpose of each part.

**Activity: Identifying hazards.**

Are you road-smart? There are many hazards. Some keep you from seeing what you need to see, and others could make you crash, such as moving people or animals. As youths arrive for the meeting, give them a picture containing many hazards. By asking youths to circle the items in the picture that could make them crash their bicycle, see how many they can identify. Have them list other things or hazards that could make them crash.

### Monthly Theme

**Health and Fitness: Bike to the Future!**

Mountain biking is one of the fastest growing sports in the Mountain State and a growing segment of the state's tourism industry. Trails can be found in virtually all areas around the state, from state parks and national forests to abandoned rail lines and old logging roads. Rail-trails, the new wave in the hiking/biking experience, are also being developed throughout the state. Bikers with all levels of experience can find plenty of challenges in West Virginia. Whether you are interested in mountain courses or just a scenic level ride, you can find unlimited hours of riding enjoyment literally everywhere in the state.

### Answer the Roll

4-H members can answer roll call by sharing with the group where they like to ride their bikes. Or, 4-H members could state the name of a specific part of a bicycle.

### Program

Club leaders may invite a state police officer or local law enforcement employee to address the group. The program leader could discuss the following information about biking:

**Helmet law.**

A cyclist's helmet is his/her most important piece of safety equipment. Head injuries cause around 1,300 deaths per year in the United States. However, helmet use in these accidents is extremely low. The risk of head injury declines by 88 percent in cyclists wearing helmets.

Some states have passed legislation concerning helmet use. In West Virginia, individuals under age 15 are required to wear a helmet when cycling.

***Do the shake!***

Having the correct helmet is important. A helmet should fit your head snugly. You may need to use the extra adhesive pads provided with the helmet. When trying on a helmet, give it the shake test. You should be able to shake and move your head without the helmet moving or falling out of place. This is especially important for mountain bikers who plan to be riding rough trails. Club leaders may want to have helmets for 4-H members to try on.

***Mountain biking versus road biking.***

Changing the road bicycle so it can conquer the streets as well as the mountains has created an entirely new form of recreation. From the “clunkers” in San Francisco to the “fat tires” in San Diego, the sport of mountain biking has made history. Since 1970, mountain biking has become as popular as road biking and other forms of outdoor activities. It is a recreation that all members of the family as well as competitive racers can enjoy. The speed and excitement of riding on a mountain combined with the freedom of going anywhere you choose, makes the sport popular worldwide.

***Can you speak the language?***

From the beginning, mountain bikers have had their own unique subculture. So much, in fact, that many mountain bikers have developed their own language or “slang.” *Club members can try to match the definition with the “slang” word.*

- \_\_\_\_\_ 1. A crash, wipeout.
- \_\_\_\_\_ 2. To negotiate a trail successfully without crashing.
- \_\_\_\_\_ 3. The rider.
- \_\_\_\_\_ 4. The slowest member of the group ride.
- \_\_\_\_\_ 5. To ride fast and hard.
- \_\_\_\_\_ 6. A section of trail that is difficult to ride because of rocks, tree roots, and steep drops.
- \_\_\_\_\_ 7. Crash.
- \_\_\_\_\_ 8. A helmet.
- \_\_\_\_\_ 9. To jump off in order to avoid a crash.
- \_\_\_\_\_ 10. A fall.

- |             |             |          |              |                  |
|-------------|-------------|----------|--------------|------------------|
| A. Aunt Bee | B. Bail     | C. Biff  | D. Clean     | E. Gravity Check |
| F. Engine   | G. Skid Lid | H. Stack | I. Technical | J. Hammer        |

*(Answers: 1.c, 2.d, 3.f, 4.a, 5.j, 6.l, 7.h, 8.g, 9.b, 10.e)*

**Recreation for the Club**

Ask a 4-H club member or local bike shop worker to demonstrate how to fix a flat tire on a mountain bike.

***Bike Rodeo***

Arrange to have several bikes and helmets on hand and have a club bike rodeo. Members can learn to negotiate around cones, trees, barrels, etc. Also, regular field games can be done on bikes such as egg on a spoon, water in the can, and other tag-team relay games.

***Exercise Trails***

Appoint exercise leaders (youth or adult) stationed at various spots inside or outside. Divide entire group into smaller groups (preferably by age or ability). At each station, the 4-H’ers are led in various exercises appropriate for their age and ability.

***Folk Dancing***

Ask county office to buy records/tapes. Consider dances that are relatively easy to learn but require nearly constant action: Amos Moses, Bunny Hop, Calico Polka.

**Field Day**

Consider inviting several clubs and letting the older members plan a sack race, three-legged race, relays, Frisbee throw, etc.

**Nutritious Snacks**

**Mix and Match Cereal Gorp**

What’s more fun, making or eating gorp? Find out for yourself as you use this foolproof chart to make a quick, tummy-pleasing snack.

Mix and place in a small plastic bag for a “travel” snack.

**3 cups**

Cheerios, Cinnamon Toast Crunch,  
Country Corn Flakes,  
Golden Grahams, Kix, Wheaties

**1 cup**

Almonds, Mixed nuts, Peanuts,  
Pecans, Pumpkin seeds,  
Sunflower seeds, Walnuts

**1 cup**

Banana chips, Chopped dates,  
Currants, Dried apricots, Dried fruit  
bits, Flaked coconut, Raisins

**1 cup**

Butterscotch chips,  
Candy-coated chocolate candies,  
Candy-coated peanut butter candies,  
Chocolate chips, Miniature marshmallows,  
Peanut butter chips, Vanilla milk chips

*Recipe taken from “Day Camp Training”*

*WVU Extension Service*

*Billie Frye, Lincoln County; Karen Smith, Mercer County*

**References**

Bicycle Helmet Safety Institute

Extreme Mountain Biking Web Page

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