



THIS VALENTINE'S DAY GET TO KNOW YOUR BIKE BETTER AND  
SHOW IT SOME LOVE!



 DURATION: 30 MINS



## MATERIALS REQUIRED: BIKE, PENCIL, MEASURING TAPE

### Vital Statistics:

*Can you find out these facts about your bike?*

## 1. Number of Gears?

Multiply the number of cogs at the front by the number at the back (eg.  $2 \times 7 = 14$  gears)

## 2. Size of the Wheels?

*Look at the numbers on the sidewall of your tyre (eg. 20x1.5 is a 20 inch wheel)*

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### 3. How high is your saddle?

*Use a measuring tape or a ruler to work this out*

#### 4. How wide are your bars?

*Use a measuring tape or a ruler to work this out*

## You and Your Bike!

*Draw a picture or stick on a photo!*  
*Add your name at the bottom.*

## What kind of brakes has your bike got?



## V-Brakes?



## Caliper Brakes?



### Disc Brakes?

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## How clean is your bike?

### 1. Sparkly Clean! Showroom standard?



## 2. A bit dirty but I use it all the time?

### 3. Super Dirty - My bike needs some love?



### What is the best adventure you've ever had on your bike?

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Find out more at [www.sustrans.org.uk/NIschools](http://www.sustrans.org.uk/NIschools)