

WELLNESS WEDNESDAY

PREPARE YOUR BICYCLE FOR SAFE RIDING

Complete the **ABC Quick Check** EVERY time you ride your bicycle to prevent flat tires and other bike issues. Watch this video for more instruction: <https://vimeo.com/64578975>



- Check the **AIR** in your bike's tires: Tires should feel firm—like a basketball. If they need air, inflate your tires to the pressure written on the tire sidewall (look for "psi")
- Check your **BRAKES**: When you squeeze your hand brakes, there should be at least 1 inch between the lever and handlebar. Glide your bike forward and back with the brakes applied—making sure the brakes are stopping the bicycle.
- Check your **CHAIN**: Your chain should not be oily, but not completely dry. If your bike has a free hub, turn the pedals backward— the chain should move smoothly with no skips.
- Check your **QUICK RELEASES**: Quick release levers should leave a slight indent in your palm when closing. Quick release levers should point to the back of the bike so they don't catch on anything and open.
- Do an all over **CHECK**: Inspect your bike for loose or broken parts and pay attention to your bicycle during your first blocks of your ride.
If you discover an issue you are unable to fix, take your bike to a local shop for a basic tune up before riding it.



In each square, write a description or draw a picture of you completing each part of the ABC Quick Check on your bicycle.

A

B

C

QUICK CHECK