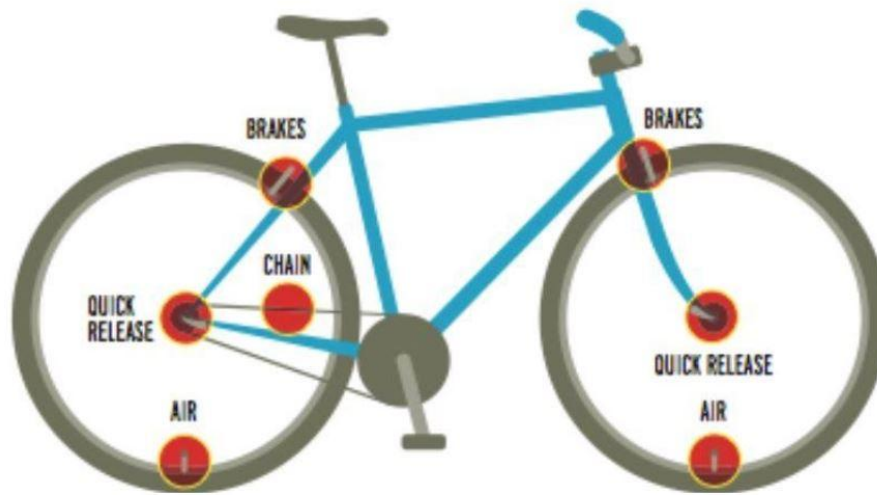


ABC Quick Check

Image credit: League of American Bicyclists



As Simple As ABC

The ABC quick check will ensure your bike is in good working order and make you a safer rider.

A: AIR

If your tires give a bit when you press with your thumb, they need some air.

B: BRAKES

When you squeeze your brakes hard, you should still be able to fit your thumb between the brake levers and the handlebars. Check that your brake pads aren't worn down. If they are, replace them.

C: CHAIN, CRANK, CASSETTE

Make sure your chain is running smoothly, lightly oiled and free of gunk, by spinning it backwards a few revolutions.

QUICK RELEASE

If your bike has quick release wheels, make sure the release levers are securely closed.

CHECK

As you start to ride, listen for any rubbing, grinding or clicking noises that might indicate that something is not working correctly.

If something is not properly working, fix what you can and take any additional adjustments to your local bike shop. Schedule a regular tune-up for your bike.