



# ABCDE BIKE CHECK

*Before every ride: complete this important safety check!*

*One major element to a safe and enjoyable mountain bike ride is to have a well-maintained, properly functioning bike. Avoiding mechanical issues with your bike isn't always possible, but the BEST way to prevent problems is to perform a consistent, regular ABCDE bike check. If your bike can't pass this basic test, it's time to press pause on your ride plans.*

## A: Air

Check the air pressure in your tires. Know what tire pressure you need in order to have a safe and comfortable ride. Air pressure will vary from tire to tire, bike to bike, rider to rider. Tires that are tubeless will require less pressure; tires with tubes will require more. Reference the side of the tire to see the recommended pressure range. If you have suspension that requires air, check that pressure on a semi-regular basis, too, but remember that you'll need a shock pump to make changes with your suspension.

*SUPPLIES YOU MAY NEED: Bike pump with accurate pressure gauge*

## B: Brakes

Fully functioning brakes are essential to a safe ride. While standing next to your bike, pull the front brake lever and roll the bike forward; the brake should firmly stop the front tire from moving, and the back tire of the bike should raise off the ground as you push it forward. Repeat for the other brake: squeeze the rear brake and pull the bike back toward you: does the front wheel lift off the ground, with the rear wheel firmly stopped? Most mountain bikes have disc brakes: check for wear on your brake pads frequently, too.

While you're at it: are you able to reach your brake levers easily, without moving your hands from their normal riding position? If your brake levers are too far away or hard to reach, consider repositioning them on your handlebars using your multitool. Different brakes have different adjustability features, so ask an adult or bike mechanic to help you.

*SUPPLIES YOU MAY NEED: Bike multitool*

## C: Chain

Visually inspect your chain to look for cleanliness, and check for broken chain links. A clean, lubed bike chain will help you shift smoothly, and will help your cassette last longer, too. After each ride, it's important to clean/wash your bike (see our BIKE WASH handout for tips) and lubricate your chain.

*SUPPLIES YOU MAY NEED: Bike lube, rag to clean chain*

## D: Drivetrain & derailleur

Your drivetrain includes your derailleur, cassette, chainring(s), and cranks. Visually inspect each to ensure they are tight, there are no broken teeth, etc. Lift up your rear tire and move the cranks while you "shift" through a few of your gears to make sure your chain moves smoothly.

*SUPPLIES YOU MAY NEED: Bike multitool*

## E: Everything else

A quick "drop test" of your bike (pick it up by the top tube, and drop it from a few inches off the ground) can help you pinpoint any other major issues. If anything sounds loose, take a closer look. Check your wheels: are they "true"? Spin each wheel to see and make sure the rotation is smooth and even. Check your thru-axle or quick releases: are they tight, with all quick release levers in a safe position?

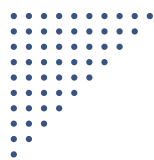
*SUPPLIES YOU MAY NEED: Bike multitool*

**If you find any issues with your bike as you go through your ABCDE check, be sure to amend them before you ride. Some fixes are simple and can be done at home; others will require help from a bike mechanic with expert knowledge and tools. When in doubt, have a pro check it out!**



# NICA

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# ABCDE BIKE CHECK

*Before every ride: complete this important safety check!*

*Print and display this visual chart as a reminder to go through your ABCDE bike check before every ride!*

## A: Air

Check the air pressure in both tires. Look at your tires and check for damage and wear.

## B: Brakes

Test both brakes: push the bike forward while pulling the front brake. Roll the bike back while pulling the rear brake.

