

AMGEN 

Tour of California

FEBRUARY 14-22, 2009



AMERICA'S LARGEST PROFESSIONAL CYCLING EVENT!

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AEG

WELCOME

Amgen Tour of California



OFFICE OF THE GOVERNOR

Dear Teachers,

We are proud to work with the *Amgen Tour of California* in bringing you an educational booklet for students in Grades 4-6. Our hope is that you will use this handbook to increase your awareness of cycling and to encourage your students to start riding a bicycle for exercise, recreation and lifelong health.

Health and fitness are essential to overall well-being. As educators and role models, we must give our children the tools to live long and healthy lives. By encouraging youth to play and exercise at an early age, we shape the habits that will help them grow into active, fit adults.

Few childhood activities are as enjoyable and invigorating as riding a bicycle, and we want to use cycling as a platform for introducing the joys of outdoor recreation to young Californians. This informative handbook—which includes valuable lessons in bike safety and maintenance, history, geography, science and math—can help make our kids safer, smarter and healthier.

This February, an international field of professional cyclists will visit your community during the *Amgen Tour of California*. We hope that you will bring your students out to cheer on the racers and demonstrate to the athletes the spirit and energy of our young leaders. The lessons and knowledge contained in the following pages will greatly enrich your trip to the races.

This curriculum puts California's children first and underscores the importance of providing a complete learning environment. Thank you for your outstanding support of the growth and achievement of our children. We hope to see you and your students at the *Amgen Tour of California* in February.

Sincerely,

A handwritten signature in black ink, appearing to read "Arnold Schwarzenegger".

Arnold Schwarzenegger

GOVERNOR ARNOLD SCHWARZENEGGER • SACRAMENTO, CALIFORNIA
95814 • (916) 445-2841

LESSON 1

Biking Safety – Helmets

There are many good reasons to ride a bicycle. It is wonderful exercise. It is faster than walking. It is fun!



Does This Helmet Fit?

A bike helmet fits well if it:

- Sits level on the head
- Isn't tilted forward or backward
- Has strong, wide straps that fasten snugly under the chin
- Is tight enough so that after fastening, no sudden pulling or twisting could move it around

Safety rules exist to make sure riding remains the fun and enjoyable exercise it should be.

Safe cycling starts with always wearing a helmet. California state law requires everyone age 18 and younger to wear a helmet when riding a bike on public roads, sidewalks or bike paths. Safety experts go even further. They recommend that everybody wear a helmet, regardless of age. That's even true for world-class cyclists like the ones in the Amgen Tour of California. Get in the habit of always buckling your chinstrap before you step on a bike pedal. That applies to teachers, parents and students alike!

Every year, more than 700 people are killed in bicycle accidents. Most of these deaths are caused by head injuries. Wearing a helmet is required by law for your own protection.



LESSON 1

Biking Safety – Helmets



Step 1 - Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



Step 2 - Position:

The helmet should sit level on your head and low on your forehead - one or two finger-widths above your eyebrow.

Step 3 - Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 - Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

Step 5 - Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 - Final Fitting:

- Does your helmet fit right? Open your mouth wide... big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.
- Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap and test again.
- Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap and test again.
- Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.



National Highway Traffic Safety Administration.
For information, visit www.nhtsa.dot.gov

LESSON 1

Biking Safety – Rules of the Road

If you're allowed to ride on the street, follow these road rules:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. Never ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey street lights just as cars do.
- Ride single file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.

For more Information visit www.kidshealth.org/kid/watch/out/bike_safety.html



LESSON 2

Biking Safety – Rules of the Road continued

SAFETY QUIZ

According to California law, are there any times when a person under 18 doesn't need to wear a helmet?

Name three safe bike riding practices:

- a. _____
- b. _____
- c. _____

When riding your bike, always go with the flow of traffic and stay to the _____.

When leaving a driveway, alley or curb, you should look _____ for traffic.

True or False

When riding your bike with friends, the safest way to ride is in a single file line. _____

LESSON 2

History



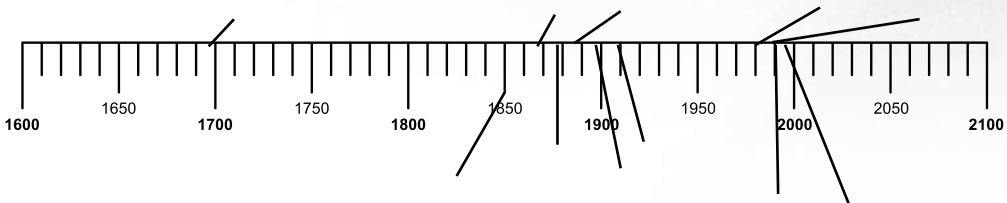
A French engineer built the first known self-propelled, two-wheeled vehicle in 1693. A practical, commercially successful bicycle, then called a Velocipede, arrived in the mid-1800s. Paris, France hosted the first known organized bike race in 1868. The first modern stage race arrived in 1903 — a race around France. Today, we know it as the Tour de France.

