

Aaron Kaylor's

Bike Portfolio

XXXX College St SE

Lacey, WA 98503

360-XXX-XXXX

Produced for the
Work-Based Learning Program
Located at Timberline High School
1997-1998

Copyright. Kimeldorf. 1998

If you have any questions about using this portfolio please contact
Martin Kimeldorf at martinkim@aol.com

Introduction

From four to fourteen I grew up in Hawaii. During that time I rode my bike most of the time. When I'm not riding I enjoy doing things with my hands. I think that living in Hawaii shaped the way I am today. For instance, having to ride just to get to the store got me in shape because it was a five mile ride each way. Today, riding is important to me because it relieves stress and I express who I am through my biking. My goal in life is to become sponsored for a BMX race and maybe even go to the Olympics in Mountain Biking.

The samples in this portfolio demonstrate my love of bikes. It shows how important bicycles are in my life. When I ride I feel like I am going somewhere with my life. My portfolio samples also show that I can do and learn new things all the time. I believe I can do anything I set my mind to.

TABLE OF CONTENTS

Lifelong Biker!

Reading To Become More Expert

No Pain, No Gain

Self Discipline = Success

Racing and BMXing

My Jersey

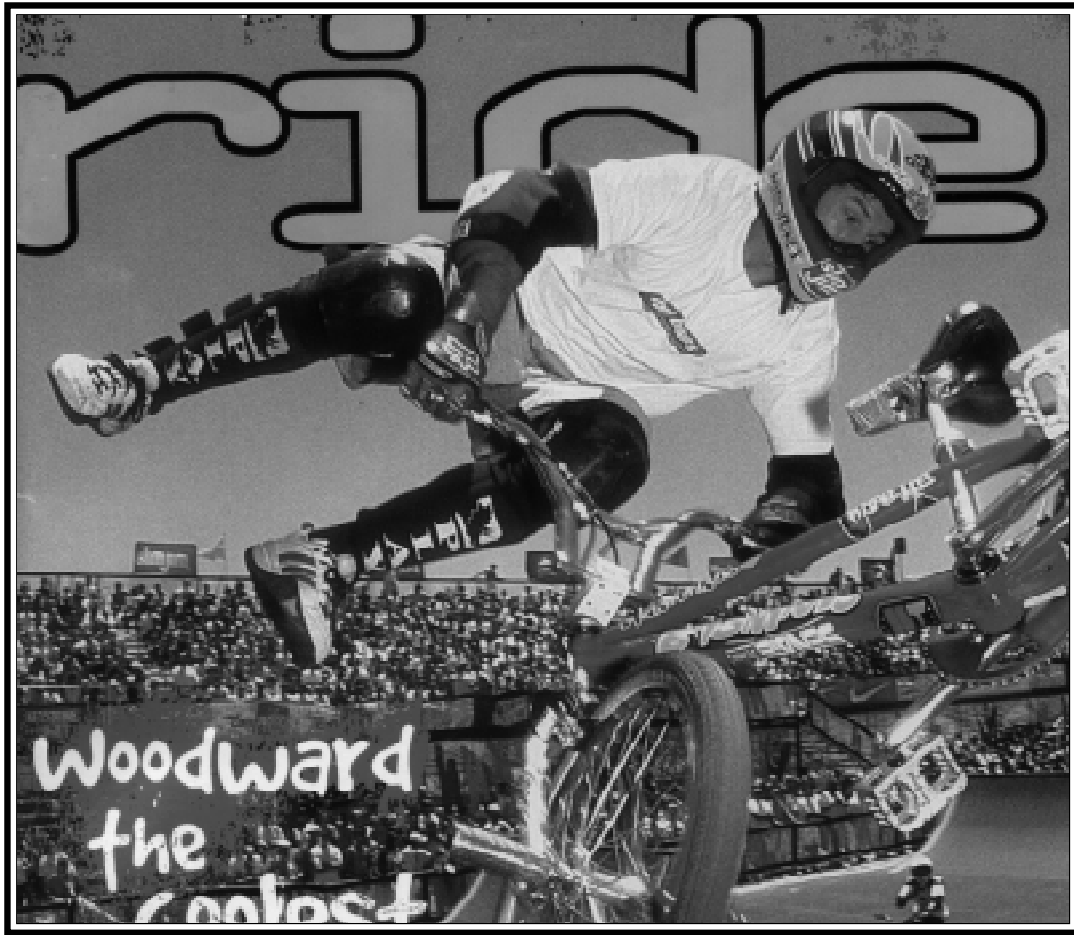
Teaching Others

Lifelong Biker!



