



Ranger Award

Cycling/Mountain Biking

Elective Requirements Checklist



This Checklist can help you document your progress as you work toward earning the award.
The Venturer must do each requirement.

No one may add or subtract from the official requirements found in [Venturing Awards and Requirements](#)
The requirements were last revised in 2014 • This workbook was updated in November 2016.

Venturer's Name: _____ Unit: _____

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **checklist** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **award** should be sent to: Advancement.Team@Scouting.Org

- a. Describe the difference between cycling (touring) and mountain biking
- b. Laws and Safety
 - i. Know the laws governing biking in your state:
 - ii. Learn and know bicycle safety rules and gear for your preferred type of biking.
 - iii. Give a presentation and safe biking session to your crew, another crew, a Cub Scout or Boy Scout unit, or another group using the knowledge you have gained.
 - iv. Demonstrate proper first aid for head injuries.
- c. Rules and environmental impact
 - i. Learn the mountain biking rules for the trail as stated by the IMBA (International Mountain Biking Association) and explain what is meant by soft cycling.
 - ii. Describe environmental considerations that are important for mountain biking and describe ways to lessen their impact on the environment.
- d. Maintenance checklist and journal
 - i. Establish a maintenance checklist that needs to be reviewed before each tour or trip
 - ii. Make and keep a personal biking journal and record information on at least three tours or trips.
- e. Repair kit
 - i. Buy or build a bike tool and repair kit.
 - ii. Show you know how to use each tool in the kit.
 - iii. Repair a flat tire, adjust your brakes, properly adjust your seat and handlebars, repair a broken chain, and show you know how to temporarily repair a buckled wheel.
- f. Bike trail project
 - i. With the approval of the property owner or land manager, plan and lead a one-day bike trail or road maintenance project
 - ii. Write an article about your project for your school or community newspaper.

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g. Cycling trips

- i. Take at least eight separate cycling tours 20 miles in length or eight separate mountain biking treks 10 miles in length.

	Date	Distance	Description
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

- ii. Keep a personal journal of your eight trips, noting routes covered, weather conditions, sketches, maps, and sights seen. Also note significant things along the trails such as trail markers, downhill, climbs, rocks, drops, log hops, and portages.

- h. In addition to the tours and treks in requirement g, plan and do a two-day cycling tour 50 miles in length or mountain bike trek 40 miles in length. Your trip plan should include routes, food, proper clothing, and safety considerations. Record in your journal.

Dates	Distance	Description

i. Do (i) or (ii):

- i. Make a tabletop display or presentation on cycling or mountain biking for your crew, another crew, a Cub Scout or Boy Scout unit, or another group.
- ii. Make a where-to-go biking guide for your area which has at least 10 trips or places to bike. Invite your crew, other crews, Cub Scout and Boy Scout units, and other groups to use this guide.

Important excerpts from the Guide To Advancement - 2015, No. 33088 (SKU-620573)

[1.0.0.0] — Introduction

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals and previous editions of the *Guide to Advancement*.

[Page 2, and 5.0.1.4] — Policy on Unauthorized Changes to Advancement Program

No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. There are limited exceptions relating only to youth members with special needs. For details see section 10, "Advancement for Members With Special Needs".

[Page 2] — The "Guide to Safe Scouting" Applies

Policies and procedures outlined in the *Guide to Safe Scouting*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects.