



Bike Norfolk Explore Patch

Norfolk is a city that is a part of Hampton Roads and has recently added bike lanes for the safety of all cyclists.
GUIDELINES: Bike Norfolk. Complete the number of activities for your grade level according to the grid below.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL NUMBER OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7

Discover

- Learn about the [We Roll Together: Biking in Norfolk](#) campaign.
- Learn [hand signals](#) and [traffic safety and laws](#) for cyclists.
- Identify where [bike lanes are in Norfolk](#).
- Identify the [parts of a bicycle](#).

Connect

- Plan a bike route using [Map My Ride](#) and go on a family bike ride.
- Take photos on your route and post pictures of your scenery, submit to marcyg@gscgcc.org to post on the Girl Scouts Facebook page (remember your helmets) with #BikeNorfolkExplorePatch
- Bike a portion of the [marked bike lanes in Norfolk](#).
- Attend or participate in a bike race. Opportunities in Norfolk: [Cyclocross](#), ODU Sprint Triathlon (look online for updates), [Breezy Point Triathlon](#), [Norfolk Naval Station Fit Triathlon](#).
- Make a flyer that advertises the use of bike lanes and the benefits of cycling.

Take Action

- Attend a [Bike Norfolk](#) meeting. Find out what cycling related activities exist in Norfolk.
- Take a photo attending the meeting and submit to marcyg@gscgcc.org to post on the Girl Scouts Facebook page #BikeNorfolkMeeting.
- Go to a local cycling shop and ask about what is involved in bike maintenance. What are typical repairs that need to be made on a bicycle? How much do bicycles cost and how much are repairs?
- Research the environmental and economic impact of bicycles versus cars. How does cost of operating and maintaining both types of transportation compare? How do bicycles and cars change the environment (pollution, change in landscape, etc.).
- Set a date and invite another troop or encourage other family and friends to bike Norfolk with you. Take pictures of the group before you head out on your bike route.
- Write an article and submit to marcyg@gscgcc.org to post on the Girl Scouts Facebook page or submit to your Service Unit Website #BikeNorfolkExplorePatch.