When the American public first became interested in bicycles, people enjoyed riding them for fun and not for racing. An organization known as the League of American Wheelmen (LAW) was formed in 1880 to share information and promote cycling throughout the United States. Bicycle riding became a craze in the 1890s as people of all ages experienced the thrill of speed. Soon they were racing their bicycles! Bike racing became very popular in the United States, rivaling baseball's popularity in the early 1900s.

The first recorded bicycle race in the United States took place on May 24, 1878, in Boston, Mass. All of the racers were amateurs. Bicycle racing became a professional sport in 1894. Children exchanged trading cards featuring bicycle racers, much like kids today trade baseball cards. Eventually, though, riders from foreign countries were brought in to compete, and they soon became the best riders in the world. It was not until American Greg LeMond, who won the World Championships in 1983 and the Tour de France in 1986, 1989 and 1990, that the U.S. produced one of the dominant racers in the world. LeMond was the first American to win the Tour de France (1986), followed by another famous American cyclist, Lance Armstrong, who won the famed Tour de France a record seven straight times from 1999-2005.

Public interest in bicycle racing continues to grow in America because of professional races such as the Amgen Tour of California. In its third year (2008), the Amgen Tour of California drew 1.6 million spectators, setting records for a single sporting event in the State of California, as well as any cycling event ever held on U.S. soil. The success of bicycle racing depends on public involvement and awareness. Much of this support comes from kids just like you! Did you know cycling is the second most popular recreational activity (only behind walking) in the U.S. with close to 65 million participants? With continued support and interest, cycling will continue to grow for many years to come.

Fill in the Time line: Use what you've learned in Lesson 2 to add historical information to the time line



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LESSON 3

Reading Comprehension - Cycling Races

There are many different types of bicycle racing, including road bicycle racing, cyclo-cross, mountain bike racing, track cycling, BMX racing, bike trials and cycle speedway.

Road bicycle racing is the most popular type of bicycle racing. Racing typically takes place from spring through fall. Many riders from the northern hemisphere spend the winter in countries such as Australia, to compete



or train. Pro Tour races range from the multi-day “Grand Tour” stage races such as the Tour de France, Giro d’Italia and the Vuelta a España and the Amgen Tour of California to single day “Classics” such as the Ronde van Vlaanderen and Milan-Sanremo. Criteriums are races based on circuits typically less than a mile in length and sometimes run for a set time (60 min, 90 min, etc), rather than a specific distance. Criteriums are the most popular form of road

racing in North America. In 2008, the Amgen Tour of California held its first Women’s Criterium Race during Stage 1 of the men’s race in Santa Rosa, Calif. In Belgium, Kermesses “a single day event usually 120+km in length” are particularly popular. Also popular are road races in which all riders start simultaneously, individual time trial and team time trial events are also held on road-based courses.

Cyclo-cross originated as a sport for road racers during the off season, to vary their training during the cold months. Races typically take place in the autumn and winter (the international or World Cup season is September-January), and consists of many laps of a 2-3 km or 1-2 mile course featuring pavement, wooded trails, grass, steep hills and obstacles requiring the rider to dismount, carry the bike and remount in one motion. Races for senior categories are generally between 30 minutes and an hour long, the distance varies depending on the conditions. The sport is strongest in traditional road cycling countries such as Belgium (Flanders in particular) and France.

Mountain bike racing is relatively new. It became popular during the 1990s. Mountain bike races are off-road and usually involve a moderate degree of technical riding. There are several varieties; the main categories are cross-country and downhill but also 4X or four cross racing. Mountain bike racing and riding needs wide knobby tires with a deep tread.

LESSON 3

Reading Comprehension – Cycling Races



Track cycling encompasses races that take place on banked tracks or velodromes. Events are quite diverse and can range from individual and team pursuits or two-man sprints, to various group and mass start races. Competitors use track bicycles which do not have brakes or freewheels. The ADT Event Center (part of the Home Depot Center) in Carson, Calif. is the only velodrome in North America. In 2008, The Home Depot Center played host to one of the four UCI Track Cycling World Cup Classics, the other three World Cup events took place in Sydney, Australia, Beijing, China and Bellerup, Denmark.

BMX racing takes place off-road. BMX races are sprints on purpose-built, off-road, single-lap tracks typically on single-gear bicycles. Riders navigate a dirt course of jumps and banked and flat corners. USA Cycling opened its new BMX training facility at the U.S. Olympic Training Center in Chula Vista, Calif. in January 2008. The course in Chula Vista was built by Tom Ritzenthaler, who also built the BMX track that was used for the sport's Olympic debut in Beijing this past August. The USA Cycling's training facility in Chula Vista is the only course that currently replicates the UCI Supercross style that Olympic athletes saw in Beijing. The course is also the only permanent Supercross structure in the nation.



