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BICYCLE PROJECT

Sheboygan County 4-H

PLACES TO GO

- Organize a bicycle ride
- Visit a bicycle shop
- Visit a store that sells bicycle equipment
- Visit a fitness center
- Participate in a bicycle safety clinic

WHAT TO MAKE

- Bicycle riding pack
- Bicycle repair kit
- Parts of a bicycle
- Poster or journal – places traveled via bike
- Log the miles you bike in one year
- Demonstrate how to adjust the handle bar, chain, peddles and seat for a rider
- Poster or display – bicycle rules and safety
- Poster or display hand signals for riding in traffic and safe places to ride
- Poster care of tires
- Poster or display of safety equipment
- Write about famous cyclists

WATCH OUR
BICYCLE PROJECT VIDEO:



[https://
youtu.be/3FjfH04mDBQ](https://youtu.be/3FjfH04mDBQ)

WAYS TO VOLUNTEER

- Bike-a-thon for charity
- Collect & donate used bikes for children in need
- Volunteer at a bicycle marathon
- Implement a community bicycle safety clinic



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ENTER SOMETHING IN THE FAIR!

Department 24 – Mechanical Sciences

CLASS E - BICYCLE Lot No. 20

Description:

20. Educational display related to bicycles

LOCAL CONNECTIONS

www.wolfcycle.com

[Back Door Bike Shop](#)

[Sheboygan Bicycle Company](#)

[Bicycle Works Sheboygan Falls](#)

[Johnnies Bike Shop](#)

SOMETHING TO THINK ABOUT

- What are other sports in which people make sure their equipment fits properly?
- What other times have you had to make adjustments so that equipment operates and performs safely?
- What jobs can you think of that involve maintaining and repairing parts?
- What other times is it necessary to do preventative maintenance for you personal safety?
- How would you go about matching your personal interests and skills to a bicycle related career?

WI 4-H, COUNTY AND STATEWIDE RESOURCES

...to the Bicycling Project can be found at

<https://fyi.uwex.edu/wi4hprojects/mechanical-sciences/bicycling/>

Sheboygan County Local Non-Motorized News and Trails

<http://www.nomosheboygancounty.com/>

Sheboygan County ReBike Program

This local Sheboygan program has provided over 1,000 bicycles to area residents in need. The initiative is made possible by Paradigm Coffee & Music, as well as several dedicated volunteers that hold sessions every Wednesday from 5:30 – 7:30 pm in the basement of Paradigm. Sheboygan County residents in need of a bicycle can attend a ReBike session where they will be paired with a volunteer to spend a few hours working on a bicycle that has been donated. Once any necessary adjustments are made, the recipient is free to take the bicycle home at no charge. Because of its popularity, ReBike is always in need of bicycle donations in order to keep the program going strong and to provide residents that might not otherwise have had access to one with a bicycle .



Learn more about Sheboygan County 4-H at <https://sheboygan.uwex.edu/4-h-youth-development/> or by calling the Sheboygan County 4-H office at 920-459-5903