



LET'S PLAY  
**BIKES**



**TRAILBLAZERS**

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# TRAILBLAZERS



## ABOUT TRAILBLAZERS

We are Trailblazers, a 501(c)3 nonprofit formed in 2021 through the merger of NWA Trailblazers, an organization that has developed 300+ miles of multi-use trails, including the OZ Trails network and BikeNWA, a bicycle advocacy and education focused organization that has led the region in advocating for active transportation.



# HELP FUND BIKE EDUCATION

**Your donations will give students the opportunity to learn to ride bikes for recreation and transportation**

With your help, over the next five years, Trailblazers will impact 15,000 students by funding bicycle education and skills programs in schools across Arkansas! All campaign donations will be matched dollar for dollar up to a total amount raised of \$100,000 by the Walton Family Foundation. Each dollar will go to supporting the implementation of bike education programming throughout the state.

Go to **[WeAreTrailblazers.org](https://www.WeAreTrailblazers.org)** to find out more and to donate.



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Trailblazers believes that learning to ride a bike in a positive, safe, and fun environment is key to becoming a happy and healthy life-long rider. Let's Play Bikes is a three part guide to help parents to facilitate learning in a simple, fun, and low-stress way. Activities require only a small space and utilize everyday objects to enhance the learning experience.



Find our Facebook group Let's Play Bikes and share pictures and videos of you and your family playing bikes together for a chance to win prizes from Trailblazers. Tag @WeAreTrailblazers and use hashtag #letsplaybikes on Instagram and Facebook.



**Before playing bikes, always make sure that the bike and helmet are the proper fit.**





## GET READY! **Part 1**

Get Ready is all about getting familiar with balancing and steering, key skills for learning to ride a bike. This guide shows parents how to help kids practice these skills through fun games and activities. Research shows that beginning that process on a balance bike is more beneficial and effective than using training wheels. If your child has a bike with training wheels it can easily be turned into a balance bike by simply removing the training wheels and pedals and lowering the seat.



## GET SET! **Part 2**

Get Set helps parents evaluate to see if your child is ready to make the transition from balance biking to pedaling. You will find tips for encouraging pedaling, steering and braking safely. The games, activities, and challenges are designed to encourage children to hone the skills that will develop them into confident bike riders.



## GO! **Part 3**

“Go!” is a guide for parents to help their child go from capable pedaler to confident rider. Tips to keep kids engaged ensure that riding a bike is a positive experience. Included are games, drills, and riding adventures that encourage understanding of the rules of the road, trail etiquette, and development for safer neighborhood riding. Activities and games are designed to engage a broad range of ages and are great for families to enjoy together.



Special thanks to Strider Education Foundation and Buddy Pegs for help in creating this guide.

# THINGS TO KNOW BEFORE YOU START!

## Helmet Fit

- Helmets should be worn low in front, slightly above the eyebrows to protect the forehead.
- Adjust the crown of the helmet (usually a dial in the back) so it doesn't move while the child rides.
- The chin strap should be worn well back against the throat, not on the point of the chin.
- If a child opens their mouth wide the helmet strap should feel tighter against the chin.
- The helmet should be snug, but not uncomfortably tight. If it is properly fitted, the skin on the forehead will move as the helmet moves.





The best way to get your child to ALWAYS wear a helmet is to wear one yourself any time you are playing bikes, even if you are only an observer.



Thanks to the Strider Education Foundation for some of these materials.

# Bike Fit for Balance Bikes

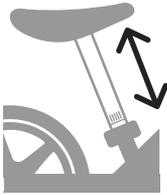
## Seat Height

- Adjust the seat of the bike so both of the child's feet are flat on the ground and there is a slight bend in the knee.
- A good starting height is 1" less than the child's inseam.
- Kids grow quickly, be sure to adjust the bike every few months.
- If you are seeing your child struggle with becoming comfortable on the seat, try different height adjustments until you see an increase in their confidence.
- If your child tends to hit the frame, try lowering the seat to allow more leg clearance.



### **Don't forget shoes!**

Children should always wear closed-toe shoes while riding.



Thanks to the Strider Education Foundation for some of these materials.

# Bike Fit for Balance Bikes

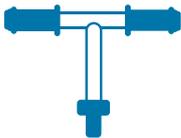
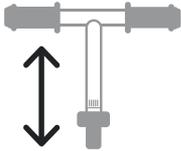
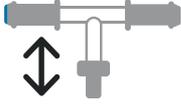
## Handlebar Height & Reach

- The best starting point for handlebar height is to set it with respect to the seat.
- If the seat is at its lowest setting, set the handlebar to also be at its lowest setting, etc.
- Try multiple adjustments to find out what makes your child feel the most confident.
- Handlebar reach refers to how extended arms are when holding the handlebars.
- When your child is sitting comfortably on the bike their reach should be a distance where there is only a slight bend to the elbows.
- To adjust the reach, loosen the handlebar clamp with an Allen key and roll the handlebars either toward the front wheel for longer reach or toward the seat for shorter.
- Remember to tighten it again once you find the right reach for your child.



### **Don't forget shoes!**

Children should always wear closed-toe shoes while riding.

