

## True or False

Follow the instructions to complete the activity.

NAME

DATE

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

|             |   |   |                                     |
|-------------|---|---|-------------------------------------|
| Statement 1 | Lower gears allow riders to pedal faster. This makes it easier to climb steep hills.                      | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number<br><input type="text"/> |
| Statement 2 | Leg stretches, such as lunges and V-sits, are not very useful for cyclists.                               | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number<br><input type="text"/> |
| Statement 3 | In 1920, the Amateur Bicycle League of America was created.   | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number<br><input type="text"/> |
| Statement 4 | People have been riding bicycles for about 1,000 years.   | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number<br><input type="text"/> |
| Statement 5 | The tires on mountain bike wheels are narrower than road-racing tires and have less space between treads. | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number<br><input type="text"/> |



Solo Sports: Do It Your Way

Biking

Reference: All Pages

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## Fill in the Blank

Follow the instructions to complete the activity.

NAME

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Use the information found in *Biking* to help you complete the following activity.

1. The dual  is a racing event that requires two cyclists to ride through two identical courses at the same time.
2. The Amateur Bicycle League of America was renamed  in 1995.
3. Cyclists can compete in downhill, uphill, or -country races.
4. Downhill racers pedal down a  track, and the first to finish wins.
5. Paola Pezzo competed in the  one last time in 2004.
6. To stop a bike, riders squeeze the  levers on the handlebars.



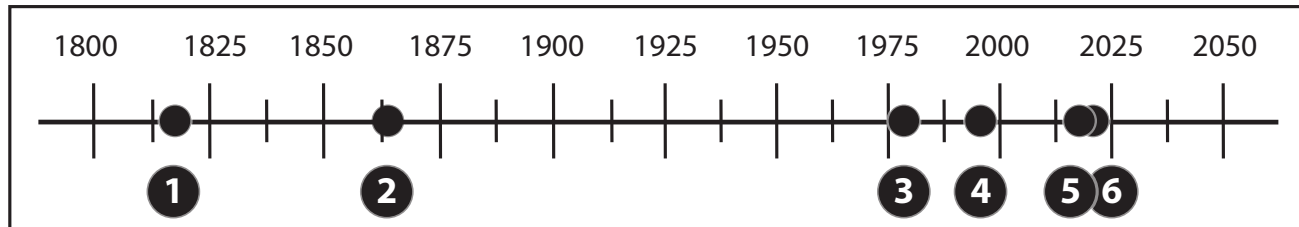
## Timeline

Follow the instructions to complete the activity.

NAME

DATE

Number the events below in the order they should appear on the timeline. Write the number in the box beside each event. Check your answers with page 17 of the book.



Joe Breeze builds and sells the "Breezer," one of the first modern mountain bikes.

Mountain biking debuts as an Olympic sport in Atlanta, Georgia.

Hannah Roberts wins the silver medal for Team USA at the Olympics in Tokyo, Japan. She competes in the women's BMX freestyle event.

Baron Karl von Drais builds the velocipede. This bike-like device has two wheels. It is propelled by the rider pushing off the ground with his or her feet.

BMX rider Ryan Williams wins his third X Games gold medal in Minneapolis, Minnesota, for the BMX Big Air Event.

People in Paris, France, improve upon the velocipede by adding pedals.



