FLORIDA 4-H BICYCLE
RECORD BOOK
FLORIDA 4-H BICYCLE RECORD 19

NAME ___________________________________________ AGE ________

ADDRESS ____________________________________________________________________________

COUNTY _________________________ DATE _____________

NAME OF CLUB NAME OF ADULT LEADER ____________________________________________

ADDRESS ____________________________________________________________________________

THIS IS MY ______ YEAR IN 4-H CLUB WORK

STYLE OF BICYCLE: HI-RISER ______ MIDDLEWEIGHT ______

LIGHTWEIGHT RACING BIKE ______

LIST SPECIAL EQUIPMENT AS HORN OR BELL, LIGHTS, GEARS, BRAKES, ETC.

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CHECK (X) PRACTICES LISTED WHICH YOU CARRIED OUT IN THIS PROJECT (GIVE NUMBER OF TIMES ON THE LINE BEFORE THE NUMBERS)

( ) ADJUSTED HANDLE BARS AND KEPT STEM WELL DOWN IN FORK

( ) ADJUSTED SADDLE SEAT

( ) ADJUSTED BRAKES

( ) TIGHTENED WHEEL SPOKES AND REPLACED BROKEN ONES OR HAD A SERVICE PERFORM THIS SERVICE

( ) INSPECTED TIRE VALVES FOR LEAKS AND STRAIGHTNESS

( ) CLEANED AND LUBRICATED CHAIN WITH LIGHT OIL

( ) REPLACED WORN HANDLE GRIPS

( ) TIGHTENED PEDAL SPINDLES

( ) REPLACED WORN OUT PEDALS

( ) CHECKED TIRE PRESSURE AND KEPT TIRES INFLATED TO CORRECT PRESSURE

( ) CHECKED LIGHTS TO BE SURE VISIBLE FOR 500 FEET

( ) CHECKED HORN TO BE SURE IT WORKS PROPERLY
LIST FIVE (5) THINGS LEARNED IN THE BICYCLE PROJECT THIS YEAR
(EXAMPLE PROPER HAND AND ARM SIGNALS)

STORY
PICTURES