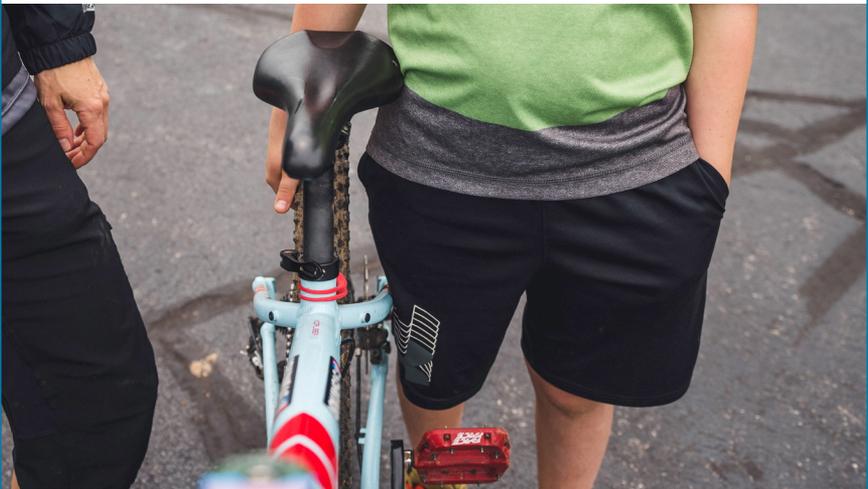


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# Bike Fit for Pedal Bikes

## Seat Height

- Adjust the seat of the bike so the balls of feet are on the ground and heels lifted slightly while seated.
- If you are seeing your child struggle with becoming comfortable on the seat, try different height adjustments until you see an increase in their confidence.
- Check seat height frequently and adjust as your child grows.
- As the child grows in confidence you can begin moving the seat height up to match the height of their hip bone when standing next to the bike.



### **Don't forget shoes!**

Children should always wear closed-toe shoes while riding.



Special thanks to Buddy Pegs for help in creating this guide.

# Bike Checks for Pedal Bikes

*It's important to teach kids how to check their bike before each use. Run through this check with them before each ride and soon they will establish a new great habit.*

*A,B,C, Quick check*

## **A** Air - check the air in your tires.

- The sidewall of the tire should show recommended tire pressure.
- The tire should feel about as hard as a soccer ball when you squeeze it.

## **B** Brakes

- For handlebar brakes, roll the bike forward and squeeze each brake to make sure it will stop the bike.
- If the bike has a coaster brake, push the pedal backwards to make sure it stops.

## **C** Chain

- Rotate pedals backward to make sure the chain is moving smoothly and is clean and well oiled.
- **Note:** *If the bike has a coaster brake, it will not rotate backward. Just lift the rear tire and turn the pedals to make sure the chain moves smoothly.*

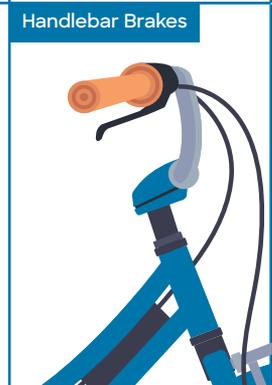
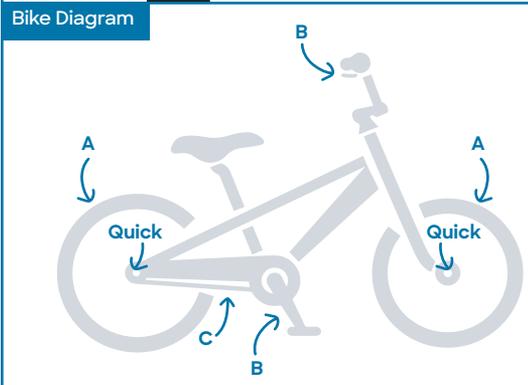
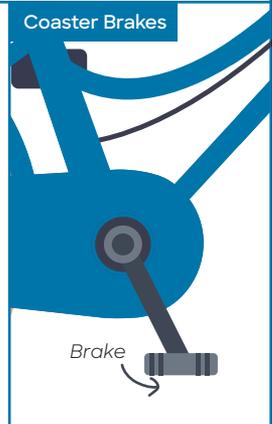
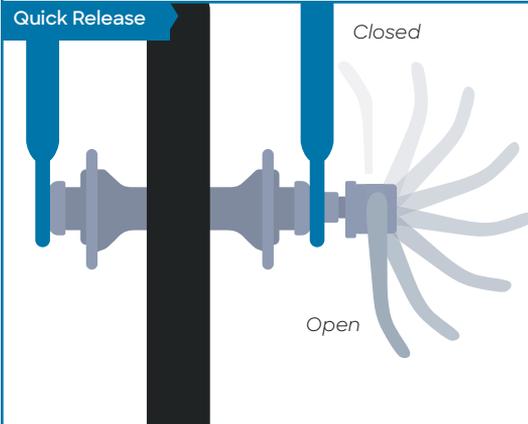


**Bikes need shelter, too.** Never leave a bike out in the rain! Water left on a bike can cause rust to build up on moving parts and make it unsafe and unfun!

## Quick

- For bikes with quick or lever releases (located on the front and rear axles), make sure they are closed and tightened.
- For bikes with nuts that hold the wheel on, wiggle the wheel to see if it is loose at all. Check the nut for any sign that it is loose. Tighten as needed.

*If anything does not appear to be working properly,  
STOP and assess with a professional.*







# GET READY!

## **PART 1: Balance Biking**

Get Ready is all about getting familiar with balancing and steering, key skills for learning to ride a bike. This guide shows parents how to help kids practice these skills through fun games and activities. Research shows that beginning that process on a balance bike is more beneficial and effective than using training wheels. If your child has a bike with training wheels it can easily be turned into a balance bike by simply removing the training wheels and pedals and lowering the seat.



# GET READY: BALANCE BIKING

 Tips to help you teach your child to balance

1

## Support the Child Not the Bike

Avoid the urge to hold your child's bike up for them.