I got my first bike for my fourth birthday, a red dirt duster. Since then I have not been a day without a bike. When I was only six or seven I began repairing my bikes. Since then, I have learned a lot. As a result I was hired at the age of 14 to do basic repairs, clean-up, and assembly in a bike shop!

Reading To Become More Expert



Reprinted with permission of Ride Publishing. For information about this picture and their magazine contact the publisher at (888) 897-6247 or www.ridebmxmag.com.

I got this at a magazine store. It shows that I am willing to research things I am interested in like bike riding. I generally don't enjoy book-learning but I now realize that I can pick up useful things from books and especially magazines. I am thinking about subscribing.

No Pain, No Gain



Practicing stunts means I have to take risks. This earlier picture shows my arm in a sling. Once, I was practicing doing “drops” when I wore my crank out and it snapped off. The crank got shoved into my leg. I knew I would have to ride as soon as I could to overcome being scared. I have crashed many times since, but still I ride. I learned not to let anything get in the way of my bike riding goals. I think I can now handle any obstacle or challenge in bike riding.

Self Discipline = Success

Bike Riding Log

Typical weekly hours--SCHOOL YEAR

<u>Days</u>	<u>Hours riding</u>
Mon	2
Tue	3
Wed	2
Thur	4
Fri	3
Sat	4
Sun	6

Typical weekly hours--SUMMER

<u>Days</u>	<u>Hours riding</u>
Mon	6
Tue	5
Wed	8
Thur	7
Fri	10
Sat	8
Sun	10

This chart shows the hours I put into biking during one week of a school year. I ride two to four hours every day and many more additional hours on the weekend. I estimate that I put in over 850 hours during the school year. In the summer I probably do over 650 hours in only three months!

Racing and BMXing



In my 14th summer I was sponsored in a mountain bike race by a company named Igana. Even though my expertise was in BMX biking I raced for the experience. BMX stands for *bike motocross*. After leaving North Carolina I came to Washington where I was introduced to the sport of BMX competitions. I applied myself and in six months I improved a great deal. I have mastered several BMX stunts including 360, one-handers, and no-footer. My goal is to be the best someday.

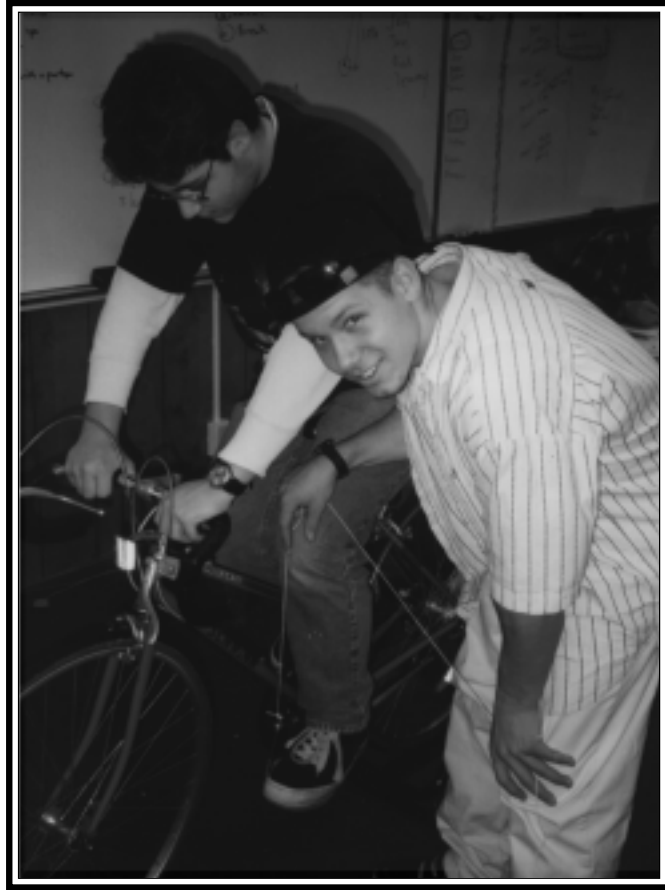
My Jersey



Drawing of my red jereseey

I got my jersey when I entered my first race. The team said that I was supposed to get it when I win but they were so confident in me that they gave it to me before I even raced. I am very proud of it. I like to try to meet other peoples expectations. I believe I can “win” on the track as well as on the job.

Teaching Others



My teacher asked me to be his assistant when we studied bike repair and safety. I volunteered about 15 hours to help fix up our donated bikes. We adjusted brakes, cables, derailleurs, headsets, and handlebars. My instructor said, "Aaron I could not have taught the class without your help." In this picture I am showing another student how to properly adjust the seat position. I am using a plumb bob to measure the forward position of his knee over the crank.