


Source: Transportation Alternatives

**CHECK YOUR BIKE WITH THE ABC QUICK CHECK**

ABC Quick Check is an easy way to remember what parts of your bike you need to check in a basic safety inspection. Practice ABC Quick Check so that you can do it in about 45 seconds before you leave on your ride. **PLEASE NOTE:** tips below with and  beside them will need some mechanical skill, and special tools. You may decide to have the problem fixed at a bike store.


**"A" IS FOR AIR**

Check your tires and wheels.


? Do the tires have enough air? Check the side of the tire for correct pressure.

? Is the tube valve sticking straight out of the rim? If not, let the air out, tug the tire around so the valve is straight then pump the tire.



? Are the wheels true? True means spinning without wobbling. If they wobble check for loose or broken spokes. 



? Is there any looseness in the ball bearings in the hub? Check by holding the wheel and trying to move it from side to side. If there is any looseness you need to get the hub mechanism at the axle adjusted. 

? Is the tread or sidewall of the tire badly worn? Replace if necessary.

**"B" IS FOR BRAKES AND BARS**

Check the brakes.

? Are the brake levers far enough from the handlebars (at least two fingers' width when pulled)?




? Are the levers easy enough to reach to pull hard?

? Are the brake pads touching only the rim and not the tire? Are the brake pads too worn?

? Do the brake pads grab the rim effectively? Standing beside your bike, pull the front brake only and push forward on the handlebars. The front wheel should lock up and the back wheel should leave the ground. Then pull the back brake only and walk forward, the back wheel should lock and skid along the ground.

? Are the cables worn or frayed?

Also check the handlebars.

? Is the headset loose (the headset is where the handlebars attach to the frame)? Pull both the brakes and rock the bike back and forth. If there is any looseness then the ball bearing casing needs tightening. Tighten the nut where the handlebar stem meets the head tube. 



? Are the handlebars loose, either from side to side or up and down? Hold the front wheel between your knees and try to twist the handlebars side to side. If loose tighten the bolt at the top of the stem. Try to twist the handlebars up and down. If loose tighten the bolt where the stem attaches to the handlebars.

**"C" IS FOR CHAIN AND CRANK.**


Check the drive train.

? Is the chain on and lubricated?

? Do the pedals spin freely?

? Are the gear derailleurs in the correct position?



? Is there any looseness in the bottom bracket where the axle is that attaches the pedals and the cranks to the frame? If there is any looseness, the bracket should be tightened as soon as possible. 

**"QUICK" IS FOR QUICK RELEASE**

Check the nuts or the levers that clamp the wheel axles to the forks.

? Are the nuts or levers on tight?

? Are the levers protected by positioning them flush with the forks?



**"CHECK" IS FOR A FINAL CHECK OVER**

? Lift the bike several inches off the ground and drop it. Listen for loose parts. Tighten as necessary.

? Try your brakes as you ride off.

**ABC Quick Check is a smart way to keep your bike in good shape and you safe.**