



HOW TO: PLAN A BIKE RODEO



1

Recruit a Planning Team

- Safe Routes to School
- Parks and Recreation
- Police and Fire Department
- Local Bike Shop
- School Staff
- Local Service Organizations

2

Select Your Event Date, Time & Location

Considerations:

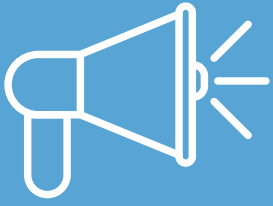
- Will your event be on a week night or weekend?
- How long will your event run?
- What other community events are planned around the same time?
- What is the weather typically like in that season? Will you have a rain date?
- Do participants need to pre-register or just show up?

Recommendations:

- Week nights typically have less conflicts with other events.
- 1-2 hours depending on the number of stations and activities planned.
- Are there sporting events, school events, or any other community oriented events on the date you are looking at for the bike rodeo?
- Think about rain and heat! Rain dates require extra planning and resources.
- Pre-registration provides the total number of participants and contact information. No registration gives participants the opportunity to just show up!

3

Promoting Your Event



Posters/Flyers



Social Media



Local Newspaper



Promotional Videos



Radio

4

Materials Needed



Bike Pumps



Helmets



Half Cut Tennis Balls



Bike Maintenance Checklist & Repair Tools



Name Tags



Cones



Signs



Chalk/Spray Chalk



Let's Get Started

- Arrive 45 minutes- 1 hour early to set up your course
- Check In participants/ Participant Registration
- Complete bicycle maintenance checks and helmet fittings
- Present a bike safety talk about what to wear while bicycling, how to properly fit your helmet, and how to complete the ABC Quick Check.
- Bike rodeo overview

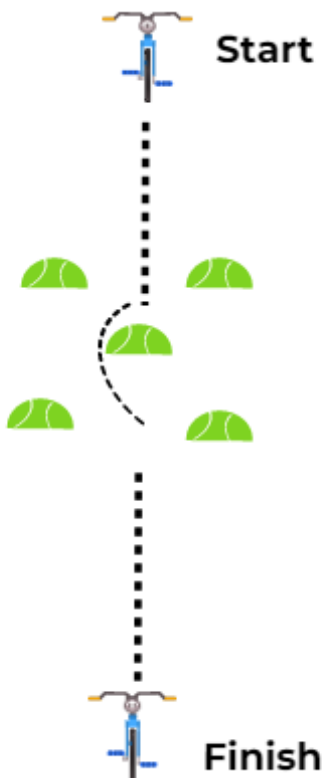


ROCK DODGE

Setup: Put half cut tennis balls in a square 2 ft. apart from each other with one tennis ball in the middle of the square.

Why: To practice avoiding hazards while keeping your bike under control without swerving.

Directions: Aim at the rock and twitch the handlebars to the left and then the right to move your front wheel around the "rock" and back to the line of travel. Practice both directions. This should be done at a rapid pace.

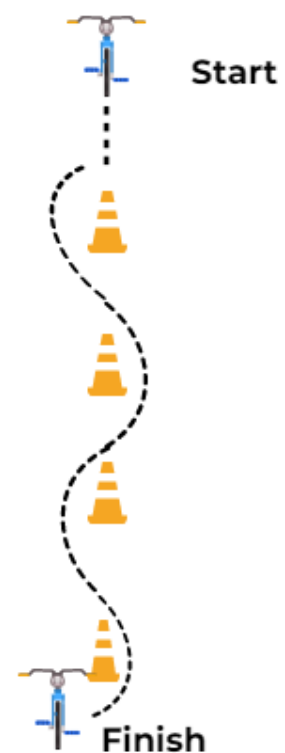


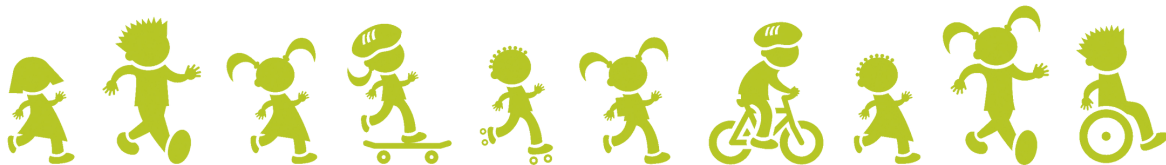
SLALAM

Setup: Place eight cones in a straight line 9-10 ft. apart.