Bike trials is a sport where riders navigate natural and man-made obstacles without putting down their foot, or “dabbing.” It is similar to motorcycle trials. Points are awarded for bike handling skills.

Cycle speedway is bicycle racing on short outdoor dirt tracks, 70-90 m in length.

Bicycle races are popular all over the world, especially in Europe. The most devoted countries are Italy, Spain, Belgium, Germany, France, the Netherlands and Switzerland, although the United States has international standing, as does Australia. The U.S. boasts three-time Tour de France and first American winner, Greg LeMond as well as seven-time winner Lance Armstrong.



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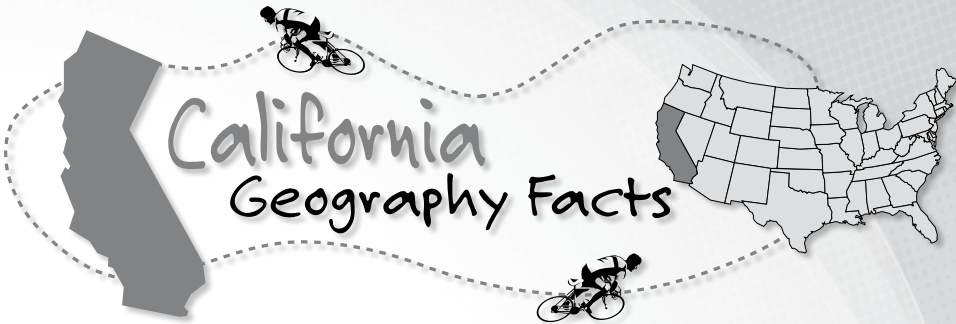
LESSON 3

Reading Comprehension Quiz

- 1) What kind of race is the Amgen Tour of California considered: Road, Cyclocross, Mountain Bike, Track Cycling, BMX Racing, Bike Trials or Cycle Speedway?
- 2) Where is the only North American Velodrome? What type of racing occurs there?
- 3) Name three countries that are devoted to cycling.
- 4) Is BMX an Olympic Sport? If so, what year was it introduced to the Olympics?
- 5) Who was the first American to win the Tour de France? How many times did he win it?
- 6) What two countries is cyclo cross racing strongest?
- 7) What type of racing takes place on short outdoor dirt tracks?
- 8) True or False: Criteriums are the most popular kind of road races in North America?

LESSON 4

California Geography



California State Symbols

- State flower:** Poppy
- State tree:** California Redwood
- State bird:** California Quail
- State animal:** California Grizzly Bear
- State fish:** Golden Trout
- State insect:** California Dogface Butterfly
- State colors:** Blue and Gold
- Nickname:** The Golden State
- Motto:** "Eureka" (I have found it)
- Song:** "I Love You, California"

The highest and lowest points in the continental United States are within 100 miles (160 km) of one another in California. Mount Whitney measures 14,495 feet (4,418 m) above sea level and Bad Water in Death Valley is 282 feet (86 m) below sea level.

San Francisco Bay is considered the world's largest landlocked harbor.

California is bigger than eighty-five of the smallest nations in the world.

Mount Shasta, at 14,162 feet (4248 m), is the tallest volcano in California and the second tallest in America.

California holds within it the most diverse environment on the planet.

In the midst of summer, Point Reyes is the coolest place in the continental United States.

LESSON 4

California Geography



Death Valley is known as the hottest, driest place in the United States where temperatures consistently reach over 120 F (49 C) during summer months.

In 1925, a giant sequoia located in California's Kings Canyon National Park was named the nation's national Christmas tree. The tree is over 300 feet (91 m) in height.

Inyo National Forest is home to the bristle cone pine, the oldest living tree species.

The Redwood is the official state tree of California. Many of the giant Redwoods in Sequoia National Park are more than 2,000 years old. The California Redwood is a prehistoric tree. All trees are descended from the Redwood. The coastal climate along the Pacific Ocean protected them from the great ice sheets that covered much of North America during previous ice ages.

California holds two of the top ten most populous cities: Los Angeles and San Diego.

LESSON 4

California Geography (continued)

The 2009 Amgen Tour of California travels through 16 of our state's 58 counties. Sixteen cities will serve as host venues for either a start or a finish of a stage of the race.

The host communities are Sacramento, Davis (new in 2009), Santa Rosa, Sausalito, Santa Cruz (new in 2009), San Jose, Modesto, Merced (new in 2009), Clovis (new in 2009), Visalia (new in 2009), Paso Robles (new in 2009), Solvang (new in 2009), Santa Clarita, Pasadena, Rancho Bernardo (new in 2009) and Escondido (new in 2009).

The 2009 route covers more than 800 miles and goes along the Pacific Ocean and through many of California's National Forests.

The Amgen Tour of California is coming to town. It is starting in Sacramento and finishing in San Diego County.



