

Bike Rodeo

The Optimist Club of Waterloo North has held an annual Bike Rodeo for over 25 years. This community fun event has been held in the parking lot of Christ Lutheran Church in Waterloo. The following are instructions for setting up the “stations.”

Items needed: sidewalk chalk, pylon safety cones, measuring tape and string or rope.



Station #1: Bicycle Inspection

A local bicycle shop may be contacted to inspect bikes. Bikes should be examined for safety equipment, size and condition.

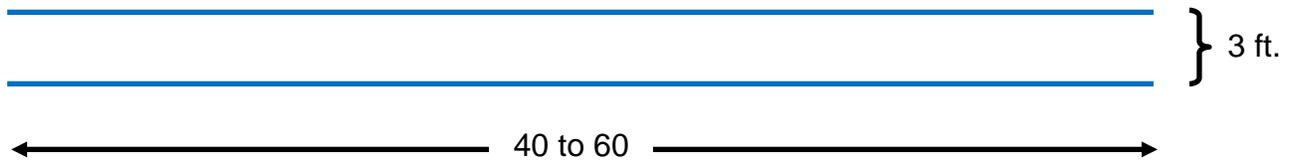
Station #2: Mounting and Dismounting

Purpose:

To demonstrate starting and stopping while maintaining control. Rider must mount, steer the bike without losing balance or swerving out of the lines, and then dismount.

Set-up Instructions:

Using chalk, draw a lane 60 feet long and three feet wide. If space is limited, reduce to 40 feet.



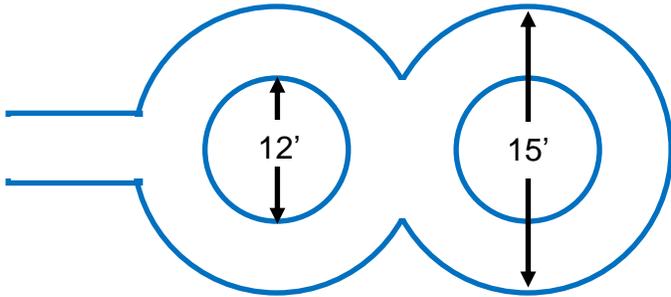
The lane is 60 feet long and three feet wide. If space is limited, reduce to 40 feet.

Station #3: Circling and Changing Direction

Purpose:

To test balance and steering control while changing directions. Rider should start to the right and maneuver through the circles in a figure eight.

Set-up Instructions:



Inner circle is 12 feet in diameter, outer circle is 15 feet in diameter, providing for a 1.5 foot lane.

First Set of Circles: To draw the circles, a person holds a six-foot length of string in one spot, and the drawer pivots around the center point with chalk until a complete circle is made. Using the same centre point, use a 7.5 foot string, except do not complete the circle (see illustration).

Second Set of Circles: To draw the other half of the course, hold the 7.5 foot string on the outer edge of the inner circle. After extending it completely, mark an “X” at the end of the string. This is the centre point for the second set of circles. Repeat instructions for the first set of circles.

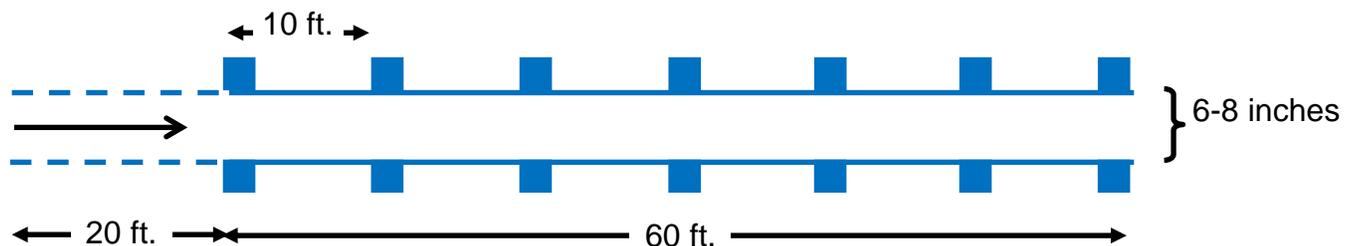
Station #4: Straight Line Control

Purpose:

To test balance and steering coordination.

Set-up Instructions:

The lane is 60 feet long and six to eight inches wide. There should be 20 feet available in front of the start of the lane for riders to balance, but it doesn't need to be marked. Reduce the length if space is limited. Place small cones on the outside on the lane at 10-foot intervals.



