



BEGINNING CYCLING 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 insure 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 1/8" 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 skips on your cassette, you might need a new one or just an adjustment

Quick is for quick releases

- Hubs need to be tight in the frame; your quick release should engage at 90°
- Your hub quick release should point back to insure that nothing catches on it
- Inspect brake and seat quick releases to insure that they are closed tightly

Check is for check it over

- Take a quick ride to check if derailleurs 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

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