

Safety Check

From the Safety Chick

Checked your pedals lately?

There are a number pedal styles and depending on your favorite type of riding -- you need the right pedal for the job. Whatever style pedal you prefer, the purpose is to provide a solid base for your foot and allow you to apply pressure evenly and securely.

If you ride a cruiser or ride short hops with frequent stops, the basic platform pedal may be perfect. The platform pedal allows for easy on / easy off the pedal. The downside is you don't have an as efficient pedal stroke as with clipless pedals or toe clips.

A mountain bike on trails may have double sided pedals -- one side to clip in, one side is a platform. Giving the rider more flexibility for different types of trails.

Generally, road bikes have pedals with toe-clips / 'cage' style pedals or clipless pedals. Toe clips should be adjusted carefully. Too tight the rider may experience problems getting the shoe in and out of the clip. Too loose and the benefit of being attached to the pedal is lost.

Pedals do require some maintenance and may need to be overhauled.

Periodically, check

1. Do they spin easily, ?
2. Do you hear any clicking noises?
3. For clipless, are the cleats worn or slipping when clipped in?
4. Grab the pedal and try to rock it from side to side -- there shouldn't be any play.

Find more information on pedal styles, maintenance and how to check for problems on these websites.

www.shimano.com

www.crankbrothers.com

www.lookcycle-usa.com