- Stage 1:** Saturday 2.14.09 - Sacramento (Overall Start)
- Stage 2:** Sunday 2.15.09 - Davis to Santa Rosa
- Stage 3:** Monday 2.16.09 - Sausalito to Santa Cruz
- Stage 4:** Tuesday 2.17.09 - San Jose to Modesto
- Stage 5:** Wednesday 2.18.09 - Merced to Clovis
- Stage 6:** Thursday 2.19.09 - Visalia to Paso Robles
- Stage 7:** Friday 2.20.09 - Solvang (Individual Time Trial)
- Stage 8:** Saturday 2.21.09 - Santa Clarita to Pasadena
- Stage 9:** Sunday 2.22.09 - Rancho Bernardo to Escondido (Overall Finish)

LESSON 5

Science - Weather



WHAT IS WEATHER?

Weather is the state of the atmosphere at a given time and place, with respect to variables such as temperature, humidity, wind velocity and barometric pressure.

Temperature is the degree of hotness or coldness of the environment.

Humidity is the wetness that can be felt either as a vapor in the atmosphere or as a liquid on the ground.

Wind velocity is the movement of air from any of the four points on the compass.

Barometric pressure is the amount of atmospheric pressure placed on land, and the measurement that is used in assisting judgment of probable weather changes.

Normal Weather in California for the Month of February

With such a large and diverse land area, the climate is varied in California. The climate along the coast is mild, with cooler temperatures along the central and northern coast. Southeastern California is hot and dry. Most of California is marked by only two distinct seasons; a rainy season and a dry season. The rainy season runs from October to April in Northern California and from November to March or April in Southern California.

In a normal year, California's wet season is still going strong in February. The storms occur in families with heavy precipitation occurring, especially in the northern and mountain areas. Even dry southern areas get into the swing of things in some storms. Heavy rains in the lower coastal and valley locations give way to very heavy snows in the mountains. The snow in the mountains left after a strong Pacific storm is measured in feet. After these stormy spells, periods of pleasant, even warm, winter weather are common. When the Great Basin high builds, the Santa Ana winds can blow bringing warm, dry weather to southern and sometimes central areas.

Sacramento

Average High: 60
Average Low: 41
Average
Precipitation: 2.9"

Davis

Average High: 58
Average Low: 38
Average
Precipitation: 2.9"

Santa Rosa

Average High: 61
Average Low: 37
Average
Precipitation: 6.3"

Sausalito

Average High: 58
Average Low: 45
Average
Precipitation: 3.4"

Santa Cruz

Average High: 64
Average Low: 41
Average
Precipitation: 4.9"

San Jose

Average High: 62
Average Low: 44
Average
Precipitation: 2.3"

Modesto

Average High: 61
Average Low: 41
Average
Precipitation: 1.8"

Merced

Average High: 63
Average Low: 40
Average
Precipitation: .09"

Clovis

Average High: 61
Average Low: 40
Average
Precipitation: 1.8"

Visalia

Average High: 62
Average Low: 41
Average
Precipitation: 1.95"

Paso Robles

Average High: 65
Average Low: 37
Average
Precipitation: 3.29"

Solvang

Average High: 66
Average Low: 40
Average
Precipitation: 4.0"

Santa Clarita

Average High: 65
Average Low: 36
Average
Precipitation: 2.9"

Pasadena

Average High: 70
Average Low: 45
Average
Precipitation: 3.9"

Rancho Bernardo

Average High: 68
Average Low: 45
Average
Precipitation: 2.3"

Escondido

Average High: 67
Average Low: 44
Average
Precipitation: 2.3"

LESSON 5

Science Weather Charting Activity



Charting the Weather for Race Week of the Amgen Tour of California

Instructions: Using a weather-based Internet web site, your daily newspaper, television or radio weather reports, provide the information below for your school's area.

Day	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Date	2/14	2/15	2/16	2/17	2/18	2/19	2/20	2/21	2/22

Temp.
High for
the Day: _____

Wind: _____

Barometric
Pressure: _____

Humidity: _____

Rainfall
Amount: _____



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LESSON 6

Math

1) Last February, following the Tour, you opened an account with Rabobank with a \$1 deposit of your monthly allowance. Every month, you deposited \$5 of your \$10 allowance. You have \$101 in your account. What month is it?

2) For every \$5 deposit you put into your Rabobank account, you earn a stamp. For every ten stamps you have, you earn a special reward. Rewards are in the form of gift certificates. If you have \$101 in your account how many gift certificates have you earned?

3) It took Levi Leipheimer 24 minutes to complete the first leg of the bike race, 37 minutes to complete the second leg and 20 minutes to complete the third leg of the race. What was the average amount of time it took him to finish a leg?

4) If there are 5,280 feet in one mile, how far in feet is the 17 mile Time Trial in the Amgen Tour of California?



