

# Cycling Merit Badge Worksheet



## Requirement 1

Have a bicycle of your own, borrow, or hire one.

## Requirement 2

Ride fifteen (15) consecutive kilometers each month for a period of three months. You shall submit to the Merit Badge Counselor a report of the rides taken, including dates, routes traveled, and interesting things observed.

RIDE #	DATE OF RIDE	ROUTES TAKEN	INTERESTING THINGS OBSERVED
MONTH 1			
MONTH 2			
MONTH 3			

### Requirement 3

- After the three-month conditioning period in Requirement Number 2, ride a bicycle thirty (30) kilometers in ten hours.

DATE OF RIDE	START TIME	END TIME	ROUTES TAKEN

### Requirement 4

- Know the rules and regulation in cycling races.

### Requirement 5

- Learn the proper techniques of taking care of a bicycle.
- Repair a puncture and inflate a tire.
- Take apart and clean a bicycle, and put it together again properly.

### Requirement 6

- Know safety precautions on the road.
- Demonstrate safety precautions on the road.

Scout Name \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

## Requirement 7

- Go on a cycling expedition over a route selected by the Merit Badge Counselor, and make a report. Report correctly verbal messages in connection with this expedition. Read and follow a course laid out on a map.

Use the area below to write your report. Attach the course map to this worksheet as prepared by your counselor.