

# ABC Quick Check

## **A** is for air

- \* Inflate tires to rated pressure as listed on the sidewall of the tire
- \* Use a pressure gauge to ensure proper pressure
- \* Check for damage to tire tread and sidewall; replace if damaged

## **B** is for brakes

- \* Inspect pads for wear; replace if there is less than 1/4" of pad left
- \* Check pad adjustment; make sure they do not rub tire or dive into spokes
- \* Check brake level travel; at least 1" between bar and lever when applied

## **C** is for cranks, chain and cassette

- \* Make sure that your crank bolts are tight; lube the threads only, nothing else
- \* Check your chain for wear; 12 links should measure no more than 12 1/8 inches
- \* If your chain is dirty, dry or rusty, it should be cleaned and lubed: a dry chain will stick and skip across your gears
- \* If your chain skips on your cassette, you might need a new one or just an adjustment

## **Q**uick is for quick releases

- \* Hubs need to be tight in the frame; your quick release should engage at 90°
- \* Your wheel quick release should point backwards (to the rear of the bike) to ensure that nothing catches on it
- \* Inspect brake quick releases to ensure they are engaged

## **C**heck is for "check it over"

- \* Take a quick ride to check if derailleurs (shifters) and brakes are working properly
- \* Inspect the bike for loose or broken parts; tighten, replace or fix them
- \* Pay extra attention to your bike during the first few miles of the ride

# Helmet Tips

## Fit

- ✓ Make sure that the helmet fits on top of the head, level and not tipped back or too far forward
- ✓ **Always** wear a helmet while riding a bike, no matter how short the trip
- ✓ After a crash or any impact that affects your helmet, replace it immediately

## Size

- ✓ Find the smallest helmet shell size that fits over your head
- ✓ Helmet pads should not be used to make a helmet that is too big fit your head
- ✓ Leave about two-fingers width between your eyebrows and the front of the helmet

## Straps

- ✓ The straps should be joined just under each ear at the jawbone
- ✓ The buckle should be snug with your mouth completely open
- ✓ Periodically check your straps; they can stretch over time