



Enroll in ZSuite Under this Project Name: OR-BICYCLE-Lv 1: Bicycling For Fun

Approved for 2024-25 Project Year

Project Description: This project teaches beginning riders the essentials for cycling safely and successfully. Topics include protective equipment, fitting a helmet. Identifying bike parts, choosing and fitting a bike, braking, traffic signs, locating road hazards, and planning a bicycle trip.

REQUIRED YOUTH CURRICULUM

[Bicycling for Fun](#) (#08334), 2006

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Bicycle Helper's Guide](#) (#08336), 2006

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 activities (5 regular activities and 2 pedaling harder) each year in the Bicycling for Fun project manual
	Finish all 4 steps of the Planning Guide.
	Complete this book within 2 years to move to Level 2.
	Have your project helper date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Bicycling For Fun project manual.
	A poster (14" x 22") or display illustrating something you learned in the project this year.

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