

ABC Quick Check – A Bike Safety Check

1. **A** is for **air** and wheels
 - Tires pressure: Inflate to tire sidewall rating (use gauge). Valve stem straight.
 - Tires (casing): Good tread, no sidewall damage.
 - Spokes: Good tension, none missing, all tight.
 - Rims: No dents, twists, or kinks.
 - Alignment: When spun, wheel is true and centered in the stays.
 - Bearings: Wheel spins freely and evenly, and does not wiggle.
2. **B** is for **brakes**
 - Pads: At least ¼" of pad remains with even wear.
 - Pad alignment: Meet rim squarely.
 - Calipers: Brakes centered and tight.
 - Brake level travel: At least 3/4" (1 finger) between bar and lever when applied.
 - Operation: Smooth and effective. Brakes release completely.
3. **C** is for **chain, cranks, and cassette**
 - Chain: Clean, free of rust, lubricated. No excessive wear (12 links < 12 1/8").
 - Crank: Turns freely and smoothly, no looseness or binding, not bent.
 - Pedals: Tight, intact, no binding, free spinning.
 - Cassette: Clean, free of rust. Turns freely and smoothly, not bent.
 - Shifter & derailleur: Operates smoothly and properly.
4. **Quick** is for **quick releases**
 - Hubs: Tight in the frame. Quick release lever at 90°.
 - Brake quick releases: Engaged.
 - Seat: Secure - doesn't twist side to side, back and forth, up and down. Proper height.
 - Handle bars: Secure - doesn't twist side to side, up and down. Proper height. Headset tight.
 - Handle bar grips: Tight, not worn, handlebars ends covered.
5. **Check** is for **check it over**
 - Check bike: No loose or broken parts. Bike doesn't rattle.
 - Check helmet: Sits level, strap "Y" below ear, strap tight (1 finger clearance).
 - Take a quick check ride. Derailleur, brakes, etc. work properly.

Adapted from numerous sources by Rand Mahoney, ASM, T-805 (05.15.08).