

## Know Your Equipment

Follow the instructions to complete the activity.

NAME

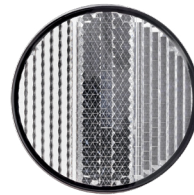
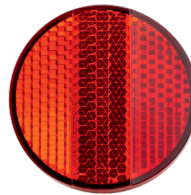
DATE

Using the information found on pages 6 and 7 of the book, label each piece of equipment shown below. Identify its purpose and explain why it is important.













**Sunglasses   Helmet   Clothing   Reflectors   Gloves   Trail Repair Kit**



**Outdoor Adventures and Sports**

**Mountain Biking**

Reference: Pages 6–7

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## Fill in the Blank

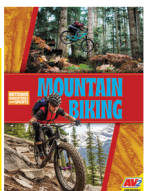
Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Mountain Biking* to fill in the blanks below.

1. In the late 1960s, mountain bikers rode  bikes. These were old cruiser bikes with added homemade parts, fat tires, and better brakes.
2. The Tour de  is the biggest international cycling competition.
3. Mountain bikers should shift  before beginning a downhill or uphill ride.
4. Five riding clubs in the U.S. state of  joined together to form the International Mountain Bicycling Association (IMBA).
5. A mini air pump for easy tire  should be part of every trail repair kit.
6. A  protects the rider's head if he or she falls off a bike.



## True or False

Follow the instructions to complete the activity.

NAME

DATE

Using information found in the book, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

### Statement 1

Mountain bikers should wear loose clothing to prevent fabric from rubbing against their skin as they ride.

☐

True

☐

False

Page  
Number

### Statement 2

A mountain bike's handlebars are raised higher than those of a road bike.

☐

True

☐

False

Page  
Number

### Statement 3

Bicycle motocross, or BMX, racing is a combination of mountain biking and cycling.

☐

True

☐

False

Page  
Number

### Statement 4

Competitive international mountain biking began at the 1990 Mountain Bike World Championships.

☐

True

☐

False

Page  
Number

### Statement 5

When riders reach a muddy, sandy, or wet patch of land, it is important to shift the bike into a lower gear.

☐

True

☐

False

Page  
Number





# Identify the Adventure

Follow the instructions to complete the activity.

NAME

DATE

Using the information found on pages 14 and 15 of the book, label and briefly describe each outdoor adventure shown below.





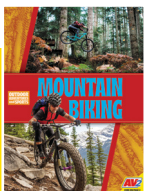









**Bicycle Motocross Racing    Snowboarding    Mountain Climbing    Cycling**



Outdoor Adventures and Sports

Mountain Biking

Reference: Pages 14–15

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## Write a Letter

Follow the instructions to complete the activity.

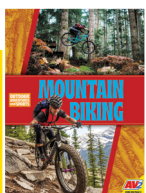
NAME

DATE

Imagine you are on a mountain biking adventure at any one of the four sites featured on pages 16 and 17 of the book. Write a letter to your family describing your trip. What sights have you seen? What activities have you done?



Name of Location:



Outdoor Adventures and Sports

Mountain Biking

Reference: Pages 16–17

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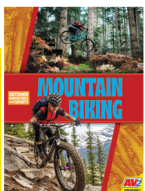
## Quiz

Test your knowledge by answering these questions.

NAME

DATE

- 1 How should mountain bikers grip the handlebar?
- 2 When riding on a trail, what are some of the items riders should carry?
- 3 Where do most riders plan their stops on a route?
- 4 Why do mountain bikers wear reflectors?
- 5 Which five riding clubs created the International Mountain Bicycling Association?
- 6 What were early mountain bikes called?



## Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

### KEY WORDS

bacteria  
closed courses  
cruiser  
extreme sport

inflation  
low-impact  
mount  
route



1.   
the act of getting into a seated position on a mountain bike
2.   
not damaging to the environment
3.   
the path or trail a mountain biker rides
4.   
organisms that spread disease
5.   
the amount of air in a tire
6.   
difficult or dangerous athletic activity
7.   
a balloon-tired bike with a heavy-duty frame that was popular in the United States from the 1930s to 1970s
8.   
courses for competition that only those competing can enter

