

BIKE BINGO

Get outdoors, ride your bike and tick off these challenges to become a super cyclist.

How quickly can you complete a line? Or even the whole grid?



<p>Safety first! Check your bike over before you ride.</p> 	<p>The Grand Tour Plan and ride a route that will take over one hour.</p>	<p>Freestyling! Have a roll around your local pump or BMX track.</p> 
<p>Commuting Ride your bike to or from school. How many days in a row can you do it?</p>	<p>Prepare for punctures How quickly can you remove and replace an inner tube? Your adult can help.</p>	<p>Up, up and away Find a hill close-by and see if you can ride up it a couple of times. Use your gears!</p>
<p>Group riding Go for a ride with your family or friends.</p> 	<p>Staying local Plan and ride a route between 5-10km. Can you complete it quicker next time?</p>	<p>Take to the trails Ride a loop of your local park or forest.</p> 

Resources to get you started

- A guide to checking your bike: readysetride.co.uk/bike-check
- Fix a puncture: Search 'inner tube' on britishcycling.org.uk
- Check out local routes: letsride.co.uk/routes



From clubs and holiday activities through to racing, there is loads on offer for young riders. Just search 'British Cycling kids' to find out more.

We advise that children be accompanied by an adult when riding, unless the rider has suitable confidence/experience to ride on their own.