## C: Chain

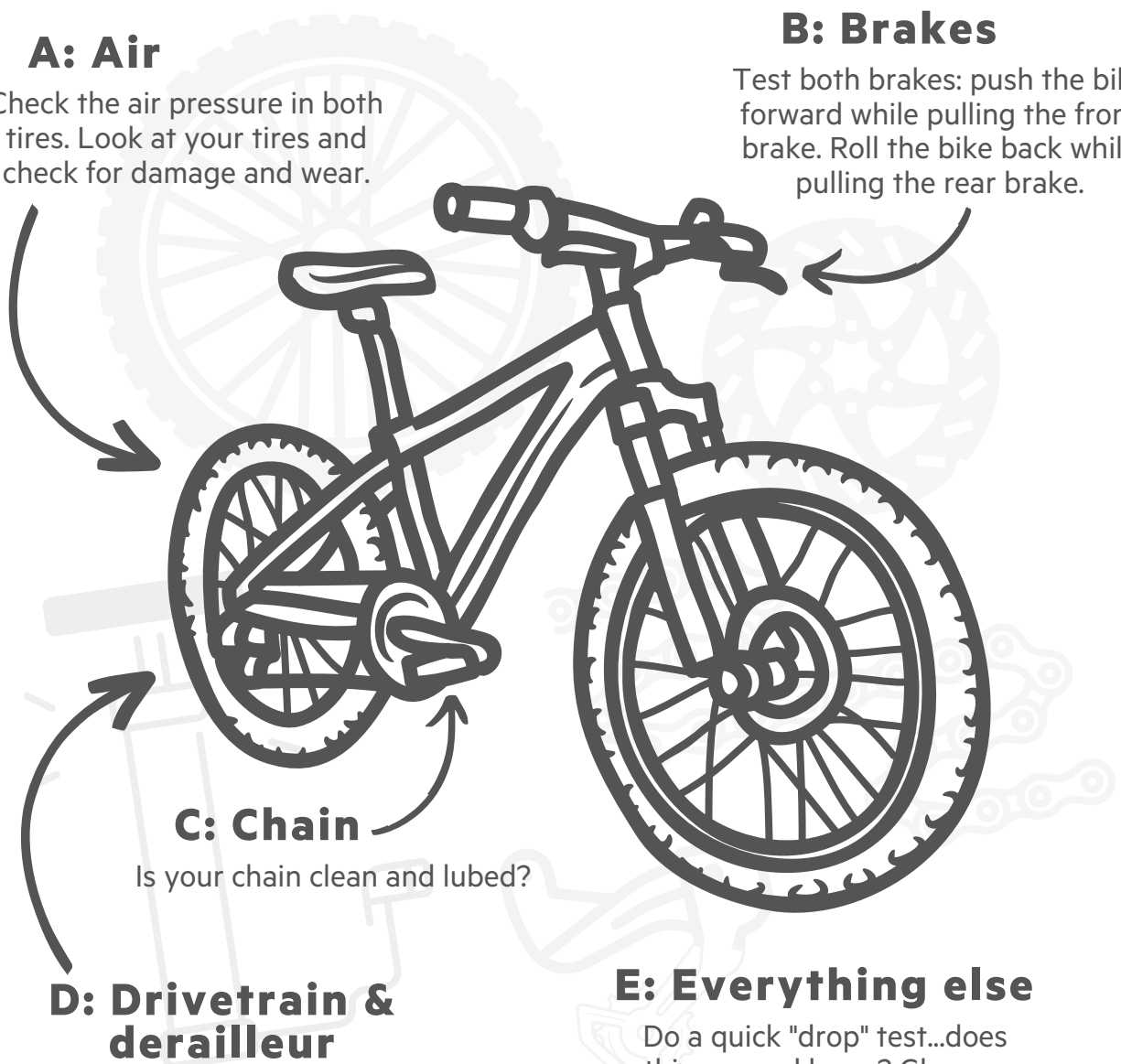
Is your chain clean and lubed?

## D: Drivetrain & derailleur

Is your bike shifting and pedaling smoothly?

## E: Everything else

Do a quick "drop" test...does anything sound loose? Glance over your bike one more time.



If you find any issues with your bike as you go through your ABCDE check, be sure to amend them before you ride. Some fixes are simple and can be done at home; others will require help from a bike mechanic with expert knowledge and tools. When in doubt, have a pro check it out!