

“ABC QUICK CHECK” *BASIC BIKE CHECK ~ BEFORE EVERY RIDE*

A is for Air (Pressure, Valve stem, Tread, Sidewalls)

- ✓ I Inflate tires to the pressure listed on the side of the tire
- ✓ I Use a pressure gauge to insure proper pressure
- ✓ I Check for damage on tires and replace if damaged or worn out

B is for Brakes (Pads, Levers & Cables)

- ✓ I Inspect pads for wear; replace if there is less than ¼” of pad left or channels are gone
- ✓ I Check pad adjustment; make sure they contact rims evenly & do not rub the tire sidewall
- ✓ I Look to see that you can fit your thumb to 1 inch between the brake lever and handlebar when the brakes are squeezed all the way. If bottoming out, adjust cable length
- ✓ Look for kinked housings / frayed cables or leaking brake lines on levers and on brakes

C is for Cranks and Chain & Cogs

- ✓ Pull your cranks away from the bike — if they are loose, tighten the bolt or the bearings
- ✓ Check your that your chain is free of rust and gunk, lubricated but clean
- ✓ Check that your derailleurs work & shift the chain from cog to cog & chain wheel to chain wheel
- ✓ Look for kinked / frayed cables on derailleurs and shifters

Quick is for quick releases (Wheels, Brakes & Seat Post)

- ✓ If you have them, make sure your wheels’ quick releases are all closed
- ✓ They should all be pointing to the back of the bike, so that they don’t get caught on anything
- ✓ Seat Post binder & both brakes as well if you have them

Check is for check it over

- ✓ Take a quick ride (from your car to the start up)
to check that everything is working properly...



Also remember:

- | | | | | |
|---------------|-------------------|---------------|----------------|----------------------|
| ✓ Helmet | ✓ Shoes | ✓ Gloves | ✓ Glasses | ✓ Mirror |
| ✓ HiViz layer | ✓ Warm/Sun Layers | ✓ Cap / Scarf | ✓ ID | ✓ ICE Contact info |
| ✓ Sun Screen | ✓ Water | ✓ Food | ✓ Cash | ✓ Phone* . |
| ✓ Tubes (2) | ✓ Patches | ✓ Pump | ✓ Tire Levers* | ✓ 6”Wrench* ✓ Tools* |
- *If needed...*

With time on the road you will know how to adjust your fit, your brakes, replace your chain, spokes & be able to deal with most mechanical issues on your bike. If you get a chance, TAKE the League’s Smart Cycling class; You will learn control & handling skills & how to fix flats. See **bikeleague.org**
Another course that covers skills on the road is called CyclingSavvy and is available though the Orange County Bicycle Coalition. See **OCBike.org** Classes are listed at **cyclingsavvy.org**

Old Testament: TEN COMMANDMENTS OF BICYCLING



1. Wear a helmet for every ride and use lights at night
2. Conduct an **ABC Quick Check** before every ride
3. Obey traffic laws: pass on the left, ride on the right, slowest traffic farthest to the right
4. Ride predictably and be visible at all times
5. At intersections, ride the right-most lane that goes in your direction
6. Scan for traffic and signal lane changes and turns
7. Be prepared for mechanical emergencies with tools and know-how
8. Control your bike by practicing bike-handling skills
9. Drink before you are thirsty and eat before you are hungry
10. Have fun

For years these 10 points have been a cornerstone for the League of American Bicyclists.

The League currently promotes its five “Rules of the Road” as the core of their Smart Cycling program and will prepare you for a safe and fun bike commute no matter where you are riding.

FOLLOW THE LAW

Your safety and image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going. (3,4)

BE PREDICTABLE

Make your intentions clear to everyone on the road. Ride in a straight line and don’t swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes. (3,4,5)

BE CONSPICUOUS

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don’t ride on sidewalks. (1,3,4,5)

THINK AHEAD

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at near right angles. (6)

RIDE READY

Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet. (1,2&7)

9 & 10 are missing from the new 5; You will dehydrate if you do not drink before and during a ride. Remember that the coffee gives you a caffeine boost but also is a slight diuretic and will increase your need for water. Complex carbs (not sugar) before & during rides, eat protein after. Sweat drains off calcium & electrolytes, so add supplements or foods rich in sodium, potassium & calcium to avoid bone loss & cramps. Bicycle Club of Irvine’s motto: **”If you’re not having fun you’re not doing it right!”**