- They must be allowed to feel the bike lean from side to side to learn how to keep it from tipping over completely.
- Your child always has 4 points of contact with the ground: two wheels and two feet.
- Children learn by watching someone demonstrate what they want the child to do. Get out your bike and show them how you stride!
- If your child is having trouble getting off and on the bike on their own, try having them step over the frame of the bike while it is laying on the ground and then lift it between their legs by grabbing onto the handlebar and pulling it upward.

# Braking with the Balance Bike

Braking with a balance bike means that you use your feet only.

- Your child should keep their feet close to the bike.
- Show how to drag your heels and pull your toes up.
- Push your heels into the ground to stop.



# Let Your Child Set the Pace

Riding a bike is more than the time you spend in motion.

- Set your child up for success by making sure they are rested, fed and ready for playing bikes!
- Take frequent breaks.
- Finish playing on a high note, don't wait for a meltdown to happen.
- Don't push through or over-encourage if they are unsure of something or just not interested in a particular activity.



# Be a Cheerleader More Than a Coach

Nothing ruins the fun for a child more than being told what to do.

- Help your child see the bike as a vehicle for fun and exploration.
- Keep their attention by introducing new obstacles and creating variety in the games.
- Anytime they play with their bike; pick it up, push it, it is a success.
- Celebrate accomplishments!



# BALANCE BIKING ACTIVITIES & GAMES



A smooth patio, flat driveway or other protected paved space is ideal for playing these simple games.

1

## Rockets

**Skill:** Gliding and coasting

- Define your play area, make sure there is enough space to run and glide at least 10 feet.
- Have your rider straddle their bike and run to gain some speed.
- Count down “3..2..1.. BLAST OFF!”
- Encourage your rider to pick up their feet so they can practice balance and coasting.
- Celebrate by marking how far they can go each time with a toy or chalk mark.
- Encourage them to eventually try to put their feet on the footrests.



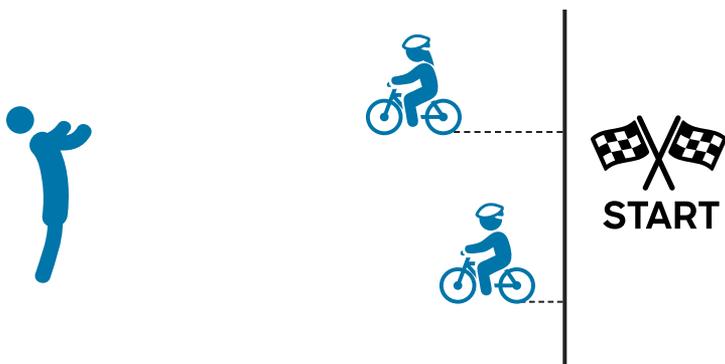


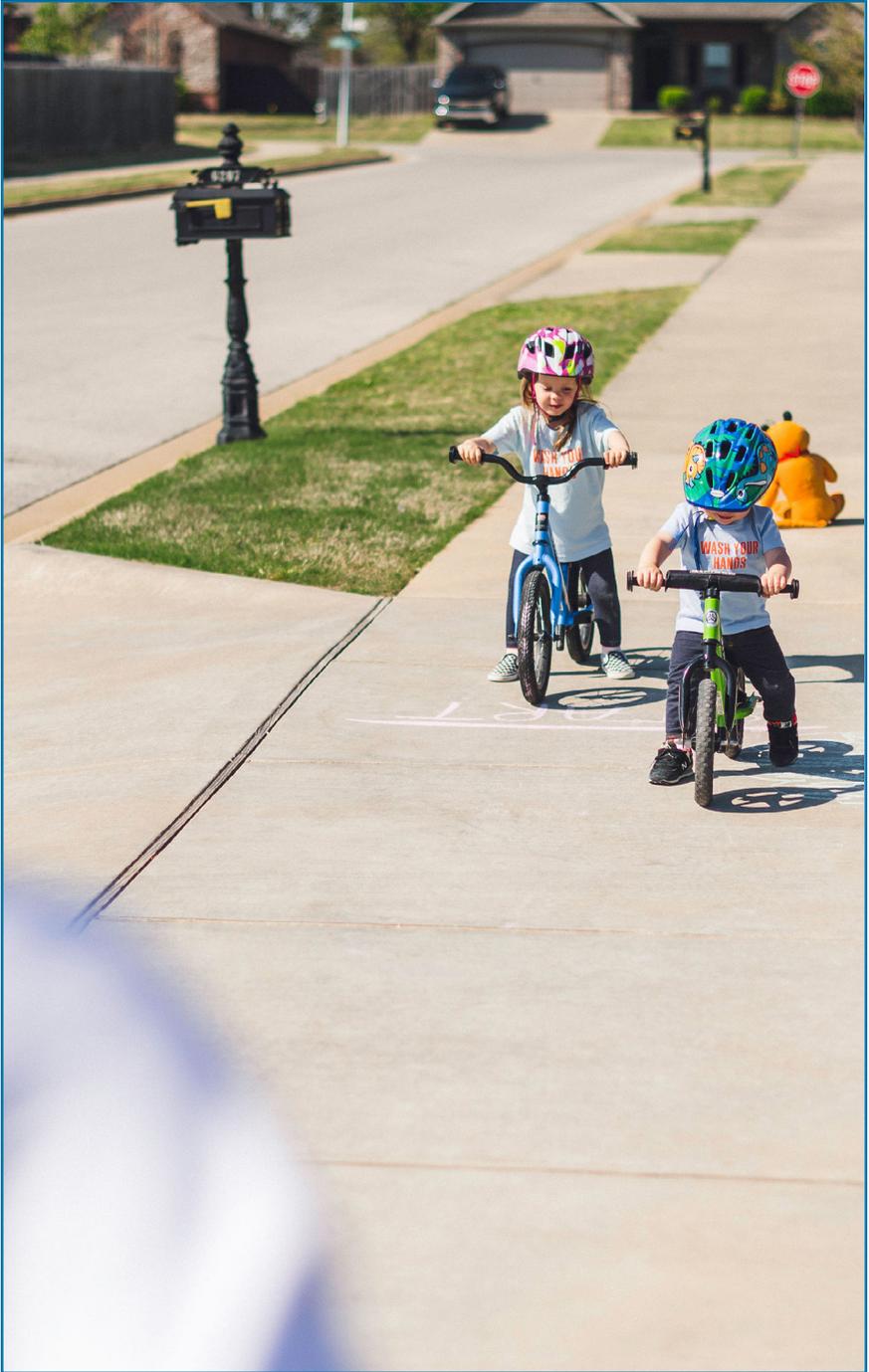
Thanks to the Strider Education Foundation for some of these materials.