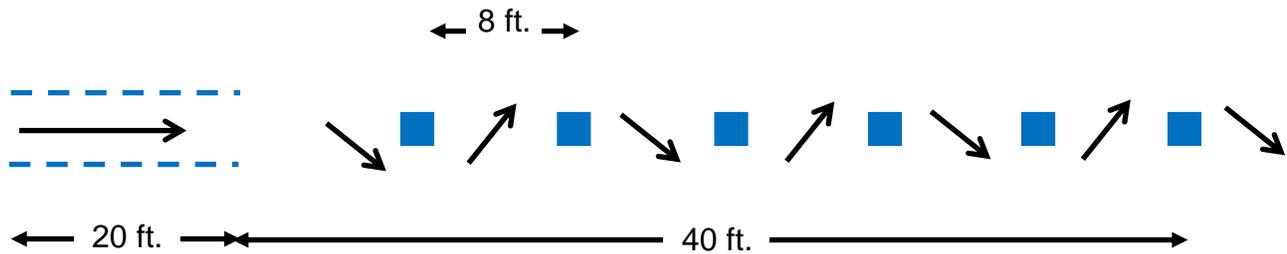
Station #5: Weaving and Maneuvering

Purpose:

To test balance, steering control and the rider's ability to judge distance. The rider shouldn't hit any obstacles and should weave alternately to the right and left.

Set-up Instructions:

There is no marked lane for this station, but you may want to mark the cone placement with chalk in case they are moved. Cones should be placed eight feet apart. Riders should have 20 feet of starting room before the first cone.



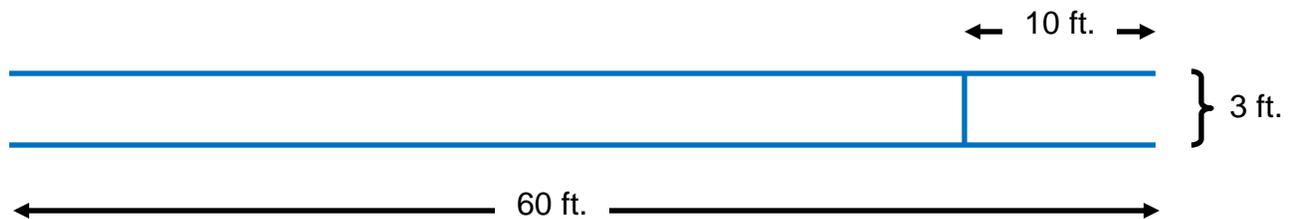
Station #6: Stopping Ability

Purpose:

Test judgement and braking control. Rider should ride through the first 50 feet and be able to bring the bike to a complete stop before touching either foot to the ground within the last 10 feet.

Set-up Instructions:

The lane should be 60 feet long and three feet wide. A cross mark should be at 50 feet. If space is limited, this test can be on the same lane as station #2.



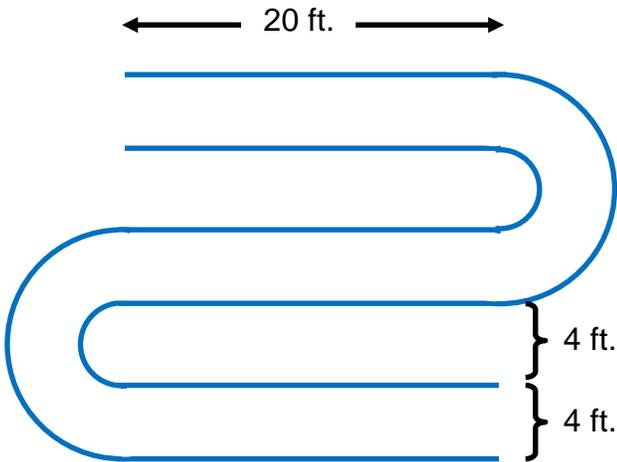
Station #7: Short Turning Radius

Purpose:

To test balance, speed control and steering coordination. Rider should maneuver through the course without veering over the lines or putting foot down to balance.

Set-up Instructions:

The lane is 4 feet wide with each straight section 20 feet long. Draw all straight sections first and then connect them with an arc. Each lane is separated by 4 feet.



Completion Certificate

Sample:

<p>Bike Rodeo Certificate of Achievement</p> <p>Sponsored by:</p>  <p>Optimist INTERNATIONAL Optimist Club of Waterloo North</p> <p>June 2020</p>		 <p>Remember to:</p> <ul style="list-style-type: none">✓ Wear a helmet✓ Look both ways✓ Use hand signals when stopping or turning✓ Obey the rules of the road✓ Ride in the same direction as traffic✓ Keep your bike in good repair
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Instructions:

1. Replace the head image with a photo of the participant
2. Print
3. Trim around outer line
4. Fold in centre line
5. Laminate