

# Have You Ever?

## Objectives:

Build strong club culture & learn more about my teammates  
Listen and follow directions  
Ride safely in a group

## Setup:

Use cones to create a starting line. This can be done as an on the bike game by placing cones a distance away for kids to ride around.

**Rules:** Ask them one of the following questions. If the question is TRUE for them and if doing this as an on the bike game have them ride around the cone.

## Have You Ever...

ridden a mountain bike?	broken a bone?
crashed on a bike?	performed karaoke?
learned to speak a 2nd language?	cried during an animated movie?
been sky diving?	gone dumpster diving?
been on TV?	told a cheesy joke?
ridden a mechanical bull?	driven a stick-shift?
crashed a wedding?	had a bird poop on you?
watched morning cartoons as an adult?	worn the same thing two days in a row?
started a kids bike club?	given yourself a haircut?
skipped work to ride?	fallen out of bed?
fallen asleep during a meeting?	lost glasses/found them on your head?

**Reflection Question:** What surprised you the most?

**For the Littles, these can be rephrased as “if you” questions:**

Ride around the cone if you love broccoli!  
Ride around the cone if you have ever lost a tooth!  
Ride around the cone if you can make a funny face!\*

Ride around the cone if you have ever seen a rainbow!  
Ride around the cone if you have ever baked cookies!\*

\*Ask follow-up questions: Show me... What kind?

## **Rock or “Duck” Dodge**

The Rock Dodge is a sharp, short turn used to avoid hitting an object in the trail.

When done successfully, your front wheel will pass on one side of the obstacle and your back wheel will pass on the other side. The obstacle passes under your down-tube between your tires. You ride away without losing momentum, puncturing a tire or squashing a critter. This skill is most often used when negotiating switchback turns with rocks in the trail.

Front wheel most important in this exercise!

Front wheel & rear wheel don't follow the same path.

1. Identify Obstacle (cone/frog/duck)
2. Aim for it - ride toward the obstacle and get close
3. Wait for it - as your front wheel passes the obstacle, quickly and sharply turn your front wheel back towards the direction you'd like to continue riding
4. Practice - add more or bigger obstacles

Other skills practiced: level pedals & ratcheting