



Pedal Away

Cub Scouts · Elective · Webelos rank

Name

Started

Completed

Pedal Away is about getting ready for a longer bike ride. You'll learn how bike gears work, care for your bike, and plan a route. Then you'll ride 5 miles with your buddy.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/pedal-away/). Tips and examples are ideas, not extra requirements.

☐ 1 Decide what gear and supplies to bring on a long bike ride

Tip: Make a list: helmet, water, snack, small repair kit. Decide if a backpack or bike bag works best.

Example: For a 5-mile ride, bring a helmet, water bottle, a snack, a small pump or patch kit, sunscreen, and a light jacket. A bottle cage and a small seat bag or backpack keep your hands free.

☐ 2 Find out how multi-gear bikes work and how they help a rider

Tip: Ride a multi-gear bike and try shifting on a hill. Notice how low gears make climbing easier.

Example: Low gears make pedaling easy but slow, which helps going uphill. High gears are harder to push but go faster on flat ground. Shift before the hill gets steep, not halfway up.

☐ 3 Practice oiling a bike chain

Tip: With an adult, wipe the chain clean, add a drop of oil to each link, and wipe off the extra.

- ☐ **4** Pick the bike lock you'll use; show locking and unlocking it, how it keeps your bike secure, and how you carry it while riding

Tip: Practice locking your bike to a rack through the frame and wheel. Find a way to carry the lock.

Example: A U-lock is strong and hard to cut; a cable lock is lighter. Lock your frame and front wheel to a bike rack, not just the wheel. Carry the lock in a holder on the frame or in a backpack.

- ☐ **5** With your den, pack, or family, use a map to plan a bike ride of at least 5 miles

Tip: Use a map or app with an adult to plan a safe 5-mile loop on quiet roads or a bike path.

Example: Plan a loop on a bike path or quiet streets that adds up to at least 5 miles. Mark where you'll take a water break and where the bathrooms are, and avoid busy roads and big intersections.

- ☐ **6** With your den, pack, or family, ride at least 5 miles using the buddy system

Tip: Wear your helmet, ride with a buddy and an adult, and follow traffic rules.