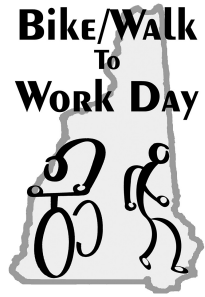


# Bike/Walk to Work Day

## Bike Safety Tips

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### A Few Tips for Safe Cycling

1. Wear a helmet for every ride. It may save your life!
2. Conduct an ABC Quick Check before every ride
3. Obey traffic laws: a bicyclist has the same rights and responsibilities as a driver
4. Ride predictably and signal lane changes and turns
5. Scan ahead for parked that may pull out or open a door into your path
6. At intersections, ride in the right-most lane that goes in your direction
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!

### ABC Quick Check

#### A is for air

- ◆ Inflate tires to rated pressure as listed on the sidewall of the tire.
- ◆ Use a pressure gauge to insure proper pressure.
- ◆ Check for damage to tire tread and sidewall; replace if damaged.

#### B is for brakes

- ◆ Inspect pads for wear; replace is there is less than ¼" of pad left.
- ◆ Check pad adjustment; make sure they do not rub tire or dive into spokes.
- ◆ Check brake level travel; at least 1" between bar and lever when applied.

#### C is for cranks, chain and cassette

- ◆ Make sure that your crank bolts are tight; lube the threads only, nothing else.
- ◆ Check your chain for wear; 12 links should measure no more than 12 1/8 inches.
- ◆ If your chain skips, you might need a new cassette or just an adjustment.

#### Quick is for quick releases

- ◆ Hubs need to be tight in the frame; your quick release lever should engage at 90°
- ◆ Your hub quick release lever should point back to insure that nothing catches on it.
- ◆ Inspect brake quick releases to insure that they have been re-engaged.

#### Check is for check it over

- ◆ Take a quick ride to check if derailleurs and brakes are working properly.
- ◆ Inspect the bike for loose or broken parts. Tighten, replace, or fix any you find.
- ◆ Pay extra attention to your bike during the first few miles of the ride.