

Safety Check ✓

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.