

THE ABC QUICK CHECK



A is for air

✓ Check the tire air pressure, it should match the level listed on the sides of your bike tires. Check tires for damage and make sure they aren't worn worn down.

B is for brakes

✓ Check to make sure nothing is rubbing against the wheel when you spin it. Brake pads should not rub on the tires or spokes and should be replaced if there is less than ¼ inch left. When you squeeze your break lever, there should be at least 1 inch between the lever and handlebar.

C is for Cranks, Chain and Cassette

✓ Check the chain to make sure it's clean, not rusty and doesn't have black gunk on it. The chain should still be a little slippery when you touch it, if not it may need to be lubricated. If you have gears and your chain slips, it may need adjusting or a new chain cassette.

Quick is for quick release. If your bike has quick releases, make sure they are tight and closed.

Check is for check it over! Check your helmet for fit or loose parts, and take your bike for a test-run before you go.

Need help fixing your bike? You can call the Bike SLO County Bike Kitchen, in SLO, and make an appointment to have them fix your bike! Call 805-547-2055 & press 1 or write to kitchen@bikeslocounty.org for more information.

