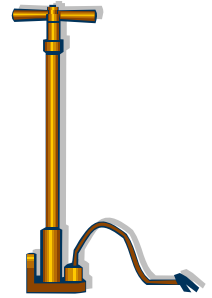


ABC Quick Check

- **A is for Air**

Inflate tires to the pressure indicated on the sidewall (Use a pressure gauge to insure proper pressure)
Check for damage to tire tread and sidewall; replace if damaged



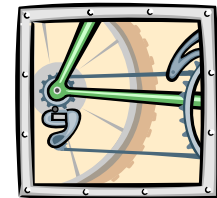
- **B is for Brakes**

Squeeze both levers and make sure they operate the brakes. With maximum force applied, there should still be an inch of space between the lever and the handlebar.
Make sure that the brake pads are touching the rim along their entire length.
Check to be sure that there is still at least $\frac{1}{4}$ " of rubber left on the pads.



- **C is for Chain, Cranks and Cassette**

Check to see that the chain is properly engaged on the gears by kicking your pedals backwards.
Wiggle the crank arms to make sure that they are not loose.
If your bike has a chain guard, make sure it is not loose or bent.



- **Quick is for quick-release**

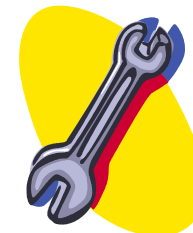
A quick-release lever **MUST** be fully closed to be secure. You should start to feel some resistance when the lever is sticking straight out, and you should have to apply enough force that it leaves a dent in your palm when it is closed. Adjust by using the nut on the opposite end from the lever.
Some bikes have quick-release levers on the saddles as well as the wheels.



A properly closed quick-release.



An improperly closed quick-release.



- **Check is for checking carefully at the start of a ride**

Ride slowly for a little while to make sure that everything works.