

## Bicycle Knowledge Quiz

Instructions: Take the quiz below. Check your own answers, using the score sheet provided. For each answer you get wrong, think why the correct answer is better. Save this sheet and take it home. There is a lot of valuable information on both sides. Review it. Discuss it with your parents.

American kids get extensive practice and expert coaching for karate, baseball, and other sports. But for some reason, people think cycling can be self-taught, or taught by adults who don't ride bikes. Cyclists who get expert instruction are much safer than those who don't, and they're able to use their bikes much more. You can get "Bike Ed" classes from Certified Instructors. Check the League of American Bicyclists Web site: [www.bikeleague.org/](http://www.bikeleague.org/)

- 1/ To stop as quickly as possible on a clear, dry road surface, a skilled rider should:
- Drop the bicycle and slide.
  - Squeeze the front brake lever three times as hard as the rear brake lever.
  - Squeeze the rear brake lever slightly harder than the front brake lever.
  - Brake until both wheels skid.
- 2/ The bottom of your helmet should be:
- Level when you are standing and positioned about one inch above your eyebrows.
  - Angled slightly back and positioned at your hairline in front.
  - Moved to different positions as you ride for comfort.
- 3/ Which is the best way to avoid a collision with a motor vehicle?
- Stay out of their way. Get off the road when they approach, or go to the other side of the road.
  - Ride only on sidewalks.
  - Maintain a constant, predictable path. Signal your intentions. Be as visible as possible. Stay off sidewalks.
- 4/ To repair flat tires while on a ride, what tools/supplies do you need to carry?
- 
- 

- 5/ To make as sharp a right turn as possible, start by
- Leaning your body to the right.
  - Leaning your body to the left.
  - Turning your front wheel to the right.
  - Turning your front wheel to the left.
- 6/ Which of the following is the most common injury-producing bicycle crash:
- A simple loss-of-control accident or a collision with a fixed object.
  - A collision with a motor vehicle.
  - A collision with a dog.
- 7/ The quick release lever on a bicycle wheel should be:
- Tightened like a wing-nut.
  - Never twirled to secure the wheel.
  - Lubricated annually.

## Bicycle Knowledge Quiz, p. 2

8/ You are cycling on the right side of a two-lane road. You want to make a left turn at the next intersection. Below are three possible left turn procedures. Which of the three procedures is **never** correct?

- Ride straight through the intersection, stop at the far curb, dismount, reposition your bike pointing in the direction you intend to go, and, resume riding when safe and legal.
- Signal a left turn, look over your shoulder to ensure there is no oncoming traffic, merge into the left side of the lane, wait for break in on-coming traffic, signaling for the left turn, then turn left.
- About 100 feet before the intersection, cross all the way over to the left curb, make your left turn, then after another 100 feet cross back over to the right curb.

9/ Of the two correct methods above, which one is best for you?

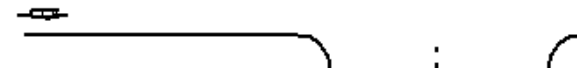
10/ Show on the diagram the path you would use for a left turn.



11/ Which statements are not true about cycling in the dark.

- The reflectors provided on new bikes are adequate for safety.
- State law requires a headlight, taillight and rear reflector.
- You only need lights if you ride on the street.
- Cycling in the dark is much more dangerous than in daylight.

Start here



- 12/ When passing a line of parked cars, you should
- Keep a straight line about three feet out from cars. Ride a line straight line even if there are gaps between the parked cars.
  - Swing into gaps between parked cars to let traffic by.
  - Ride as far right as possible, looking for occupied cars where doors might open.
- 13/ When cycling down the road one should:
- Do whatever looks most convenient because you are on a bike and not driving a car.
  - Try to stay out of the way of motor vehicles.
  - Think about how you appear to others. Act as the driver of a vehicle, so other drivers can see you and understand what you are doing.

## Bicycle Knowledge Quiz Answers

1/ **B** -- This is a skill you need to be taught. If you do it wrong you might pitch over the handlebars on your head. Advanced techniques like this are taught in “Bike Ed” classes and are shown in the booklet *Street Smarts* and the book *Effective Cycling*. You can find both books at the library. Pennsylvania and Ohio have a bicycle driver’s manual that includes *Street Smarts*. Your state should have a manual also.

2/ **A** -- A helmet tilted back won’t protect the front of your head.

3/ **C** -- Be predictable. If you try to stay out of their way, you’ll just get in their way at unpredictable times, leading to a collision.

