

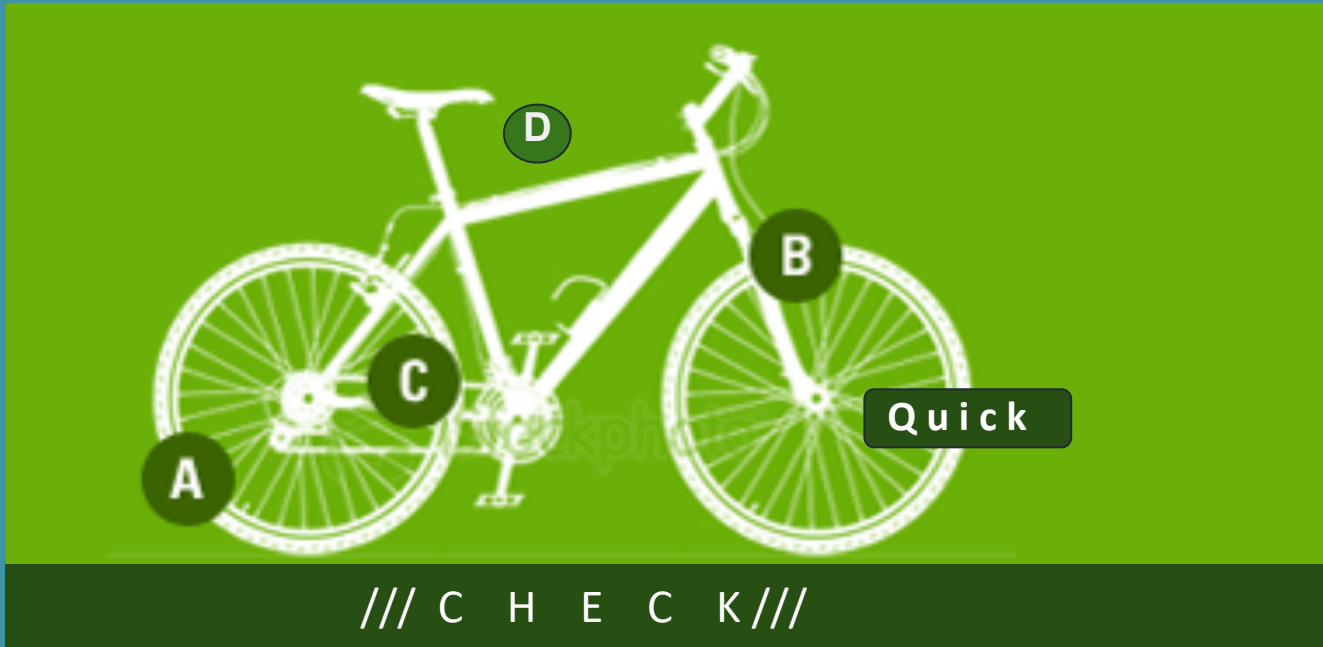


ABCD Quick Check! Check before you Ride.

Photo: LCI colleague, Doug Ballew, and I working with CapMetro on Safe Passing training video

# The Basics

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Data provided by the League of American Bicyclists  
Presented by Michelle LeBlanc, LCI #5827

**A**

Air

**D**

Drop

**B**

Brakes

**Quick**

Quick  
Release

**C**

Chain, Crank,  
Cassette

**Check**

Test  
Ride

## A = Air

Check your tire pressure with a hand gauge or pump — tubes should be inflated to the air pressure noted on the tire sidewall. While checking the pressure, take a moment to look for damage to the sidewalls or tread of the tire. If you can see loose threads showing through the rubber, the tire should be replaced.



## B = Brakes

Put your thumb between lever and the handle-bar and squeeze the brake lever. You should not pinch your thumb. When you release the lever it should snap back into position. Visually check the brake pads for wear and the need for adjustment. If there is less than 1/8" of brake pads left at any point, they probably need replacing. Also squeeze the brakes to make certain that the pads are parallel to and aligned with the side of the rim when applied.



# C = Chain, Cassette, Crank

Check to see that the bottom bracket, crank arms and chainrings are tight. To check the crank, take the left and right crank arms in your hands and attempt to move them sideways, away from the bicycle frame. If both move, you may have a loose or worn bottom bracket. If only one moves, the individual crank arm bolt is loose and must be tightened. Never ride with a loose crank arm. Make sure the chain looks like neat, no rust or black gunk. Turn the pedals backwards to see if the chain travels smoothly. Check the cassette to make sure it is clean and moving freely.



# D = Drop

To make sure that nothing has come loose since you last rode the bike, lift the bicycle a few inches off the ground and drop it onto its wheels. Listen for any loud or sharp noises or rattles. If the sound is different than normal, that means something on the bicycle has changed. Let someone know so they can do a check to make sure the bike is safe and ready to ride.



# Quick = Quick Release

Your bike likely has quick release levers holding the wheels to the bicycle, on the brakes and maybe even on the seat post. Quick releases on the hubs of your wheels feature a lever on one side and a nut on the other. Check to ensure that the wheels are clamped securely before each ride. To adjust the quick release, first pull the lever open. Make sure the wheel is firmly in place. Hold the quick release lever with one hand while gradually tightening the adjusting nut with the other hand in a clockwise direction. Tighten the nut until you feel resistance on the lever, then use the palm of your hand to close it.





# Check = Test Ride

Before you set out, take a brief, slow ride to check that your bicycle is working properly.

If, during your ABC Quick Check, you determine that adjustments are necessary and beyond your ability, enlist the help of a mechanic at your local bike shop.

