

ABC - Quick Check

PRE-RIDE BICYCLE CHECKLIST

A COLLABORATION BETWEEN GOOD AND AARON KUEHN

CLEAN BICYCLES GO FASTER

QUIET BICYCLES WIN RACES

Air


 **TIRES**
(FRONT & REAR)

Inflate tires until firm.
Patch punctured tubes if flat.
PSI on tire

 **LIGHTING**
(FRONT & REAR & SIDE)

Check that lights shine brightly.
Maximize visibility with reflectors.

Brakes

 **BRAKES**
(FRONT & REAR)


Align brake pads with wheel rims.
Test brakes for stopping power.
2 finger widths between brake lever and handlebar

 **BARS + STEM**

Set angle & height of handlebars.
Check that handlebars are secure.

Bars

Crank

 **PEDALS**
(LEFT & RIGHT)

Spin pedals and crank arms to ensure effortless rotation, security.

 **CHAIN**

Clean & Lubricate. Adjust tension to be snug, but not binding.

Chain

 **SADDLE**

Set angle & height of saddle.
Check that saddle is secure.

 **DERAILLEURS**
(FRONT & REAR)

Set limit screws, barrel adjusters to precisely shift chain across gears.

 **WHEELS**
(FRONT & REAR)





Spin to check for true (straightness).
No wobbles, hops or rubbing.




 **AXLES**
(FRONT & REAR)


Tighten quick-release by hand, or locknuts with 15mm wrench.

Quick-release

Tools + equipment + notes

-  tire levers; patch kit; pump
-  allen keys; hex wrenches
-  screw driver
-  wrench - 8, 9, 10 and 15 mm or adjustable

-  degreaser and lubrication; rags and brushes
-  spoke wrench
-  white front light; red tail light; reflective tape and clothing

-  pedal threads are specific to left and right