The 4-H Pledge
I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service and
my Health to better living
for my club, my community and my country.

The 4-H Motto
Learn To Do By Doing

4-H Ontario Provincial Office
111 Main Street,
Rockwood, ON N0B 2K0
tf: 1-877-410-6748
tel: 519-856-0992
fax: 519-856-0515
e-mail: inquiries@4-hontario.ca
web: 4-HOntario.ca

Project Resource Information:
Written by: Anne Castle
Revised by: Elizabeth Johnston, 4-H Ontario
Layout by: Christa Ormiston
Photography by: Marianne Fallis, 4-H Ontario
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for use in their local 4-H program.

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Action Fund
Record Keeping – Why?

Record Books are to document time and money spent, what you have learned, your ideas, memories and what you liked and didn’t like. Your Record Book also….

• Helps you set goals for this project
• Has space to record important dates, your elected executive and the names and contact information of your leaders and club members
• Is a great way to get and stay organized

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three ring binder or duotang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will it easier to find what you need later on. This will also allow you to add extra pages later.

How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It’s often difficult to remember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you’re not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

*Remember that this is YOUR Record Book so make it your own! And, remember to bring your Record Book to every meeting!*
RECORD BOOK FOR 20____

Name: 

Address: 

Name of Parent or Guardian: 

Age as of January 1: _____ Number of Years in 4-H: 

List the other 4-H projects you are currently involved in: 

Club Name: ___________ Association: ___________ 

Club Members:

<table>
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<tr>
<th>Name</th>
<th>Address</th>
<th>Email</th>
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### Who’s Who

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Ph. #/E-mail</th>
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<tbody>
<tr>
<td>Club President</td>
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<tr>
<td>Vice President</td>
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<td>Secretary</td>
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<td>Treasurer</td>
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<td>Press Reporter</td>
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### Meeting Dates:

<table>
<thead>
<tr>
<th>Meeting</th>
<th>Date &amp; Time</th>
<th>Place</th>
<th>Notes: (Things to bring, remember, etc.)</th>
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<tbody>
<tr>
<td>Meeting 1</td>
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<td>Meeting 6</td>
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<td>Achievement Program</td>
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</table>
Member Expectations and Goals

Why did you join the Mountain Biking club?

What is one goal that you want to achieve in this project?

Do you have any ideas for fun things to do during the project?

Do you have any ideas for an Achievement Program for the Mountain Biking club? (Keep in mind that an Achievement Program should include the community in some way).

Member Responsibilities

• Be a current paid member of 4-H Ontario
• Attend at least 2/3 of the meeting time allotted for this project
• Complete the Record Book for this project. Bring it with you to each meeting!
• Put your Record Book in a binder or duotang so you don’t lose any of the pages.
• Remember the more you put into your 4-H club the more you will get out of it!
### Roll Calls – In my Opinion……….  

<table>
<thead>
<tr>
<th></th>
<th>Roll Call:</th>
<th>My Answer:</th>
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<tbody>
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<td>Meeting 1</td>
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<td>Meeting 5</td>
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<td>Meeting 6</td>
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</table>
Project Summary – Mountain Biking Project

A. Member Comments

1. What did you gain from taking this project?

2. Which meeting or topic was the most/least interesting? Why?
   a. Most:
   b. Least:

3. Comment and/or give suggestions for improvements on the overall project (eg. Activities, tours, achievement program plans, member presentations, special activities, judging information).

4. What interests would you like to explore through future 4-H projects?

B. Parent/Guardian Comments:

C. Leader Comments:

This project has been completed satisfactorily!

Member: ___________________________ Leader: ___________________________

Date: ___________________________ Leader: ___________________________
Take Home Activity #2 Meeting #1

Interview someone who goes Mountain Biking. Find out what kind and types of Mountain Bike they have, how old the Mountain Bike is, how long they have been Mountain Biking and if their favourite spots to Mountain Bike are close by. Record your findings below.
Activity #3 Meeting #2

**Proper fit of a Bicycle Task Sheet**

1. Stand straddling the bike. Both feet should be flat on the ground.
   - If you are fitting for a road bike there should be 2.5cm (one inch) of space between the top tube and your crotch
   - If you are fitting for a Mountain Bike there should be approximately 7.5cm (3 inches) of space between the top tube and your crotch

2. Lift the front of the bike off the ground until it touches you. The space between the tire and the ground should be the same.
   - 2.5cm (one inch) of space for a road bike
   - 7.5cm (3 inches) of clearance for a Mountain Bike