Why: To practice avoiding hazards while keeping your bike under control without swerving.

Directions: Weave in and out of the cones. Practice both directions. This should be done at a rapid pace.



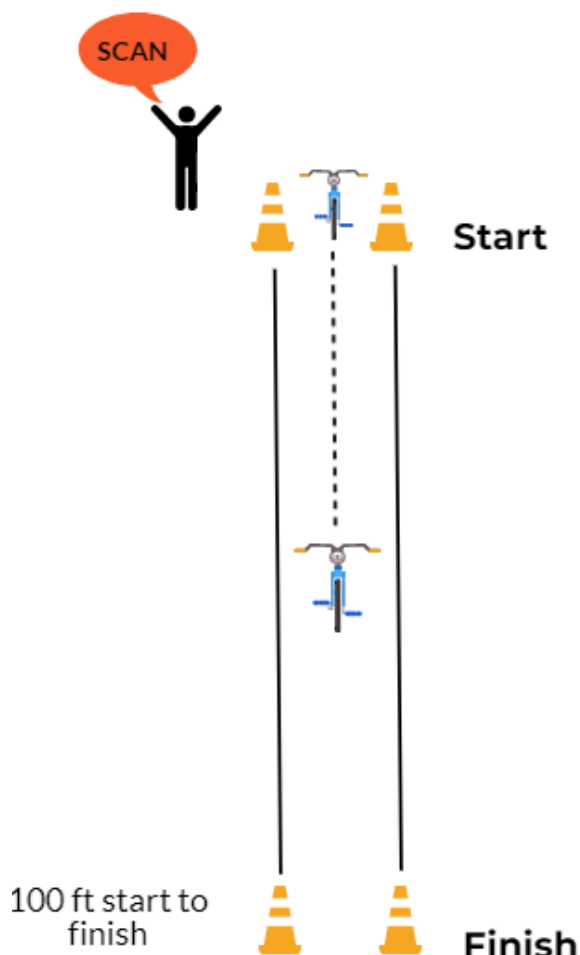


SCANNING

Setup: Set up two cones 2 ft apart from each other at the beginning and end of the course. Draw lanes from one set of cones to the other. The start to finish should be 100 ft long.

Why: To practice looking over your shoulders while maintaining a straight line and to be predictable.

Directions: Ride your bicycle in a straight line between the designated markers. When the instructor says "scan" or "turn" briefly turn your head, putting your chin on your shoulder, and look behind. You can also take your scan-side off the handlebars while looking behind. Yell out if your instructor has one hand up, or two hands up. Be sure to ride in a straight line the whole time.

