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From the Safety Chick

Keep Your Bike in Good Repair

Many things can contribute to unsafe riding, a bike in poor repair shouldn't add to the problems. Poorly maintained wheels, brakes and cables can change a nice ride to a very long day. Here is list of items that should be checked every time you ride.

"go from front to back so you'll remember everything"

from the front . . .

- 1. Check the front tire to see if it needs air
- 2. Check the wheel bearing adjustment and axel nut for tightness
- 3. Check the wheel rim for wobbles
- 4. Check the front brakes do the pads contact the rim? Do they rub on the tire?

the middle . . .

- 1. Check the handlebars for tightness
- 2. Check the headset -- is it loose or making noises
- 3. Are the pedals secure
- 4. Check the crankarms
- 5. Check the seat is it loose or out of line
- 6. Check the chain tension

now the back . . .

- 1. Check the back tire to see if it needs air
- 2. Check the wheel bearing and axel nut for tightness
- 3. Check the wheel rim for wobbles
- 4. Check the rear brakes

These steps won't completely avoid problems but they can go along way to finding a problem before you get stranded.