LESSON 7

Cycling Talk

CYCLING IS A TEAM SPORT

It is important to understand that cycling is a team sport; each member of the team plays a vital role. Eight-person teams are comprised of a leader, sprinters, climbers and domestiques. There are also director sportifs (coaches), managers, mechanics, massage therapists and nutritionists who help the teams perform their best. Sometimes, the cyclists' roles will change due to injury or illness. For example, if one of the lead riders gets hurt in a crash, a climber may have to step in and fill the role. Once you understand the intricate nature of cycling, the sport becomes more interesting to watch.



PARTS OF A RACE

The cyclists will race every day during the 2009 Amgen Tour of California. The race includes 9 stages over nine days. Stage 6 is an Individual Time Trial in Solvang, where each rider will race against the clock for 15 miles. The other 8 stages travel from point A to point B and are called road races. The cyclist with the lowest overall cumulative time at the end of the nine days of racing will be declared the Overall General Classification winner. Throughout the race, the leader in the Overall Classification will be noticeable in the Amgen Leader Jersey.

SPRINT LINES

A sprint line is a race within a race. A sprint line is a designated line where the racers act like it is the finish line and pedal as fast as they can to be the first rider across that line. The first three riders to cross that line get bonus points and sometimes, win special prizes. Each day, the rider with the most sprint points will earn the Sprint Jersey.

KING OF THE MOUNTAIN

King of the Mountain (KOM) lines are located on top of mountain climbs instead of flat roads like the sprint lines. The first three cyclists to reach the top of a mountain will win bonus points toward the King of the Mountain Jersey.

LESSON 8

Cycling 101: Cycling As A Team Sport

It may come as a surprise to learn that cycling is a team sport. Few riders could compete in a race as long as the Amgen Tour of California on their own. Even Lance Armstrong depended heavily on the strength of his team to win his seven Tour de France titles.

In a typical pro race, teams have 8-12 riders on the start line. Each team has its own game plan for winning, and like pieces on a chess board, each rider plays a different role in that game plan.

Most teams have one leader. His teammates play the role of domestiques, who sacrifice their own chances of winning in support of their team leader. A domestique is the “worker ant” of the team; protecting the leader from the wind, chasing down breakaway riders, fetching food or clothing for the leader, and even sacrificing their bike’s parts to give to their leader if he has a mechanical problem. Understanding this team aspect in cycling will make watching the Amgen Tour of California even more exciting.

STRATEGY

One of the most crucial concepts in team racing is drafting. Riders can conserve energy by riding in the slipstream of another cyclist. As a result, teams try to surround their leader with teammates, keeping him out of the wind and fresh to attack at the right moment.

Different formations can increase the energy-saving benefits of drafting, and wind can necessitate a variety of drafting formations. In a headwind, the best formation is a long straight line that is called a paceline. In a crosswind, riders will form staggered, diagonal lines that are known as echelons.

Teams also develop complex strategies to win specific stages and the “races within races,” such as points for King of the Mountain or Sprint competitions. Not only do teams designate a leader for the overall race, but many also select riders to vie for the best sprinter and best climber titles.



LESSON 9

World Geography 2008 Amgen Tour of California Stage Winners

Prologue

Winner Name: Fabian Cancellara
Date of Birth: March 18, 1981
Country: Switzerland
Current Team: CSC
Rider Type: All-rounder



Switzerland, is a landlocked country of roughly 7.5 million people in Western Europe. Switzerland is bordered by Germany, France, Italy, Austria and Liechtenstein.
Capital: Berne
Official Languages: German, French, Italian & Romansh

Stage 1

Winner Name: Juan Jose Haedo
Date of Birth: January 26, 1981
Country: Argentina
Current Team: CSC
Rider Type: Sprinter



Argentina is a South American country. It is bordered by Paraguay and Bolivia in the north, Brazil and Uruguay in the northeast and Chile in the west and south.
Capital: Buenos Aires
Official Language: Spanish

Stage 2

Winner Name: Tom Boonen
Date of Birth: October 15, 1980
Country: Belgium
Current Team: Quickstep -Innergetic
Rider Type: Sprinter



The Kingdom of Belgium is a country in northeast Europe. Belgium straddles the cultural boundary between Germanic & Latin America
Capital: Brussels
Official Languages: Dutch, French German

Stage 3

Winner Name: Robert Gesink
Date of Birth: May 31, 1986
Country: Netherlands
Current Team: Rabobank
Rider Type: Climbing Specialist



The Netherlands is often called Holland. The Netherlands is known for its traditional windmills, tulips, cheese, wooden shoes, pottery and bicycles.
Capital: Amsterdam
Official Language: Dutch

Stage 4

Winner Name: Dominique Rollin
Date of Birth: October 29, 1982
Country: Canada
Current Team: Toyota United
Rider Type: All-rounder



Canada occupies most of northern North America, extending from the Atlantic Ocean in the east to the Pacific Ocean in the west and northward inot the Arctic Ocean.
Capital: Ottawa
Official Languages: English, French