# Freeze Game

## Skill: Starting and stopping

- 1** Create a start line in the play area.
- 2** Line up the player(s) on the start line.
- 3** Rider(s) can move forward only when your back is turned.
- 4** As soon as you turn around to look all players must freeze.
- 5** Anyone still moving goes back to the start.
- 6** The game ends when a rider touches you.
- 7** Change it up by asking riders to make a funny face or strike a pose when you turn around.
- 8** Match the distance from the start to you to the level of patience in your rider.



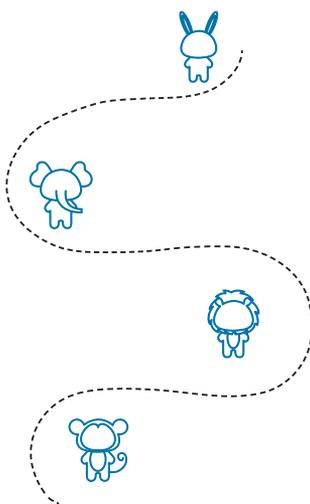
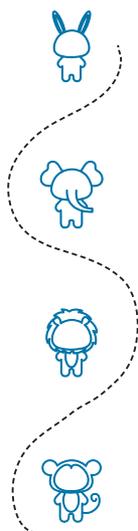


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# Stuffy Dodge

## Skill: Steering

- 1** Bring out some stuffed animals or even some stuffed dog toys to the play area.
- 2** Line up the stuffies in a row with 4-5 feet between them.
- 3** Show your rider by walking or riding in front of them how to weave around the stuffies on their bike.
- 4** Encourage your rider to practice gliding while dodging the stuffies.
- 5** Change it up by moving the stuffies closer together or farther apart.



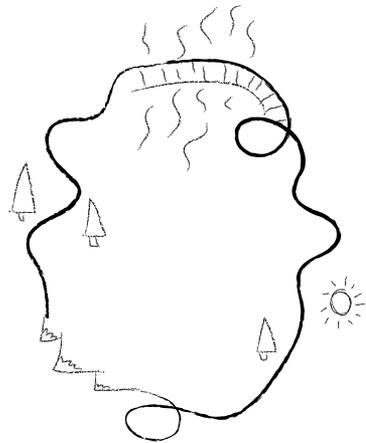
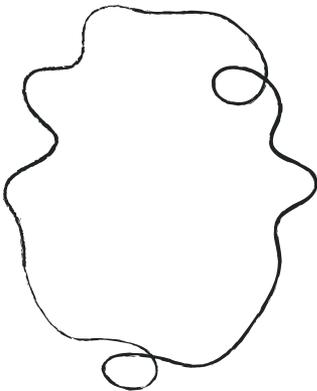


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# Ride the Line

**Skill:** Steering and gliding, spatial awareness

- 1** In your play space draw large irregular oval. This will be a “road” for riders try to stay on.
- 2** Encourage your rider to glide on this loop until they are comfortable and confident.
- 3** Try adding a twisting loop, waves and sharper turns for fun.
- 4** Try adding some artwork by drawing mountains, rivers and bridges!
- 5** Change it up by bringing out some cardboard boxes, camp chairs or other objects to make a city!





Thanks to the Strider Education Foundation for some of these materials.



# GET SET!

## PART 2: Pedal Biking

Get Set helps parents evaluate to see if your child is ready to make the transition from balance biking to pedaling. You will find tips for encouraging pedaling, steering and braking safely. The games, activities, and challenges are designed to encourage children to hone the skills that will develop them into confident bike riders.



# GET SET: PEDAL BIKING

## Is Your Child Ready for Pedals?

Adding pedals too soon can be very overwhelming and discouraging. Watch for the following skills. Your child may be ready for pedals if they can:

### Balance

- Support all of their weight on the seat
- Gain momentum by running on the bike
- Find and use the footrests while riding for extended periods

### Steer

- Can avoid obstacles in their path
- Lean through turns with their feet on the footrests

### Brake

- Can control their speed
- Can stop safely using only their feet

### Tip:

If your child appears ready but is needing a little motivation to try something new, think of creative ways to encourage them like riding with another child on a pedal bike, or explain how pedals help them to ride up hills.

**Most importantly,** your child should want to attach the pedals.



Do not be discouraged if they aren't ready and want to go back to balance-bike mode. That is ok and should be allowed.



Thanks to the Strider Education Foundation for some of these materials.

# TIPS TO GET YOUR CHILD PEDALING



A smooth patio, flat driveway or other protected paved space is ideal for playing these simple games.

## Step One: Ignore the Pedals at First

Keep the seat height and handlebar height the same as before. This is where your child is comfortable, and it will help them maintain control and stability while learning the pedaling process.

