

ABC Quick Check

1. 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

2. B is for brakes

- * Inspect pads for wear; replace if there is less than ¼" 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

3. 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

Material from www.bikeleague.org Provided by the Austin Cycling Association

- * If your chain skips on your cassette, you might need a new one or just an adjustment

4. 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 quick releases to insure that they have been re-engaged

5. 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

Cyclists fair best when they act and are treated as drivers of vehicles.

ABC Quick Check

1. 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

2. B is for brakes

- * Inspect pads for wear; replace if there is less than ¼" 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

3. 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

Material from www.bikeleague.org Provided by the Austin Cycling Association

- * If your chain skips on your cassette, you might need a new one or just an adjustment

4. 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 quick releases to insure that they have been re-engaged

5. 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

Cyclists fair best when they act and are treated as drivers of vehicles.

ABC Quick Check

1. 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

2. B is for brakes

- * Inspect pads for wear; replace if there is less than ¼" 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

3. 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

Material from www.bikeleague.org Provided by the Austin Cycling Association

- * If your chain skips on your cassette, you might need a new one or just an adjustment

4. 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 quick releases to insure that they have been re-engaged

5. 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

Cyclists fair best when they act and are treated as drivers of vehicles.

ABC Quick Check

1. 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

2. B is for brakes

- * Inspect pads for wear; replace if there is less than ¼" 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

3. 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

Material from www.bikeleague.org Provided by the Austin Cycling Association

- * If your chain skips on your cassette, you might need a new one or just an adjustment

4. 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 quick releases to insure that they have been re-engaged

5. 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

Cyclists fair best when they act and are treated as drivers of vehicles.