

The Quiz! Take it!

Instructions

Take the quiz below. Do not look at the second page until you have completed the quiz. Then check your answers.

Save this sheet and take it home. There is a lot of valuable information on both sides. Review it. Kids, discuss it with your parents. Parents, use it and discuss it with your kids.

Kids in America get extensive practice and expert coaching for karate, baseball, and other sports. But for some reason, Americans think bicycling can be self-taught, or taught by adults who don't ride bikes.

Bicyclists who get expert instruction are much safer than bicyclists who don't, and they're able to use their bikes much more. You can get instruction from League of American Bicyclists Certified Instructors. For more information, log on to www.southvalleybike.org, or www.bikeleague.org.

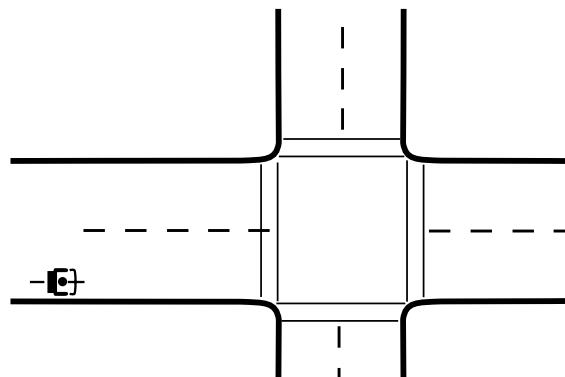
1. To stop as quickly as possible on a clear, dry road surface, a skilled rider should:
 - A. Drop the bicycle and slide.
 - B. Squeeze the front brake lever three times as hard as the rear brake lever.
 - C. Squeeze the rear brake lever slightly harder than the front brake lever.
 - D. Brake until both wheels skid.
2. To avoid a pitchover accident using the front brake, you should:
 - A. Never use the front brake.
 - B. Always apply the rear brake first.
 - C. Only use the front brake when the pavement is wet or sandy.
 - D. Practice and learn the front brake procedure taught in League Cycling classes and explained in the booklet titled "Street Smarts" and the Pennsylvania Bicycle Driver's Manual.
3. The bottom of your helmet should be:
 - A. level when you are standing and positioned about one inch above your eyebrows.
 - B. Angled slightly back and positioned at your hairline in front.
 - C. Moved to different positions as you ride for comfort.
4. Which is the best way to avoid a collision with a motor vehicle?
 - A. Stay out of their way. Get off the road when they approach, or go to the other side of the road.
 - B. Maintain a constant, predictable path. Signal your intentions. Be as visible as possible. Stay off the sidewalks.
5. To repair flat tires while on a ride, what do you need to carry?

6. To make as sharp a right turn as possible, start by
 - A. leaning your body to the right.
 - B. leaning your body to the left.
 - C. turning your front wheel to the right.
 - D. turning your front wheel to the left.

7. Which of the following is the most common type of injury-producing bicycle crash:
 - A. A simple loss-of-control accident or a collision with a fixed object.
 - B. A collision with a motor vehicle.
 - C. A collision with a dog.
8. The quick release lever on a bicycle wheel should be:
 - A. Tightened like a wing-nut.
 - B. Never twirled to secure the wheel.
 - C. Lubricated annually.
9. You are bicycling 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 is never correct?
 - A. Ride straight through the intersection, stop at the far curb, dismount, reposition your bike pointing in the direction you intend to go, and, when it is safe and legal to resume riding, resume riding.
 - B. 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 while continuing to signal a left turn, then turn left.
 - C. 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.

Of the two that can be correct, how do you pick which one is right for you?

Draw the path you would ride to make a left turn



10. When passing a line of parked cars, you should
 - A. Keep a straight line about three feet out from cars. Keep the line straight even if there are gaps between parked cars.
 - B. Swing into gaps between parked cars to let traffic by.
 - C. Ride as far right as possible, looking for occupied cars where doors might open.
11. Read the information sheet on the other side of this quiz. Name something new you learned from that sheet.

The Answers!

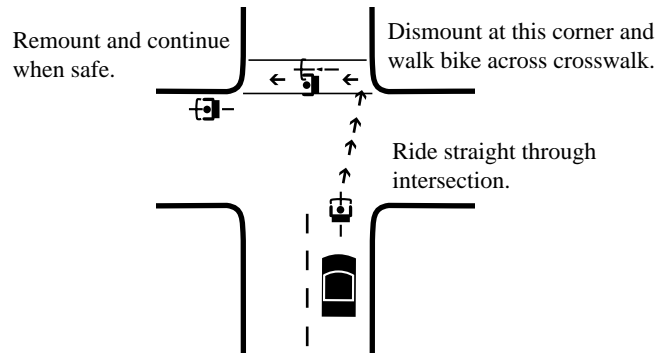
Remember 'em!

Quiz answers

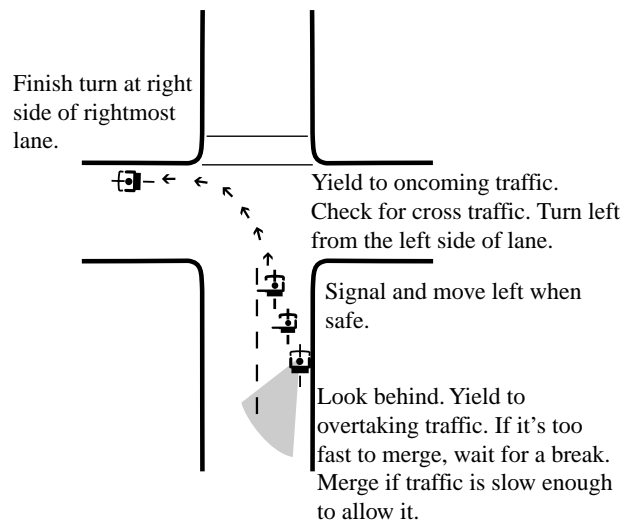
1.
 - B. Don't just go out and try this, though. It's a skill you need to be taught.
2.
 - D. Take a League of American Bicyclists class or get "Street Smarts" from Rodale Press or the Pennsylvania DOT bicycle driver manual (they're both the same book). It's the best in the nation. Read it several times.
3.
 - A. A helmet tilted back won't protect the front of your head, where many blows to the head occur.
4.
 - B. Be predictable. By trying to stay out of their way, you'll just get in their way at unpredictable times, leading to a collision.
5.
 - Wrench to loosen wheel nuts (if you don't have quick release)
 - Tire levers to remove tire from rim
 - Patch kit, including patches, glue and something to roughen up the inner tube
 - Talcum powder, to put on the tube after you've patched it.
 - Air pump
6.
 - D. You need to countersteer slightly to set up for your lean into the turn.
7.
 - A. Loss-of-control accidents are twice as common as collisions with motor vehicles.
8.
 - B. The quick release is a cam-lock mechanism.

9.
 - C is *never* correct (and it's illegal) You wouldn't drive a car that way, so why would you ride a bike that way?
 - A is best for novice riders or busy roads.
 - Use B if you've been taught the appropriate skills.

Beginning Rider's Left Turn



Advanced Rider's Left Turn



10.
 - A is safest.



Thanks to Anne Anderson for providing many of the questions on this quiz and to League Cycling Instructor John Schubert who provided the rest with input from other League Cycling Instructors, then compiled the quiz for a Boy Scout Jamboree in Pennsylvania. Thanks also to all the League Cycling Instructors who provided sound advice, clear thought and workable suggestions that resulted in the above quiz.