



**Enroll in ZSuite Under this Project Name:** OR-BICYCLE-Lv 2: Wheels in Motion

*Approved for 2023-24 Project Year*

**Project Description:** Youth will learn advanced cycling skills as they explore their surroundings. Topics include shopping for a bike, performing specialized repairs and maintenance, shifting gears, riding safely at night or in bad weather, and good nutrition for cyclists.

**REQUIRED YOUTH CURRICULUM**

[Wheels in Motion](#) (#08335), 2006

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**

[Bicycle Helper's Guide](#) (#08336), 2006

**SUPPLEMENTAL RESOURCES**

none



## PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 activities (5 regular and 2 pedaling harder) in the Wheels in Motion project manual.
	Finish all 4 steps of the Planning Guide.
	Complete this book within 2 years.
	Have your project helper date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Wheels in Motion project manual.
	A poster (14" x 22") or display illustrating something you learned in the project this year.