

ABC Quick Check



Use the ABC Quick Check **before every ride** to be sure your bike is safe and working well.
Completing this basic safety check should take less than one minute.
For a more thorough inspection, spend additional time doing the "extras."

A is for Air



Take time to check your tires for air before each ride. Fill tires to the recommended air pressure (printed on the side of the tire e.g., "40-60 PSI") or until they feel firm when pinched.

EXTRA Check your tires for wear and tear: bald spots in the tread, sidewall wear, and cracks in the tread or sidewalls. Replace worn tires to prevent blowouts on the road. Check spoke tension with your hands; feel for loose or broken spokes. Pick up each end of the bike and spin the wheels one at a time to check for rubbing noises and wobbling ("out of true") wheels.

B is for Brakes



Don't wait until you need them to discover that your brakes don't work! If you have hand brakes on your bike, check the front and rear brakes one at a time by squeezing the lever and being sure that the brake stops the wheel. Brake levers should not contact the grips and should quickly return to their original position when released. Check coaster brakes by applying the brake with your foot and gently rocking the bike forward to be sure the brake is stopping the rear wheel.

EXTRA Check the brake pads for wear. Pick up each end of the bike and spin the wheels to check for brakes that rub and need adjustment. Ensure that brake pads contact the metal rim only, not the tire. Check brake cables and housing for wear and frayed ends.

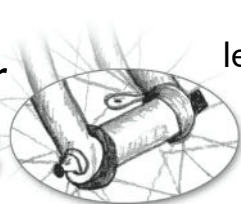
C is for Chain & Crank



Be sure your chain is engaged by the front chainring and rear cog. The chain should be clean and lightly oiled or waxed, and the front chainring(s) and rear cassette cogs should be relatively clean and free of debris. Check chain tension and ensure it's not loose; a loose chain may "fall off" while riding.

EXTRA Grab the crankset and check for wobbling; a loose crank will need tightening. Check for loose pedals. Notice shifting problems when you ride and bring them to the attention of a mechanic. Chains wear out; check for wear and replace as necessary. Check shifter cables and housing for wear and frayed ends.

Quick is for Quick Releases



Always check the front and rear wheel quick release levers to be sure they are snug and closed. Check your seatpost quick release if you have one. Ensure axle nuts are tight if you don't have quick release wheels. Check over the rest of the bike for loose bolts.