- If you are converting a balance bike, have your child help you put the pedals on.
- Getting them involved in the process gets them excited to try something new.
- Tell your child to ignore the pedals and stride like they already know how—it will make the pedaling process easy in the next step!
- Let your child gain momentum and balance the same way they did when using the bike as a balance bike and have them use the pedals as footrests.
- Allow them to use their feet to stop the bike. (Push your heels into the ground to stop.)



Thanks to the Strider Education Foundation for some of these materials.

# Step Two: Encourage Pedaling

This may be the first time your child has ever attempted pedaling. You can use a variety of approaches to help illustrate the concept.

## 1 Demonstrate

- Show how the pedals turn in circles: lift the seat with one hand and with your other hand turn the pedal slowly to show them how it makes the wheel turn.
- Get your bike out and let your child watch you pedal.

## 2 Pretend

- Sit on the ground with your child with your feet facing each other. Bend your knees and have your child place their feet on yours.
- Together, you can pretend you're pedaling in the air.
- Keep practicing by trying out different speeds and starting and stopping.



## Tips-

- Practice at their pace.
- Avoid the urge to hold the bike up for the child.
- Positive reinforcement is a must and they will eventually get the hang of it.
- Ignore occasional struggles and focus on fun.
- The less physical interaction from you the better. They should be accustomed to handling the bike without your support.
- Keep it fun, try to finish a ride session on a high note, rather than pushing through until a meltdown happens.



Some kids may need a little reminder to watch where they are going, especially with the distraction of the added pedals.



# Step Three: Stopping Safely

Braking with their feet at first is ok. Help them work toward using the brakes each time to stop.

## 1 For Coaster Brakes

- Try the cue “push back with your heel.” Cues like “pedal backwards” can be confusing and counterproductive.
- Turn the bike upside down and demonstrate how the coaster brakes stop the bike by turning the pedals by hand and then pushing them backward to stop.

## 2 For Handlebar Brakes

- Try having your child walk next to the bike for a few steps and squeeze the brake handles.
- Try walking, squeezing and stopping. This will give your child a feel for how the brakes affect the bike, as well as introduce a new mechanic with their hands.

### Tip:

Practice braking in a familiar spot with plenty of room to gain speed safely.



Do not raise the seat until the child can stop safely using the brakes.



Thanks to the Strider Education Foundation for some of these materials.

# PEDAL BIKING GAMES AND ACTIVITIES



A smooth patio, flat driveway or other protected paved space is ideal for playing these simple games.

*Note: games can be adapted to include riders with bikes in balance mode as well.*

1

## Skids are for Kids

### **Skill:** Braking

- 1** Choose a play space with a bit of a runway where your child can pedal and get a little bit of speed. (Make sure it's a place you won't mind having a bit of "bike art" on)
- 2** Once they get going a bit, encourage them to brake hard (pushing back with their heel or squeezing the hand brake) and make black marks with their rear tire.
- 3** Allow them to skid until they become comfortable and familiar with how braking feels.

### **Tip:**

Allow your child to try the same exercise in the grass and feel the difference.





It takes a lot of black sidewalk to wear out the tires, so don't sweat it.



Thanks to the Strider Education Foundation for some of these materials.

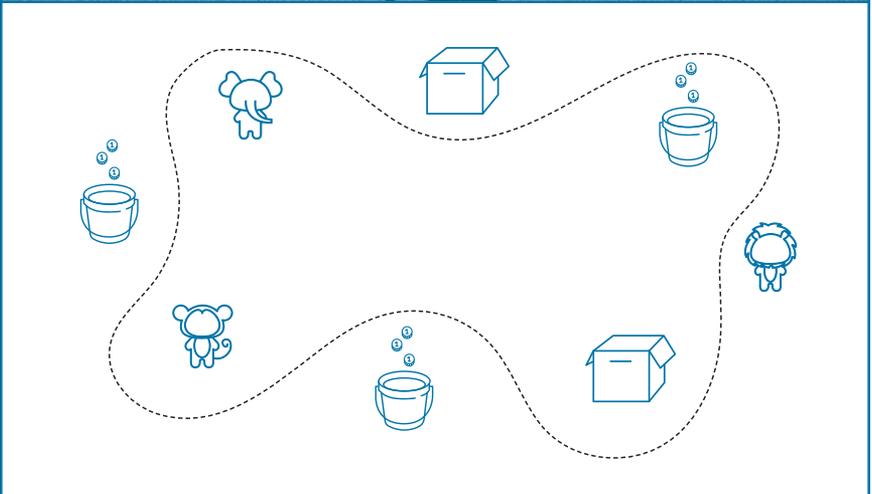
# Pocket Full of Pennies

**Skill:** Starting and stopping, using coaster or hand brakes

- 1** Draw a course with sidewalk chalk in your play space to indicate where your child should ride. An oval works well if you have the space. Or a long wavy line if you have a sidewalk space.
- 2** Along the course set up several empty cans or cups.
- 3** Give your rider some pennies to carry in their pockets.
- 4** Challenge your child to ride around the course and brake to stop and drop a penny in each of the cans.

