

ABC Quick Check

This week's Bike Safety Topic: road-readying your bike! Before you head out on the bike, take two minutes to do an "ABC Quick Check":

A is for air: Squeeze your front & back tire between thumb & forefinger. They should feel firm. If not, use an air pump with a tire gauge and fill until you have the recommended PSI ("pounds per square inch") level marked on the sidewalls of your tire. Note tire condition; there should not be any "bald spots" (spots without tread) on the surface, nor major cracking or bulging on the sidewalls.

B is for brakes: Squeeze the front and back brakes (or step back on the pedals for coaster brakes) while pushing the bike forward to make sure your bike will stop. Spin the tires to make sure brakes are not rubbing on the rims.

C is for chains, cranks & cogs: Spin your pedals forward to make sure the bike is in gear and chain moves smoothly and stays on the cogs as the pedals rotate.

"Quick" is for quick releases: Check quick release levers to make sure they are snug and set properly. Adult bikes often have quick releases for wheels, seat post, and brakes; kid bikes may have these parts bolted on instead. It's good to check for loose bolts too! Make sure everything is good and tight.

Once you get in the habit and become a little familiar with the bike, ABC Quick Check takes less than a minute. We recommend performing this check before every ride.

If your bike doesn't pass the "ABC Quick Check" and you aren't comfortable tightening & adjusting brakes, etc. take it to a mechanic.

Have fun and enjoy the ride!

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