Stage 5

Winner Name: Levi Leipheimer
Date of Birth: October 23, 1973
Country: United States
Current Team: Astana
Rider Type: All-rounder



The United States of America is comprised of 50 states. It lies between the Pacific and Atlantic Oceans, bordered by Canada to the north and Mexico to the south.
Capital: Washington DC
Official Language: English

Stage 6

Winner Name: Luciano Pagliarini
Date of Birth: April 18, 1978
Country: Brazil
Current Team: Saunier Duval - Scott
Rider Type: Rider



Brazil is a country in South America. Bounded by the Atlantic Ocean on the east, Brazil borders every nation on the South American continent except for Ecuador and Chile.
Capital: Brasilia
Official Language: Portugese

Stage 7

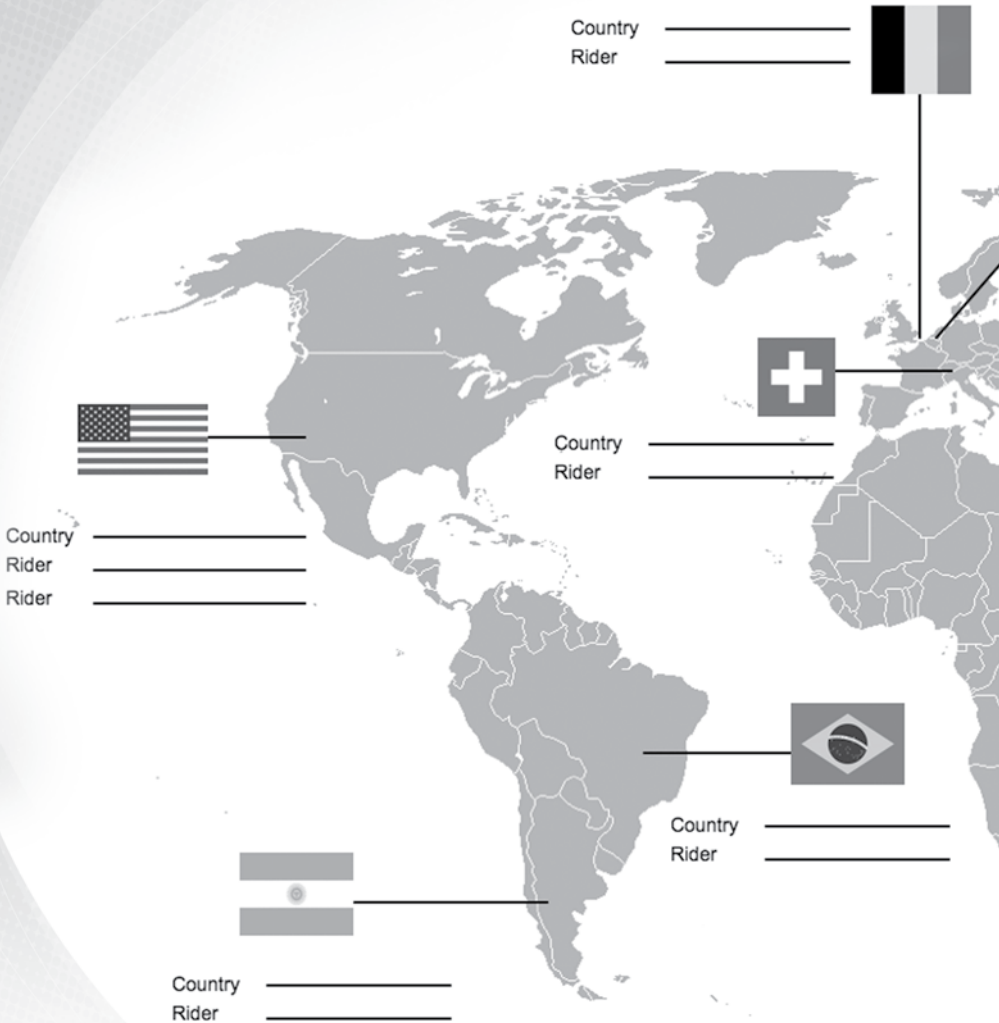
Winner Name: George Hincapie
Date of Birth: June 29, 1973
Country: USA
Current Team: Team High Road
Rider Type: Classics Specialist



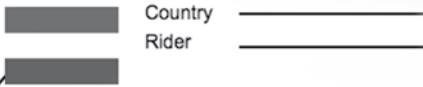
The United States of America is comprised of 50 states. The country is situated mostly in central North America, where it's 48 states lie. The state of Alaska is in the northwest of the continent, with the state of Hawaii in the mid-Pacific.
Capital: Washington DC
Official Language: English

LESSON 9

World Geography – Quiz



1. Out of the country flags shown, which country is the furthest south?
2. Is Switzerland to the east or west of the United States of America?
3. Is the Netherlands north or south of Belgium?
4. Brazil is located on what continent?