## Tips:

- Change it up by including some obstacles with boxes or stuffed animals to ride around.
- Try setting it up like a relay if you have more than one rider and see who can drop all off their pennies (one at a time) first.
- Try assigning 3, 5 or 10 Cents to the cups to practice “exact change”



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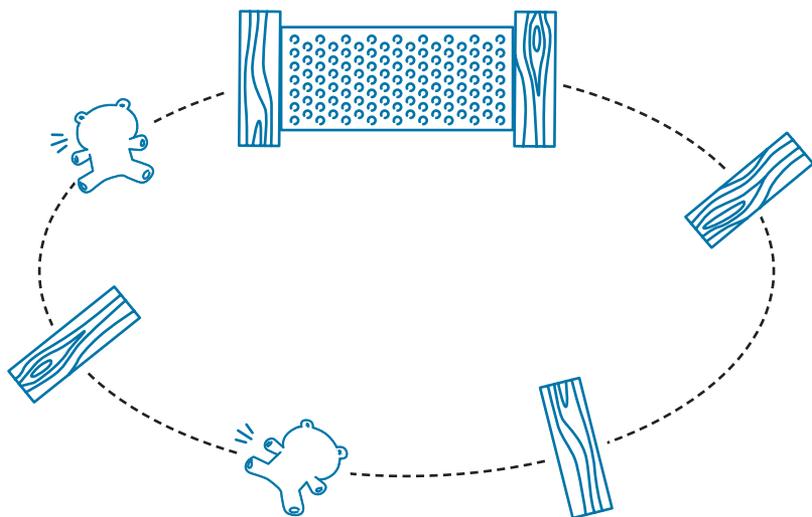
# Bumps in the Road

**Skill:** Pedaling with confidence and balance

- 1** Get some thin planks of wood (fence boards work great) or ½ inch or thinner old books.
- 2** Place them in different spots on your course.
- 3** Practice rolling over them and feeling the bumps.

**Tip:**

Try different objects like dog toys (they squeak!) or bubble wrap with a board on it to make a snap trap!





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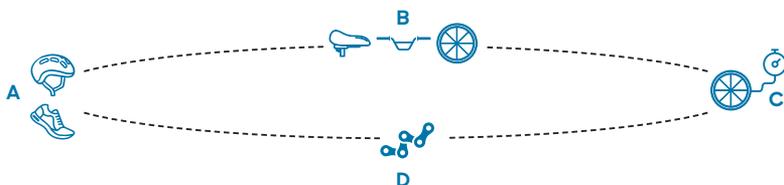
# Pit Stop

**Skill:** Safety checks, responsibility and bike ownership

- 1** Set up a course in your play space; your yard, cul-de-sac, park area, parking lot or driveway.
- 2** Refer to the Safety Checklist on the right. This game will help kids learn how to do these checks.
- 3** **Make pit stop areas on the course:**
  - A** Helmet and shoes: make sure the helmet is in good shape by checking for wear or cracks and make sure shoe laces are tied.
  - B** Seat, handlebars and wheels: get the proper Allen wrenches to check these are tight. Show rider(s) how to check that they are secure.
  - C** Tire pressure: get a pump with a gauge. Show how to find tire pressure on the tire and pump to the proper pressure.
  - D** Chain: get a rag and chain oil: Show how to wipe the chain and re-oil the chain.
- 4** Ride the course with your child and stop at each “pit” to check each of these items.

## Tip:

Change it up by adding a bike wash, or combine pit stops to check more things at fewer stops.



## Safety Checklist

- Make sure the seat, handlebars, and wheels are secure.
- Check the tires to make sure they have the right amount of pressure.
- Regularly check and oil the chain.
- Check the brakes to be sure they work well.
- Don't forget to check your helmet and shoes!

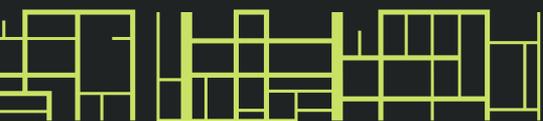


**Bikes need shelter, too.** Never leave a bike out in the rain!



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# GO!

## **PART 2: Ride with Your Family**

“Go!” is a guide for parents to help their child go from capable pedaler to confident rider. Tips to keep kids engaged ensure that riding a bike is a positive experience. Included are games, drills, and riding adventures that encourage understanding of the rules of the road, trail etiquette, and development for safer neighborhood riding. Activities and games are designed to engage a broad range of ages and are great for families to enjoy together.



# GO: RIDE WITH YOUR FAMILY



Tips to help you to teach your child to ride safely and confidently

## 1 Ride for them, not for you.

- Don't push through until they aren't enjoying themselves anymore.
- Keep the experience positive.
- Let them choose when they want to stop.

## 2 Choose a destination.

- Some kids like to have a destination rather than just riding for miles.
- Find a fun half-way point of interest to stop at. Have a snack or play a game.

## 3 Play games.

- Engage in conversation while you ride. "I spy" and "Top 5 Favorite..." are great chatting games to play while riding.
- Point out landmarks and points of interest.

## 4 Be present.

- Put the phone away and show your child how to be a safe bicycle rider. Don't text and ride!
- A child's interest in bike riding diminishes as soon as you're not 100% present.



## 5 Embrace teachable moments.

- Practice safe road crossings.
- Practice good group ride etiquette.
- Use hand signals and call out when slowing or stopping.
- Stop at stop signs.
- Dismount and walk your bike on the crosswalks.
- Be on the lookout for obstacles (people driving, people backing out of their driveway, sticks in the road, etc.)
- Talk about how to use the road, greenway, or trail the proper way. For more information on rules of the road see page 60 and visit [bikenwa.org/rules-of-the-road](http://bikenwa.org/rules-of-the-road)



Left



Slow/Stop



Right



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# GAMES AND ACTIVITIES FOR SAFE NEIGHBORHOOD RIDING

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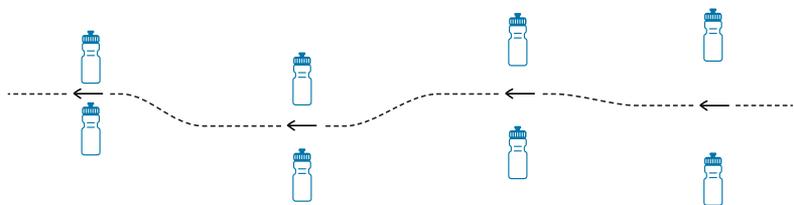
## Between the Bottles

**Skill:** Balance and spatial awareness

- 1** Create a play space in an empty parking lot, driveway or other paved flat space.
- 2** Get 2 reusable water bottles that are at least  $\frac{1}{2}$  full so they don't tip too easily or blow away.
- 3** Place the water bottles roughly 3-4 feet apart; far enough that everyone can ride through them easily.
- 4** After each rider passes through without knocking them over, scoot the bottles 3-4 inches closer together.
- 5** Keep scooting closer and closer by 3-4 inches each time challenging each other to ride in a smaller and smaller space.

