



Contents

Preparing Your Bike for Inspection **4**

Using a Checklist **9**

Care and Maintenance **11**

Braking Techniques **20**

Repairing a Puncture **21**

Riding Safely and Efficiently **24**

Bicycle Safety **31**

Making Long Trips by Bike **34**

Books About Cycling **40**

The Boy Scouts of America gratefully acknowledges the cooperation of the Bicycle Institute of America and the Schwinn Bicycle Company in the preparation of this pamphlet. Special thanks to Keith Kingbay of the Schwinn Company for preparation of requirements and to Fred DeLong for technical assistance. Gratitude is also expressed to the League of American Wheelmen for preparation of the revised requirements and text for this edition of the *Cycling* merit badge pamphlet and to Philip Eckman for editorial assistance.