 Country _____
Rider _____



5. Is The United States of America south of Canada?
6. Did an African-born rider win a stage at the 2008 ATOC?
7. Circle the continent of Australia on the map.
8. Locate & place an X over the state of Alaska.
9. Write in where the North & South Poles are located.

Word Search

Q R A N C H O B E R N A R D O
E S C O N D I D O W E R T A U
I P A S O R O B L E S O C V P
A S D F S G H J K L A S L I Z
X C V S A C R A M E N T O S B
N M Q W N E R R T Y L U V I O
P A S D T F G H J K U L I Z X
S O L V A N G C V B I N S V M
Q W E R R T Y U I O S P A I S
D F G H O J S A N J O S E S P
K L Z X S C V B N M B Q W A A
S A U S A L I T O E I R T L S
Y U I O P A S D F G S H J I A
M E R C E D K L A S P D F A D
G H J K M O D E S T O L Z X E
C V B N M Q W E R T Y U I O N
P D G S A N T A C L A R I T A
M B C X Q R Y U I O P A D W E
R T Y U I O P A S D F G H J K
L C V B N M S D W E R T Y U I

Find the ATOC Host Cities:

Sacramento
Davis
Santa Rosa
Sausalito
Santa Cruz
San Jose

Modesto
Merced
Clovis
Visalia
Paso Robles
Solvang

Santa Clarita
Pasadena
Rancho Bernardo
Escondido

Attack - A sudden acceleration to move ahead of another rider or group of riders

Big Ringing It - A “big” gear - when the rider has his chain on the larger of the two front chainrings - allows a rider to go for maximum speeds. This gearing is most often used on flat or rolling terrain

Bonk - Total exhaustion caused by lack of sufficient food during a long race or ride

Bonus Sprints - On each stage, race organizers designate several locations along the route where bonus points are given to the first three riders that cross the line. These sprints create a “race within a race” during each stage

Break/Breakaway - A rider or group of riders that has left the main group behind

Caravan/Race Caravan - The official and team support vehicles in a race. Each team has a car in the official race caravan. The team cars follow the peloton and riders will often go back to their team car for food, extra clothing or to speak to their team director

Circuit Race - A one-day race that does multiple laps around a long, circuitous route

Point to Point Road Race - A one-day race in which the route travels between two separate points. The most prestigious of these races are known as “Classics”

Criterion - A multi-lap, one-day race on a closed, short course, typically one mile or less

DNF - Short for “Did Not Finish”

Domestique - A team rider who will sacrifice his individual performance to help a designated teammate. Duties can include giving up one’s bike for another rider, supplying refreshments to teammates, and catching breakaway riders. French for “servant”

Draft - To ride closely behind another racer, saving energy by using that racer as a wind break. Riding in front is very strenuous but affords a great energy-saving advantage to the rider behind

Drop/Dropped - When a rider has been left behind by another rider or group of riders

Echelon - A staggered, long line of riders, each downwind of the rider ahead, allowing them to move considerably faster than a solo rider or small group of riders. In windy sections where there are crosswinds, the large peloton will form into echelons

Feed Zone - A designated area along the route where riders can grab “musette bags” filled with food and drinks as they ride by. There is an unwritten rule in the peloton that riders should not attack the field while the riders are going through the feed zone

CYCLING GLOSSARY

Field Sprint - A mass sprint at the finish among the main group of riders in a road race

Gap - The amount of time or distance between a rider or group of riders and another rider or group of riders

General Classification (G.C.) - The overall leader board in the race, representing each rider's total cumulative time in the race. The rider with the lowest time is number one in the G.C.

Grand Tour - Refers to three-week major cycling stage races: Tour de France, Giro d'Italia (Tour of Italy) and Vuelta a Espana (Tour of Spain)

Gruppetto - A group of riders that forms at the back of the field on mountain stages and ride at a pace that allows them to finish just inside the time limit (see Time Cut). Usually the gruppetto is comprised of sprinters and other riders who are not climbing specialists or race leaders. Gruppetto is Italian for "a small group"

Hammer - To ride hard. Also, to "put the hammer down"

Jump - A quick acceleration, which usually develops into a sprint

KOM - King of the Mountain. Award for the Best Climber

Lead Out - To intentionally sacrifice one's chances of winning in order break the wind and creating an opening for a rider behind. This is a racing tactic whereby one rider races at high speed to give a head start to the rider on his/her wheel. This tactic is most often used in a field sprint

Mechanical - Slang for a problem with the bicycle. "He had a mechanical."

Mountain Climb Classifications - Large mountain climbs are normally classified according to their difficulty. Category 4 is the easiest, followed by Categories 3, 2, 1 and the Hors-Categorie (which is the hardest). Mountain climbs are classified according to their length and the average gradient of the road's incline

Off the Back - When a rider or riders cannot keep pace with the main group and lag behind

Off the Front - When a rider takes part in a breakaway

Paceline - A string of riders that moves at high speed with each individual taking turns setting the pace and riding in the draft of the others. See also Train

Peloton - The main field, or pack, of riders in the race. French for "a group moving forward"

Prologue - One type of beginning for a stage race, which is a relatively short time trial

Popped - Blown; Had it; Knackered; Stuffed; words used to describe the legs losing all power.