3. Make sure that the saddle is level with the ground.

4. Position the crank arms so they are in the 6:00 and 12:00 positions.

5. You will need at least two partners for this exercise. Sit on the saddle, place your feet on the pedals and have your partners support you from the side to keep you from toppling over. Place your heels on the pedals.
   - If your leg that is on the pedal at the 6:00 position is bent, then you need to raise the saddle
   - If you can’t reach the pedal with your heel without rocking yourself on the saddle, then the saddle must be lowered

6. Loosen the seat post clamp by flipping the quick release lever on the seat post binder bolt.
   - Raise or lower the seat post in small increments until you have it positioned correctly
   - Tighten the binder bolt and make sure that the saddle points straight ahead

7. While seated on the saddle, lean over and grab the grips on the handlebars
   - Your waist should be bent forward at about a 45 degree angle
   - If you feel that you are “reaching” then you will need a bike with a shorter stem
     - Try to find a bike with the same frame size with a shorter stem
   - If you feel that you are crowded then you will need a bike with a longer stem
     - Try to find a bike with the same size frame but with a longer stem
Take Home Activity #2 Meeting #2

Using magazines, the Internet or by visiting a sporting goods store, check out the various types of Mountain Bikes. Compare the different types and prices of each and record your findings below.

<table>
<thead>
<tr>
<th>Type of Mountain Bike</th>
<th>Price</th>
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ACTIVITY #5 MEETING #3

Judging Mountain Bikes - Judging Card

Criteria

1. Appearance - Does the Mountain Bike look in good shape? Is it appealing for someone to buy? Has it been stored properly? Are the parts on it worn looking? Is it missing parts?
2. Safety – Does it have all of the proper safety features? Is it an older style bike? Does it look like it may have been in a crash?

Giving Reasons:

I place this class of mountain bikes ___ , ___ , ___ , ___

I place mountain bike ___ first because __________________________________________

I place mountain bike ___ over mountain bike ___ because __________________________

I place mountain bike ___ over mountain bike ___ because __________________________

I place mountain bike ___ over mountain bike ___ because __________________________

I place mountain bike ___ 4th because ____________________________________________

For these reasons, I place this class of mountain bikes ___ , ___ , ___ , ___

Official Placing

_________________________________________
ACTIVITY #2 MEETING #3

Using magazines, the Internet or by visiting a sporting goods store, check out the various types of Mountain Bike tires. Compare the different types and prices of each and record your findings below.

<table>
<thead>
<tr>
<th>Type of Mountain Bike Tire</th>
<th>Price</th>
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Take Home Activity #1 Meeting #5

Make a list of items you would carry in your Mountain Biking Travel Kit if you were going on a long expedition. Record your list below.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
Take Home Activity #2 Meeting #5

Find out what Mountain Biking courses are in your area. What is the distance from where you live to the 5 closest Mountain Biking trails in Ontario. Record your findings below.
EXTRA ACTIVITIES Meeting #12

Travelling on the Trails Jingle Contest!

Record Your Travelling on the Trail Jingle here!
EXTRA ACTIVITIES Meeting #13

Trail Quest Worksheet!

Have 4-H Members work in pairs. Go for a walk on a trail and have Members find an item for each request listed below.

something underneath something else ____________________________
something old _____________________________________________
something just beginning ___________________________________
a large group of things ______________________________________
something dirty _____________________________________________
something spotted __________________________________________
something moved by the wind __________________________________
something noisy _____________________________________________
something with arms _________________________________________
something you can hardly see _________________________________
something falling ___________________________________________
something you can’t reach ___________________________________
something you have never seen before __________________________
something growing well ______________________________________
something with a nice smell __________________________________
something with an earthy surface _____________________________
something powdery __________________________________________
two things together __________________________________________
something coloured _________________________________________
something you wouldn’t see in the summertime __________________
Trail Mix Recipe

Create your own Trail Mix recipe to take with you on a Mountain Biking expedition. Record your creative Trail Mix recipe below!
EXTRA ACTIVITIES Meeting #15

Judging Mountain Bike Tires - Judging Card

Criteria

1. Appearance - Does the Mountain Bike tire look in good shape? Is it appealing for someone to buy? Is it a proper tire for a Mountain Bike?
2. Safety – Will it hold air? Does it have cracks in it? Is the tread wore down? Is the tire almost bald?

