



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

Approved for 2024-25 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

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. [Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.](#)



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"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

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.

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