

EASY AS ABC

Air: Tyres & wheels

Brakes: Front & Back

Chain: Colour, tightness, tracking

THE "M" CHECK

For a complete safety check and service, book your bike into your local bike shop.

SADDLE

Check it's secure.
 Correct height – it should roughly be in line with the top of our hips.
 Check the seat post – the max extension mark should not be visible.

FORKS AND FRAME

No cracks or holes.
 No wrinkling paintwork or rust.

BRAKES

All components are tight.
 Cables are not frayed.
 Brake pads clear of the rim.
 No excessive pull required with the levers.
 Brake levers easily accessible.

HANDLEBARS

Align with front fork.
 No movement or swaying.

GEARS

Derailleur clear of spokes.
 All gears can be selected.
 Ensure gears don't slip.



CHAIN

Chain remains in sprockets.
 No excessive play in the chain.
 No sign of rust or stiff links.

BOTTOM BRACKET

Hold crank arms and check there is no side-to-side movement.

FRONT WHEEL

Check wheel nuts or quick release are secure and the wheel centralised in the fork.
 No spokes missing or loose.
 Wheels roll smoothly.
 Rims running free.

TYRES

Check the condition (not worn or cracked).
 Check pressure (the correct PSI is on the side wall of the tyre).

Remember lights if you're cycling to the event!