



Pre Ride ABC Quick Bike Check



Every rider is responsible for their own bicycle. Therefore it is important to do a **quick check** of your bike prior to a ride. Here are the **ABC's** of a **Quick Bike Check**.

“A” is for Air: Check everything to do with your tires and wheels.

- Are the tires properly inflated? (check the side of the tire for recommended pressure) Thumb check your tires. If you can depress your thumb into the tire more than 2 MM you should check tire pressure.
- Is the tread or sidewall of the tire badly worn? (replace as necessary)
- Is the tube valve sticking straight out of the rim? (if not, deflate tire, adjust valve & reinflate)
- Are the wheels true? (spinning without wobbling. If wobbling, check for loose or broken spokes) Brakes may need adjustment to allow a wobbly rim to pass through.

“B” is for Brakes and Bars: Check everything to do with the brakes & bars.

- Are the brake levers far enough from the handlebars? (at least 2 fingers' width when pulled) if not adjust cables as necessary.
- Are the brake cable to brake attachment bolts tight?
- Check for frayed cables and replace as required.
- Are the brake pads touching only the rim of the wheel? Adjust alignment as necessary to ensure brake pad is not touching the tire when the brakes are applied.
- Do the brakes work? (Standing beside your bike on the non-chain side, apply the front brake only and push forward on the handlebars. The front wheel should lock and the rear wheel should leave the ground. Then apply the back brake, only and walk forward, the rear wheel should lock and skid along the ground.
- Check the Steering. Is the headset loose? (the headset is where the Stem/Handlebars attach to the frame. Apply the brakes and rock the bike back and forth. Is there any play, if so then the ball bearing casing needs tightening. Tighten the headset bolt(s) as necessary. Note: If the Steering feels tight and the

handle bars do not move freely side to side the headset is too tight and must be loosened slightly.

- Check the Stem. Is the Stem/Steer tube connection Loose. (hold the front wheel between your knees and try to twist the handlebars side to side. If loose, tighten the bolt(s) where the stem attaches to the Steer Tube.)
- Check the Handlebars, Do the Handlebars move either from side to side or up and down? If so tightened the Stem to Handlebar connection bolt(s).

“C” is for Chain and Crank Drivetrain: Check everything to do with the drive train

- Do the pedals spin freely? Lubricate as necessary.
- Are the gear derailleurs in the correct position? ie. aligned with chain.
- Is there any looseness in the bottom bracket? (At the axle, which attaches the pedals and the cranks to the frame – Hold a pedal push and pull side to side. if there is any looseness, the bracket should be tightened as soon as possible)

“Quick” is for Wheel Quick Release: Check the nuts or the levers that clamp the wheel axles to the forks.

- Quick release levels go on the left side of the bike when looking forward.
- Are the nuts or levers on tight?
- Are the levers protected by positioning them flush with the forks?

“Check” is for a Final Check

- Lift the bike a few inches off the ground and drop it. Listen for loose parts. Tighten as necessary. Get to know the sound your bike makes when dropped. If it sounds different one day double check everything again.
- Try your brakes as you ride off.

ABC Quick Check is a smart way to keep your bike in good shape and you safe. Get into the habit! **Note:** Some of the items listed above may required the service of a trained bicycle mechanic to fix properly. **Do Not Ride your bike** if any of the above prevents safe operation of the bicycle.