Giving Reasons:

I place this class of Mountain Bikes tires ____ , ____, ____, ____

I place tire ________ first because _______________________________________

I place tire ____ over tire ____ because _______________________________________

I place tire ____ over tire ____ because _______________________________________

I place tire ____ over tire ____ because _______________________________________

I place tire ____ over tire ____ because _______________________________________

I place tire ____ 4th because _________________________________________________

For these reasons, I place this class of tires ____ , ____, ____, ____

Official Placing

_____________________________________________________________
MTB Bingo

Material Needed: MTB Bingo Sheet, pens

Give each person a Bingo sheet (found on the next page). 4-H Members must get signatures of Members who fit the criteria for each square. The first person to fill in a letter wins. If time allows, then play for the 1st person to fill in the entire sheet.
Entrapment

Materials Needed: 125 feet of rope, bikes, helmets

Using the rope, make a circle that is 30-40 feet in diameter. Everyone rides outside the circle until you blow the whistle to start the game. Then they enter the circle and the game is on. The object is to ride around and eliminate other riders by the following rules:

• If your foot touches the ground, then you are out
• If you ride out of bounds then you are out
• If you run into another rider or touch another rider then you (the offending rider) are out.

The last person in the circle wins.
EXTRA ACTIVITIES Meeting #18

Elastic Band Activity

Materials Needed: elastics, Gatorade/water bottles, sharpie pen

At the beginning of a Mountain Biking trail ride (or a Mountain Biking weekend), give each 4-H Member a bottle of Gatorade or a bottle of water. Each time they refill their bottle, tell them to put an elastic band around their bottle. The following day, look at the number of elastic bands on their bottle and calculate the amount of fluid they drank.
EXTRA ACTIVITIES Meeting #19

Essential Equipment Relay Race

Materials Needed: 3 buckets, 2 sponges, 2 sets of elbow and knee pads, 2 sets of safety glasses, 2 helmets, 2 pairs of rubber gloves, lots of water, sharpie marker

Fill one bucket of water, place it in an open area. Place the 2 empty buckets approximately 10 metres away from the filled bucket. Mark a line with the Sharpie marker at 20cm on each empty bucket. Break the group into 2 teams. The participants must put on all of their essential equipment (helmet, gloves, pads, glasses) and run down to the filled bucket, saturate a sponge with water and run it back to their empty bucket to transfer the water. Then they transfer all of their essential equipment to the next person on their team. The first team to fill their bucket with water to the 20cm line wins.
EXTRA ACTIVITIES Meeting #20

Human Knot

Have everyone stand in a circle. Then have everyone put their hands in the centre of the circle and hold hands with someone across from them. Then tell them to un-mix themselves without letting go of anyone’s hands. Time it.

Do it again but the second time enlist the help of a Dr. Mix Up. Ask for someone to volunteer to be Dr. Mix Up and remove them from the group. Have everyone else repeat the Human Knot again but this time, have Dr. Mix Up help to untangle the group. Time it.

Was it faster to have a leader? Was it easier to have a leader? Why?
EXTRA ACTIVITIES

Activity #20 – Word Search

WHEELS IN MOTION!

E K E A R S W V H R S E A T C D J L N E
A L A K E I L I A R T A S H L Y T E U U
Y G C V A B M B B K K M A J A D E E T P
I L O Y B R E L U B R I C A T E M H R P
C L Y O C L B M Q A N K X R C S L W I R
G R L Y D I H A I T O Q R R J I E S T K
N T R N U U B Y N I K T B J P O H U I Z
H T A N F X M W U R M V Q F H N U I O H
S H X J J E P G I E U K B M B Y V E N Z
D P A H W O V V S S H U D E C S T B K R
L A M S T S D L D T O Y D M R E F C F W
S Q K X R I N K E O M K D L D L L S Y S
P E D A L S W Z M O O G M R Y C M U D O
D S E Z K B X A U W S I Q D A A T B H Z
V G A Y O S W N T I Z B F B S T M I A I
J R E I I F T L F E W J Y Z A S I U J T
O Y W O H A G U S P R H Y K G B E O Z A
X X Y S I S S E L E B U T J G O Y B N O
A R Z N R J C U I G C E Y N G G I U J I
E J S G K Q D N G J L L I Z I R C I M C

BI CYCLE
BRAKE
CHAIN
GEARS
GLOVES
HANDLEBAR
HELMET
HYDRATION
NUTRI TION
OBSTACLES
PEDALS
RI M
SEAT
TI RES
TRAJ L
TUBELESS
Activity #20 – Word Search Solution

BICYCLE (7,7,NW)
BRACE (7,5,NW)
CHAIN (15,1,SW)
GEARS (2,15,NE)
GLOVES (1,13,NE)
HANDLEBAR (2,9,NE)
HELMET (17,7,N)
HYDRATION (11,10,SE)
LUBRICATE (8,4,E)
MOUNTAIN (11,12,SW)

NUTRITION (19,1,S)
OBSTACLES (16,18,N)
PEDALS (1,13,E)
RIM (5,1,SE)
SEAT (11,1,E)
TIRES (10,6,S)
TRAIL (11,2,W)
TUBELESS (13,18,W)
WATER (7,13,SE)