

# Bike Maintenance

**A**

**Air**  
Check if tires are inflated.



**B**

**Brakes and Bell**  
Test brakes and inspect brake pads. Test bell.

**C**

**Chain and Crank**  
Adjust and lubricate.

## Before you start each ride, complete an ABCD check on your bicycle to make sure it is in good condition and is safe to ride.

### **A** Air and everything to do with the tires

- Press your palm firmly on your tires to make sure they are inflated.
- Spin each tire to check for cracks or punctures.

### **B** Brakes, bars and bell (or horn)

- Press hard on the right brake and walk your bicycle forward (the rear wheel should lock and skid on the ground). Remember Right = Rear!
- Press hard on the left brake and push your bicycle forward (the front wheel should lock and the back wheel should lift off the ground).
- Inspect the brake pads and cables to look for signs of damage or wear.
- Hold the front wheel between your legs while facing your bicycle and twist the handlebars left and right to make sure they are secure.
- Ring your bell to make sure it is loud enough for pedestrians and other cyclists to hear.

### **C** Chain and crank

- Make sure that your bicycle chain is grey or silver. If it is black, it should be cleaned and lubricated, and if it is rusted, it should be replaced.
- Pull the crank arms away from your bicycle at the same time to make sure they are secure.

### **D** Drop

- Lift your bicycle a few inches off the ground and drop it. Look for any loose or broken items that may need to be fixed.

If you notice any items that need attention during the ABCD check, contact your local bike shop to schedule a complete tune-up.