## PROGRESSIONS:

- Try a variation by creating two long rows of bottles to ride through.
- Try setting up rows of bottles that are offset and practice riding through. This is the ultimate test of skill!



Special thanks to Buddy Pops for help in creating this guide.

# Bike Limbo

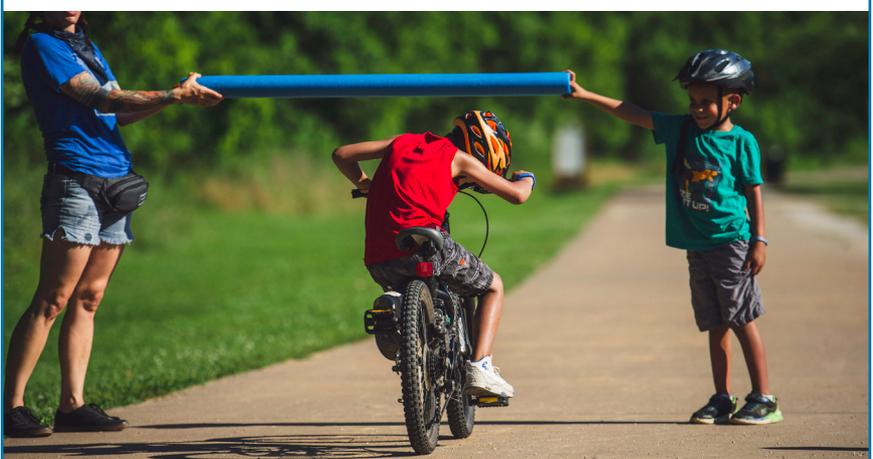
**Skill:** Slow speed balance, moving around on the bike

- 1** Create a designated starting line in a driveway, backyard or other flat space, where riders will approach the pool noodle as slowly as possible.
- 2** Use a pool noodle to serve as a limbo bar.
- 3** Start at the height of your child's shoulders when they are sitting on their bike.
- 4** As riders approach the noodle they must figure out how to lower their body to pass under the pool noodle without touching it.
- 5** After each rider passes successfully under the pool noodle, begin to lower it down.
- 6** Lower the noodle 6" for every successful 'no-touch' pass under it and repeat attempts.

**Tip:** Less skilled riders or first time players may feel more comfortable playing in the grass.

## PROGRESSIONS:

- Challenge more skilled riders to lower their bodies below their handlebars shifting their body to the side.
- Add extra pool noodles (you will need extra people to hold them) and create a multi-level obstacle course.



Special thanks to Buddy Pegs for help in creating this guide.

# Snail Race

**Skill:** Slow speed balance, brake control, standing and pedaling

- 1** Create a play space in a flat area like your backyard, a playground, empty parking lot, or field with short grass.
- 2** Mark out a start line and a finish line about 30 feet apart. You can use cracks in the pavement or concrete, trees, benches, or any other objects you find to mark them.
- 3** Instruct the riders to ride as SLOWLY as they possibly can to the finish.
- 4** Line riders up at the start line and yell 3-2-1 GO! The rider that gets to the finish line last, without putting a foot down, wins.

**Tip:** Using a gear that offers a bit of resistance can help riders ride more slowly.

## PROGRESSIONS:

- Ask riders to toss a coin into each of the cups, or all the coins in only one cup.
- Designate different point values for each cup and place them at varying distances away from the course.
- Reverse the direction of travel and have riders toss coins with their other hand.



Special thanks to Buddy Pegs for help in creating this guide.

# Planes, Trains, and Automobiles

**Skill:** Safe riding through neighborhood streets, traffic awareness.

- 1** On the back of 3 pizza boxes or cereal boxes, draw three pictures, one on each box: 1 x plane, 1 x train, 1 x car. Printables are available on a separate download on BikeNWA website. You can simply write the words out if you don't have a printer handy or prefer not to draw.
- 2** Create a play space like a large flat area like your backyard, a playground, empty parking lot, or field with short grass and mark out an oval course about 30 feet long with rope, cones or other objects you can find.
- 3** Instruct riders to proceed riding slowly around the oval.
- 4** Stand on one end of the oval just outside the course.
- 5** Hold signs down by your side as riders approach one at a time.
- 6** Once a rider has passed, hold up one of the signs and yell, "Look!"
- 7** The rider must turn their head, without changing the direction of travel, and shout out which picture you are holding.

**Tip:** If you don't have your flashcards handy, use your arms! Hold up 0, 1, or 2 arms, or even fingers, after riders pass.

## PROGRESSIONS:

- Use the shapes or pictures of common road signs like Stop, Yield and Crosswalk.
- Use different vehicles you would encounter on the road like Car, Bus, Motorcycle.



Special thanks to Buddy Pegs for help in creating this guide.