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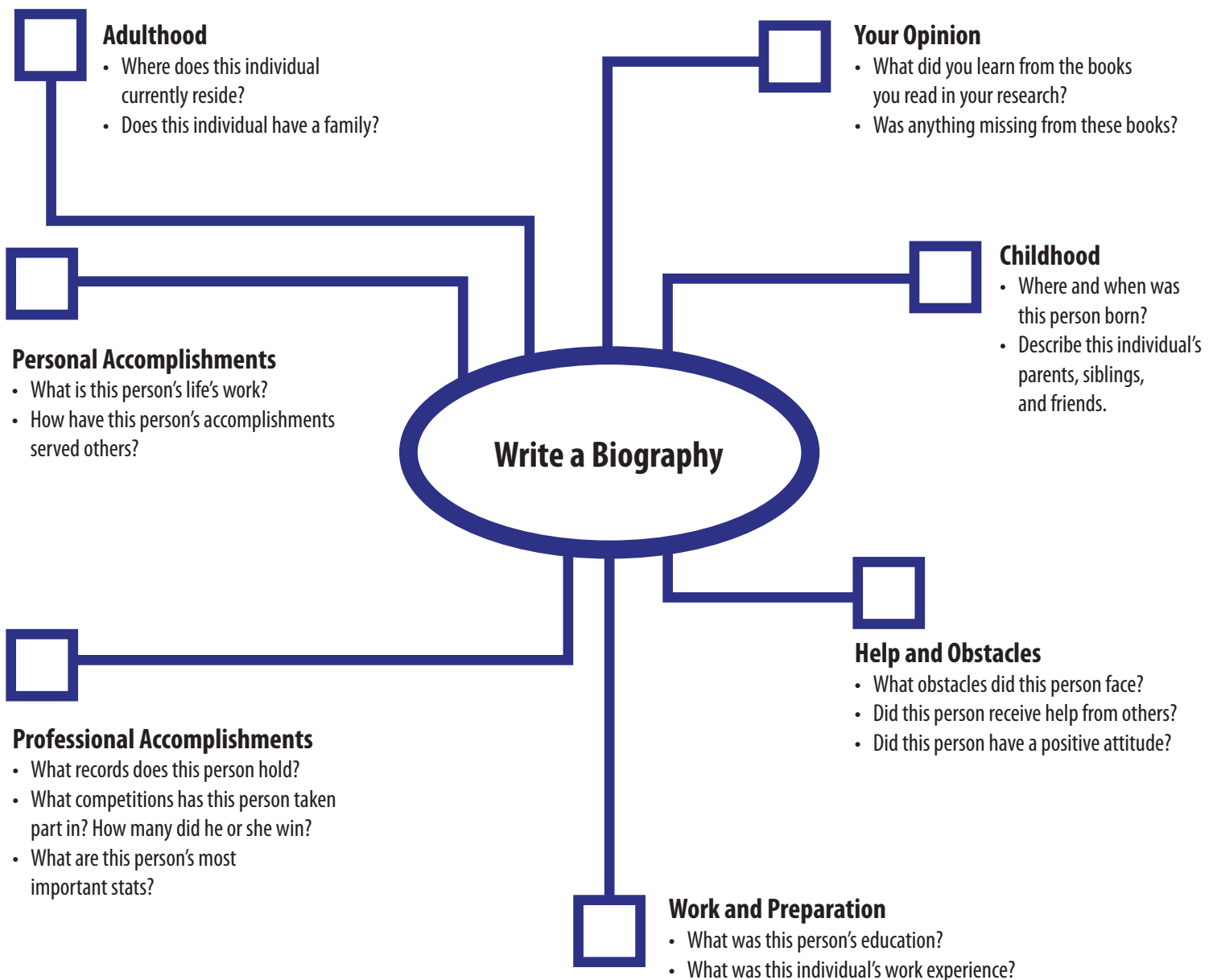
## Write a Biography

Follow the instructions to complete the activity.

NAME

DATE

Many past and present biking legends have helped increase the sport's popularity. Research online, and choose a professional cyclist that you are interested in learning more about. Then, try researching and writing a biography about that person using this concept web as a guide.



Complete the statements by writing the correct number in the box.

- |    |   |                      |           |
|----|---|----------------------|-----------|
| 1. | Roughly this many million people in the United States go mountain biking each year.                           | <input type="text"/> | <b>20</b> |
| 2. | Road-racing bikes weigh up to this many pounds.   | <input type="text"/> | <b>28</b> |
| 3. | About this percentage of all bikes in the United States are mountain bikes.                                   | <input type="text"/> | <b>40</b> |
| 4. | Mountain bikes weigh up to this many pounds.  | <input type="text"/> | <b>72</b> |
| 5. | Cyclists should start drinking water this many hours before a race to ensure that they are properly hydrated. | <input type="text"/> | <b>25</b> |



## 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

|              |             |          |
|--------------|-------------|----------|
| disqualified | rugged      | traction |
| endurance    | sponsorship | X Games  |
| hydrated     | terrain     |          |
| precautions  | titanium    |          |



- safety measures
- a light, strong, silver-gray metal
- ability to survive hardship
- a popular extreme sports competition that includes events in BMX riding, skateboarding, snowboarding, and more
- having a rough, uneven surface
- money or products from a corporation or individual to fund an athlete
- having enough water in the body to keep it functioning correctly
- natural features of a stretch of land
- grip
- not allowed to compete in a contest after breaking the rules



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Biking

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## Quiz

Test your knowledge by answering these quiz questions.

NAME

DATE

1

How do sunglasses protect bike riders?

2

When was the UCI Mountain Bike World Cup first held?

3

What does "BMX" stand for?

4

Which early mountain bike did Joe Breeze build and sell in 1977?

5

By what nickname do many people know David Juarez?

6

How much do mountain bikes weigh?

7

When did BMX biking become an Olympic sport?

8

What materials are most mountain bikes made from?

9

Which bicycle with a large front wheel was first produced in 1871?

10

What is it called when a rider chooses to go over an obstacle rather than around it?

