

## BICYCLE PEDALMONIUM DAY

This is a fun event that can involve the entire youth department in an exciting day full of bike activities.

• **Bicycle Olympics.** Divide the group into four competing groups if you have junior high through college age involved: junior high boys, junior high girls, senior high and college boys, senior high and college girls. Points and prizes can be awarded the winners in each division.

Some sample events:

–**100-Yard Dash.** A race for time. Use a stopwatch.

–**20-Lap Endurance Race.** Should be about five miles on a regular quarter-mile track. Award points to first through fifth places.

–**Bicycle Demolition.** Have all bike riders form a circle about 100 feet in diameter. They may each have all the water balloons they can carry (stuffed in shirts, pockets, etc.). When the whistle blows, they all interweave in the circle and let each other have it!

–**Bike Jousting.** Bike riders ride toward each other in parallel lanes. Each rider gets a water balloon. The object is to ride by your opponent and hit him with the balloon, without getting hit yourself. Winners advance.

–**Bike Pack.** See how many can fit on a bike and still go 10 feet.

–**Figure Eight Race.** Set up a figure-eight. Contestants ride it, one at a time, for best

clocked time.

–**Obstacle Race.** Set up a track with obstacles — mud, trees, or whatever — to make riding difficult. Include anything you want. The rougher the better. From a starting point, bikes compete for time. On the trail have a Long Jump (4-inch log that the bike must jump over), Tight Rope (a 2x6 that is 12 feet long and about six inches off the ground), a Limbo Branch (low tree branch or board about 10 inches above the handle bars), and a Tire Weave (eight or ten old tires set up in a row about six feet apart). The one who completes the course in the fastest time wins. You can make penalties for those who mess up on some of the obstacles.

–**Baton Relay.** Ride bikes across the parking lot and hand off baton to next rider on the team.

–**Slalom Race.** Time kids as they ride bikes through a slalom course. Have a stopwatch on hand.

–**Snail Race.** Mark off a narrow trail and riders must try to stay in the trail and ride as slowly as possible. Feet may not touch the ground. The rider with the longest time wins.

–**Straw Race.** Place coke bottles all over the parking lot with drinking straws in them. Bike riders must ride up to the bottles, pick up the straws with their bare toes, then reach down with their hands and take it from their toes.

• **Bike Road Rally.** This is a simple treasure hunt event in which teams of three to four bike riders must follow clues to reach a final destination. By arranging for the teams to go different routes, yet ending up at the same place, they won't be able to follow each other. The first team to finish the course is declared the winner. This should take about an hour.

• **Bike Tour.** Last on the activity list is a bike ride to a not-too-distant park or beach for a hamburger and hot-dog feed.

Make sure participants have appropriate safety gear. /