# Coin Toss

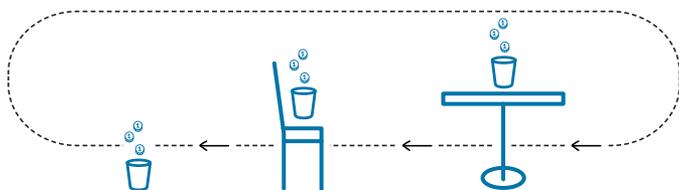
**Skill:** Looking ahead, steering with one hand, brake control

- 1** Create a play space like a large flat area like your backyard, a playground, empty parking lot, or field with short grass and mark out an oval course about 30 feet long with rope, cones or other objects you can find.
- 2** Bring along 3-5 paper or plastic cups or buckets and several coins or small rocks.
- 3** Place cups face up in a row either on the ground, up on a table, or up on a bench. (start on the highest object and put cups on lower levels to increase difficulty).
- 4** Distribute the same number of coins (small rocks are a good substitute) to each rider. Instruct riders to ride slowly in the same direction with their coins in a pocket.
- 5** Riders approach the cups holding one coin or rock and try to toss it into one of the cups without stopping.
- 6** Repeat until all coins or rocks have been thrown.

**Tip:** The smaller the cup or bucket, the harder this is.

## PROGRESSIONS:

- Use a stopwatch to beat personal best times.
- Use two pieces of rope to mark out a skinny lane that riders must stay inside of while riding slowly.
- Challenge riders to try pedaling while standing up the whole time.
- Shorten the distance between start line and finish line.



Special thanks to Buddy Peps for help in creating this guide.

# Bike Bingo

**Skill:** Hand signals, safe riding, balance, steering, etc...

- 1 Print out or photograph this bingo card.
- 2 Play the games, and complete the activities in at least 10 squares.



Play Coin  
Toss

Play Planes,  
Trains, and  
Automobiles

Use a left  
turn signal  
while riding

Activate a  
crosswalk  
signal and  
walk your  
bike  
across it

Ride on the  
Razorback  
Greenway

Visit a bike  
park

Play Between  
the Bottles

Challenge  
a parent or  
guardian to a  
snail race

Play Bike  
Limbo

Help out a  
younger rider

Complete  
an ABC bike  
check

Ride in your  
neighborhood



Clean and  
oil your bike  
chain

Signal and  
stop at a  
stop sign

Find a  
protected  
bike lane

Ask a parent  
or guardian to  
join the Let's  
Play Bikes  
Facebook  
group

Photograph  
your family  
playing bikes  
and tag us  
@WeAreETHIC on  
Instagram

Check your  
bike fit. Have  
you grown?

Ride with  
your family to  
a park (or at  
a park)

Ride  
through a  
big puddle

Wash your  
bike

Signal and  
make a right  
turn

Attach a red  
bike light or  
reflector to  
the back of  
your bike

Take a  
picnic ride



# Rules of the Road

## Where to Ride

- People on bicycles have all of the rights and all of the duties applicable to drivers of motor vehicles.
- People riding must ride on the right side of the roadway.
- Arkansas does not restrict people riding to the use of bike paths.
- Arkansas state law does not prohibit riding a bike on the sidewalk. However, some cities have codes that restrict use on all or specific sidewalk locations.
- In order to have the legal protections of a pedestrian, a person must dismount (i.e. become a pedestrian) and walk his/her bike across a crosswalk.

## Signaling

- People on bikes must indicate their intention to turn left, turn right, stop, or slow down by using the appropriate hand signals, unless it is unsafe to do so (e.g., if a pothole impels you to keep both hands on the bars).

# Arkansas Stop Law

- A new law allows people riding bicycles to treat STOP signs as YIELD signs and STOP LIGHTS as STOP signs. Please read (Act 650) for specific details.
- People on bikes must yield to any people who might be walking in an intersection.

# Lights & Bells

- All bikes must be equipped with a front white light and a rear red light. A red reflector may be used in lieu of a rear light.
- Arkansas state law does not require that bikes be equipped with bells, but some cities do require bells. It is good to have one to alert people when passing.

# E-Bikes

- An e-bike is a bike with pedals and a motor capable of putting out no more than 750 watts.
- Class 1 and Class 2 e-bikes are allowed anywhere regular bicycles are allowed, whereas Class 3 e-bikes are only allowed on roadways (except in special circumstances).



**Scan the code to  
the left for more  
comprehensive  
list and links**



# NWA Sites to Ride With Children

## “Catherine’s Crossing” – Mercy Hospital grounds Rogers, AR

- Ages 2-8
- Contains: Soft surface white MTB trail on crushed gravel, small rollers
- Features: Pavilion, hammock stand, Razorback Greenway access

## Gregory Park – Fayetteville

- Ages 3+
- Contains: Soft surface green mountain bike trail, pumptrack, elevated skills course
- Features: Pavilion, picnic area

## “Tweety Bird Loop” – Little Sugar Trail System Bella Vista, AR

- Ages 5+
- Contains: 2 mile soft surface green mountain bike trail, small rollers, Low Elevation Change
- Features: Shade trees

## “Wolf Park”

- Ages 3+
- Contains: 1 mile soft surface green mountain bike trail
- Features: Shade trees



### “The Railyard Bike Park” – Rogers, AR

- Ages 2+
- Contains: Pumptrack, soft surface track
- Features: Pavilion, restrooms, paved walking trail

### The Runway Bike Park – Jones Center for Families Springdale, AR

- Ages 2+
- Contains: Pumptrack, balance bike playground
- Features: Water fountain, green space

### Bentonville Bicycle Playground – A Street Bentonville, AR

- Ages 2-8
- Contains: Pumptrack, obstacles, soft surface track
- Features: Restrooms, shade trees, Razorback Greenway access

For additional information on these trails and more,  
visit [OZTrailsNWA.com](https://OZTrailsNWA.com)



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