Puncture - Flat tire

Road Rash - Skin abrasions resulting from a fall or crash onto the road

Saddle - The bike seat

Sitting up - When the rider is no longer riding in the most aerodynamic fashion

Slipstream - The area of least wind resistance behind a rider

Stage Race - A bike race held over successive days, with a different course each day. Stage races can last anywhere from three to 21 days. The rider with the lowest total time (or accumulated points) after completion of all the stages wins the overall race

Team Leader - The rider for whom the team supports in order for the leader to win a stage or race

Time Cut - Mostly applicable to the Grand Tours. On each stage all riders must finish within a certain percentage of the winner's time to remain in the race. Those who are unable to make the cut are disqualified from the race

Time Trial - A race in which riders start individually and race against the clock. The fastest over a set distance is the winner. Riders can pass each other on the course but they are not allowed to draft off of each other. Also known as the "race of truth"

Train - A fast moving paceline of riders

UCI - Union Cycliste Internationale, the international governing body of cycling

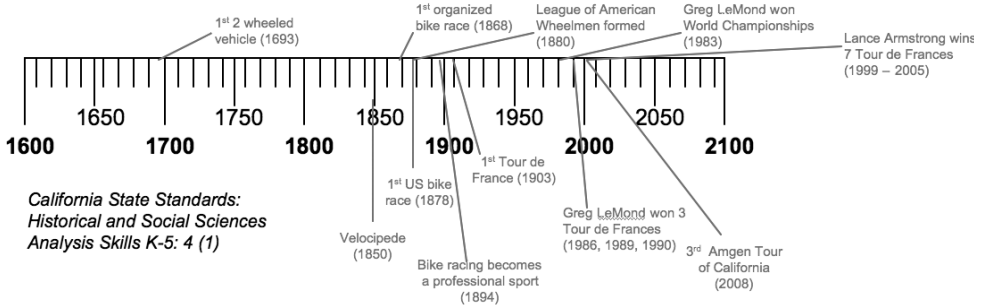
Wheel Sucker/Wheelsucking - Someone who sticks to a rear wheel ahead and refuses to go to the front of the pack

USA Cycling - America's governing body of cycling. USA Cycling supervises the activities of all cycling disciplines (road, mountain, track, cyclo-cross), and establishes criteria for the U.S. Olympic Cycling Team

Velo - French for "bicycle"

LESSON 2 (Page 6)

1. No, you always have to wear a helmet
2. **a.** Walk your bike across busy intersections using the crosswalk and following traffic signals. **b.** Don't ride too close to parked cars **c.** Stop at all stop signs and obey street (red) lights just as cars do
3. No, it is unsafe to wear earphones while riding your bike
4. Left
5. Both ways
6. True



LESSON 3 (Page 9)

- 1) Road
 - 2) The ADT Event Center, Carson; CA, Track Cycling
 - 3) Italy, Spain, Belgium, Germany, France, the Netherlands and Switzerland, United States or Australia
 - 4) Yes, 2008 Beijing Olympics
 - 5) Greg leMonde, 3
 - 6) Belgium (flanders) and France
 - 7) Cycle Speedway
 - 8) True
- California State Standards: Grade 4: Reading 2.2, 2.5; Grade 5: 2.3, 2.5

LESSON 6 (Page 14)

- 1) October
- 2) 2 Gift Certificates
- 3) 27 min
- 4) 89,760 feet

California State Standards: Grade 4 Number Sense: 2.1, 3.1, 3.3

LESSON 9 (Page 18)

1. Argentina
2. West
3. Slightly north
4. South America
5. True
6. No
7. Circle the continent of Australia on the map.
8. Locate & place an X over the state of Alaska
9. Write in where the North & South Poles are located

California State Standards: Grade 4
History Social Science: 4.1.1; 4.1.2; Historical and Social
Sciences Analysis Skills K-5: 4 (4)

Word Search

	R	A	N	C	H	O	B	E	R	N	A	R	D	O
E	S	C	O	N	D	I	D	O					A	
	P	A	S	O	R	O	B	L	E	S		C	V	
			S							A		L	I	
			S	A	C	R	A	M	E	N	T	O	S	
			N							L	V			
			T							U	I			
S	O	L	V	A	N	G				I		S	V	
			R							S			I	
			O		S	A	N	J	O	S	E	S	P	
			S							B			A	A
S	A	U	S	A	L	I	T	O		I			L	S
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M	E	R	C	E	D					P			A	D
				M	O	D	E	S	T	O				E
														N
			S	A	N	T	A	C	L	A	R	I	T	A