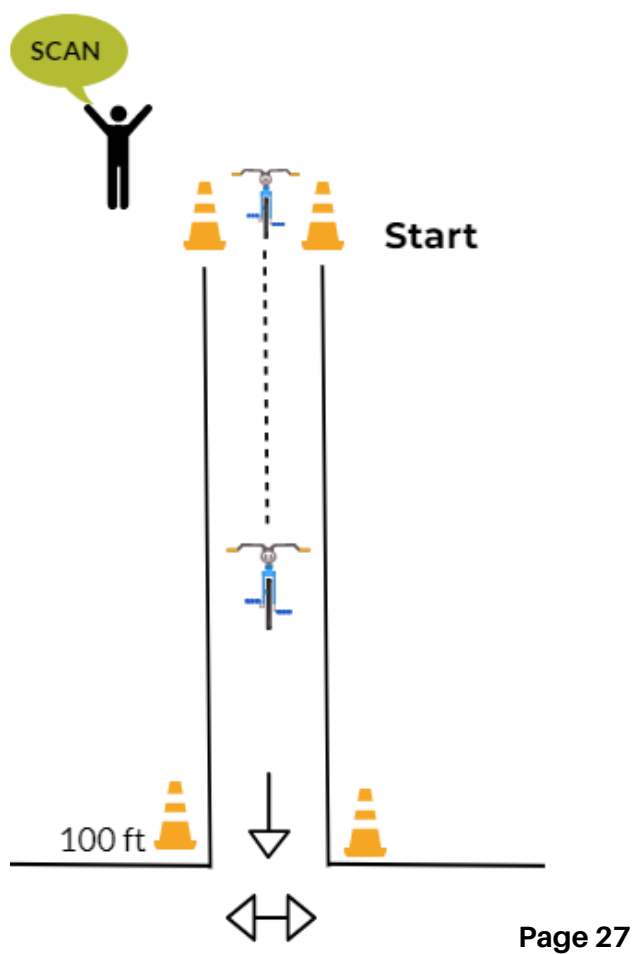


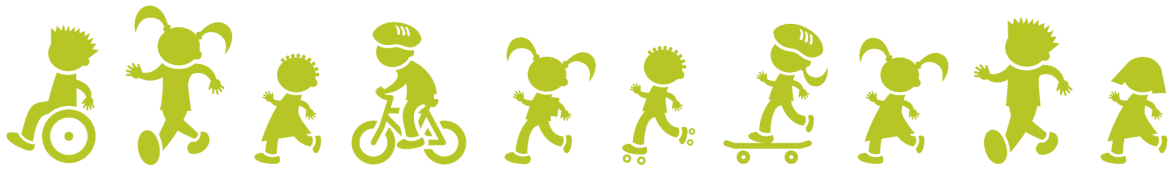
SCAN, SIGNAL, TURN

Setup: Set up two cones 2 ft apart from each other at the beginning of the course. Draw two lines 100 feet long and then draw a left and right turn lane.

Why: To practice looking over your shoulders while maintaining a straight line and to practice signaling and turning.

Directions: Ride your bicycle in a straight line between the designated markers. When the instructor says "scan" or "turn" briefly turn your head, putting your chin on your shoulder, and look behind. Yell out if your instructor has one hand up, or two hands up. Be sure to ride in a straight line the whole time. When you get to the end hand signal a left or right turn and then proceed to turn.



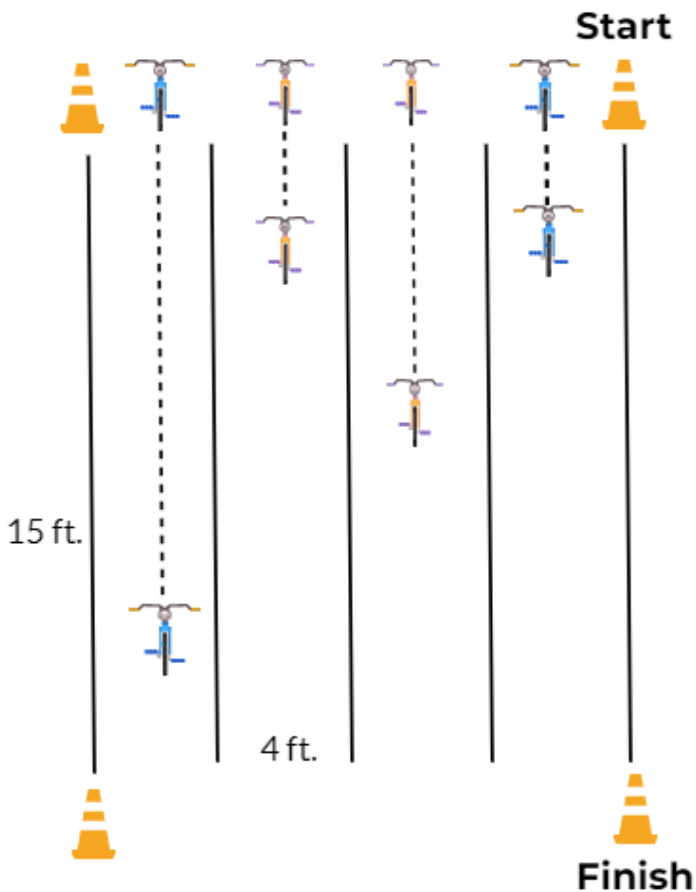


SLOW ROLL

Setup: Set up cones to designate the starting line and finishing line 15 ft in length. Draw 4 or more lanes 4 ft apart for each participant.

Why: To practice balancing on your bicycle.

Directions: Ride slowly as you can to the other end, staying in your lane. The last person to cross the finish line wins. You cannot put your feet down during the slow race or you lose.



POWER PEDAL AND BRAKING

Setup: Set up the cones two ft apart from each other at the beginning, middle and end of the station. The start to finish should be 100 ft. long.

Why: Starting and stopping smoothly without wobbling helps you maintain control of your bike in traffic.

Directions: Start by standing over your bicycle with both feet on the ground. Put your foot in power pedal position and start pedaling. Stop when the instructor yells stop or you get to the cones in the middle. Use both brakes to stop, with more pressure on the front brake, but not too much to cause the back wheel to skid. Put one foot on the ground.

