

# Bike Rodeo for All Ages~~~ Cowboy & Cowgirl Up!

Develops balance and coordination and bike handling ability activities.

Each station is worth ten points. These events can be scaled up or down, modify the rules, and develop an age appropriate awards system.

Safety Check ~~ Check each kid's bike and helmets. Helmets should fit snugly and come mid-way down the forehead and chin strap is tight.

- Zig-Zag Course--Create a course using chalk to create a zig-zag path between 30 and 50 feet long with four or five 90-degree turns along the way. The edges should be about three feet apart. Deduct 1 point each time a kid's wheel touches a side.
- Slow Race--Lay out a course that is either a long straight line or a loop that brings riders back to the start. Two riders at a time should compete, pairing kids of same age and riding ability. The object of this event is to be last, i.e., ride slowest. Deducted one point for each time a foot touches the ground
- Figure Eight--Lay out a fairly tight figure eight path i.e., two thirty-foot circles that barely touch each other. Have each kid ride the figure eight three times as slow or fast as they want. Deduct 1 point each time a kid's wheel touches a side.
- Stop on a Dime--Create a single straight line, about twenty-five feet long. Have the kids begin at the start line, and ride toward the finish, aiming to stop pedaling and apply their brakes so that their front wheel ends up squarely on the main finish line.
- Long Roll-- Find a spot that is either flat or goes slightly uphill. Create a start line and a mid-line about 25 feet past that's where they must begin coasting. The object of this event is to make their bike roll as far as they can, scoring more points the farther they go before touching the ground.
- Spiral-- Draw a two-foot wide path that goes in a spiral around a large (five-foot diameter) circle. Have each kid ride the spiral from outside in as slow or fast as they want. The wheels cannot touch a side.
- Paper Delivery Person -- Allows kids to play at being a newspaper delivery person on the latest rodeo events. Use targets like clothes baskets, large tubs, trash cans, etc. and an equal number of rolled newspapers, plus a bag that can be slung over a shoulder to hold the papers Lay the targets out one after another in a course, and have the kids ride the "route" trying to throw a newspaper from the bike in each target.
- Balance Beam-- Draw one main line about 30 to 50 feet long, with two smaller lines approximately three inches on either side of it. This will give you a path six inches wide that your riders should follow.
- Have each kid ride the course, following the center line from one end to the other as slow or fast as they want. Deduct 1 point each time a kid's wheel touches a side.

**Exceptional  
Family Member  
Program (EFMP)  
questions.**



Please Call IACH EFMP at 785-240-7543 to get started.  
Monday-Friday 9:00 AM-12:00PM and 1:00 PM-3:00 PM

Contact EFMP at ACS to get connected to resources, attend educational inspiring events & get involved! 785-239-1861 or email [usarmy.riley.imcom.mbx.acs@ma](mailto:usarmy.riley.imcom.mbx.acs@ma)