4/ You need a wrench to loosen wheel nuts (if you don’t have quick release)

Tire levers to remove tire from rim

Spare tube or patch kit, with patches, glue and tool to roughen up the inner tube

Talcum powder, to put on the tube after you’ve patched it

Air pump

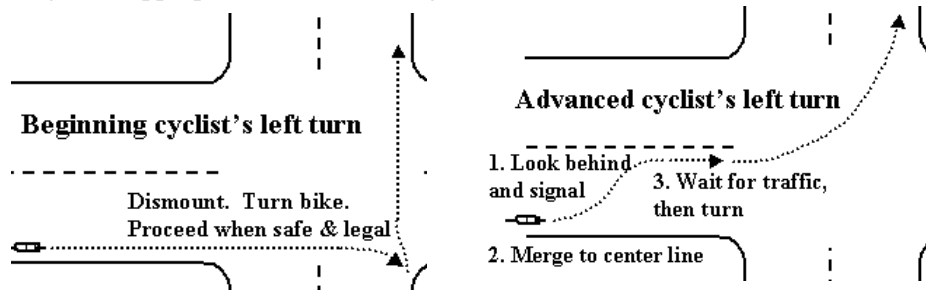
5/ **D** -- You need to “countersteer” left slightly to set up for your lean into the turn. Then snap the handlebars to the right for the turn. This is another advanced technique taught in “Bike Ed” classes and described in *Effective Cycling* and *Street Smarts*.

6/ **A** -- Loss-of-control accidents are twice as common as collisions with motor vehicles.

7/ **B** -- The quick release is a cam-lock mechanism. Flip the lever to open & close.

8/ **C** is never correct. You wouldn’t drive a car that way, so why ride a bike that way?

9 & 10/ **A** is best for novice riders or on very busy roads. Use **B** if you’ve been taught the appropriate skills. See diagrams below.



11/ **A** and **C** are wrong and dangerous.

12/ **A** is safest.

13/ **C** -- A bicycle is a vehicle. You should drive it like one -- predictably.

We hope you found many useful ideas here. There is much more to learn about cycling than steering and balance. Happy cycling!

**Effective Cycling teaches:**

**“Cyclists fare best when they act and are treated as drivers of vehicles.”**

## Bicycle Knowledge Quiz Answers

1/ **B** -- This is a skill you need to be taught. If you do it wrong you might pitch over the handlebars on your head. Advanced techniques like this are taught in “Bike Ed” classes and are shown in the booklet *Street Smarts* and the book *Effective Cycling*. You can find both books at the library. Pennsylvania and Ohio have a bicycle driver’s manual that includes *Street Smarts*. Your state should have a manual also.

2/ **A** -- A helmet tilted back won’t protect the front of your head.

3/ **C** -- Be predictable. If you try to stay out of their way, you’ll just get in their way at unpredictable times, leading to a collision.

4/ You need a wrench to loosen wheel nuts (if you don’t have quick release)

Tire levers to remove tire from rim

Spare tube or patch kit, with patches, glue and tool to roughen up the inner tube

Talcum powder, to put on the tube after you’ve patched it

Air pump

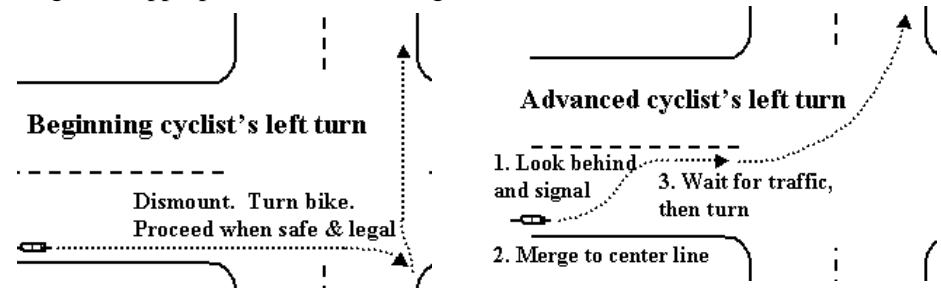
5/ **D** -- You need to “countersteer” left slightly to set up for your lean into the turn. Then snap the handlebars to the right for the turn. This is another advanced technique taught in “Bike Ed” classes and described in *Effective Cycling* and *Street Smarts*.

6/ **A** -- Loss-of-control accidents are twice as common as collisions with motor vehicles.

7/ **B** -- The quick release is a cam-lock mechanism. Flip the lever to open & close.

8/ **C** is never correct. You wouldn’t drive a car that way, so why ride a bike that way?

9 & 10/ **A** is best for novice riders or on very busy roads. Use **B** if you’ve been taught the appropriate skills. See diagrams below.



11/ **A** and **C** are wrong and dangerous.

12/ **A** is safest.

13/ **C** -- A bicycle is a vehicle. You should drive it like one -- predictably.

We hope you found many useful ideas here. There is much more to learn about cycling than steering and balance. Happy cycling!

**Effective Cycling teaches:**

**“Cyclists fare best when they act and are treated as drivers of vehicles.”**