



## BASIC BIKE CHECK (JUST REMEMBER: ABC QUICK CHECK)

### **A is for Air**

- Inflate tires to the pressure listed on the side of the tire or enough so that when you can barely pinch the tire
- Use a pressure gauge to ensure proper pressure if you have one
- Check for damage on tires and replace if damaged

### **B is for Brake**

- Inspect pads for wear; replace if there is less than ¼" of pad left
- Check pad adjustment; spin the wheel to make sure they do not rub the tire
- Spin the wheel again and then squeeze the brake to make sure it is stopping the wheel
- With the bike upright, squeeze both brakes and try to push the bike forward. If the wheels can still roll, take your bike to a shop for an adjustment
- Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way

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

- Pull your cranks away from the bike – if they are loose, tighten the bolt
- Check your that your chain is free of rust and gunk

### **Quick is for quick release**

- Make sure your quick releases are all closed
- They should all be pointing to the back of the bike, so that they don't get caught on anything

### **Check is for check it over**

- Take a quick ride to check that it is working properly, Use the brakes and the gears to make sure they are both working properly

(Adapted from the League of American Bicyclists)