

When riding on the road which side should one be on? The right side with traffic

In New York what should every bike have? A bell/ horn and lights.

Is it required by law to wear a helmet while riding? Only for those 14 and under

True or False: Can cycling be counted as a low impact sport? True

True or False: Should cyclists use hand signals? True

Name one type of bike that is good for off roading?

-A mountain bike, fat bike, or cyclocross bike

Name one body system that benefits from cycling?

-Cardiovascular or Muscular system

What type of cycling was created in the 1970s as a cheap alternative to

motorcross? BMX

What is the most popular bike race in the world? Tour de France

Name two American bike companies? Trek, Specialized, Mongoose, Cannondale, Diamondback, Fuji, GT, Huffy and Schwinn

Who was the first American to win the Tour de France? Greg LeMond

What is the lightest material used in bikes? Carbon Fiber

Who is the most controversial professional cyclist? Lance Armstrong

What are bikes called when they are useful for two or more purposes? Hybrids

How many Tour de France wins does Lance Armstrong have? 7 or 0

What is a greener material that some bikes are made from? Bamboo or Wood

When was the first Tour de France held? 1903

What are the seats on bicycles referred to as? Saddles

Name one of type of brakes bikes use. Disc, V, Caliper or Cantilever Brakes

Who was the first Non European to win a Tour de France? Greg LeMond

Can cyclist ride on the sidewalk? No it is illegal to do so

What muscle group does cycling use? Legs (Quads, Hamstrings and Calves)

What kind of wheel doesn't require a tube? Tubeless wheels

True or False: Cyclists are supposed to follow traffic lights and signs? True