

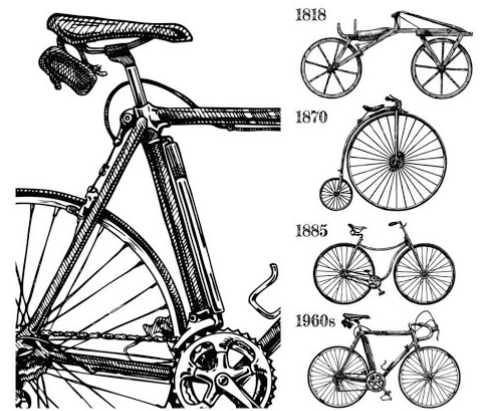
Know Your Bikes

Did you know that bikes were invented over 200 years ago? This first bike had no pedals and was basically a balance bike. You sat on the seat and made it go by pushing with your feet --it was called the *Laufmaschine* which means “running machine.” The ***Penny farthing*** is the strange high bike with the two sizes of wheels. It was called named after two British coins, the penny and the farthing which were different sizes.

Next came the safety bicycle which had equal-sized wheels and a ***chain*** drive. From there on, the bike has taken off.

A *New York Times* article from 1896 claimed that “the bicycle promises a splendid extension of personal power and freedom, scarcely inferior to what wings would give.” And that feeling of freedom and flight hasn’t changed since.

All bikes have certain parts that are the same: They have two wheels, a frame, pedals, brakes and gears. The ***derailleur*** is the part that moves the chain from one gear to the other on the ***cassette*** full of gears. There are two different types of brakes: some bikes have ***rim brakes*** where the brake pads are squeezing the wheel rim to stop. Most newer bikes use a disc brake which is like the brakes on your car where the brake pads squeeze a ***rotor*** near the center of the wheel. The first bikes were made of wood and then steel. Modern bikes are made from lightweight aluminum or even extra-light -- but stiff -- ***carbon***.



History of the bicycle

You know that there are different types of bikes for different purposes. **Mountain** bikes are probably most popular with outdoor recreation types of people. Mountain bikes let you explore into the woods and follow single track trails for miles. Mountain bikes have wide, flat handlebars and big tires for more control and grip on uneven surfaces. **Gravel** bikes are used for riding dirt roads and are shaped like a road bike but with wider tires. **Road** bikes have thin tires and are light and very fast on paved roads or racing tracks. Road bikes have low handlebars to make the bike and rider more aerodynamic. **BMX** bikes are short and sturdy for trick riding in BMX parks or in your neighborhood. **Fitness** bikes are used for many purposes but are mostly designed for roads and smoother dirt. They have flat handlebars so that the rider can sit up and see the sights. A **cruiser** bike is for cruising around your neighborhood or town -- maybe going for groceries or to the library. No matter what kind of bike you choose to ride, always wear a **helmet** to protect your brain!

All bikes are great for getting **exercise** and to help you grow stronger mentally too. It is **true** that cycling has been shown to improve concentration, health and happiness for all ages of people. It is recommended that everyone get at least **twenty** minutes of exercise a day -- more is better! (No, video games with running characters do not count as exercise: **false!**) ...**NICA**, the National Intercollegiate Cycling Association is an organization that promotes mountain bike racing for kids -- if you love bikes, look it up! There may be a team in your area. Whenever you post a pic of you and your friends cycling, use the hashtag

#morekidsonbikes to show your love of cycling and get more kids involved in this awesome sport.

Talk to your local bike shop about your cycling goals and find out how cycling can make a change in your life.

All the answers to the crossword puzzle are found in this article

Know Your Bikes Crossword

All the answers are found in the paragraph you just read.