

# Bike Check – Every time

## ABC Quick Check

To be sure you have a safe ride every time, perform the ABC Quick Check each time before heading out on your ride

### A is for Air

- Inflate tires to the pressure listed on the side of the tire
- Use a pressure gauge to ensure proper pressure
- Check for damage on tire and replaced if damaged

### B is for Brakes

- Inspect pads for wear;  
replace if there is less than a ¼" of pad left
- Check cable tightness, frayed cables and alignment of the pads with the rims

### C is for Cranks, Chain and Cassette

- Check you pedals and cranks for tightness
- Check chain for looseness and bad links
- Check derailleur for worn cogs and adjustment
- Check that your gears change smoothly

### Q is for Quick release

- Make sure your quick releases on your wheels are all closed

### Check

- Check you helmet for cracks and make sure it fits properly
- Check your shoes for tight cleats and straps and buckles are in good repair
- Make sure you saddle (seat) is at the right height and the bolt is tight

