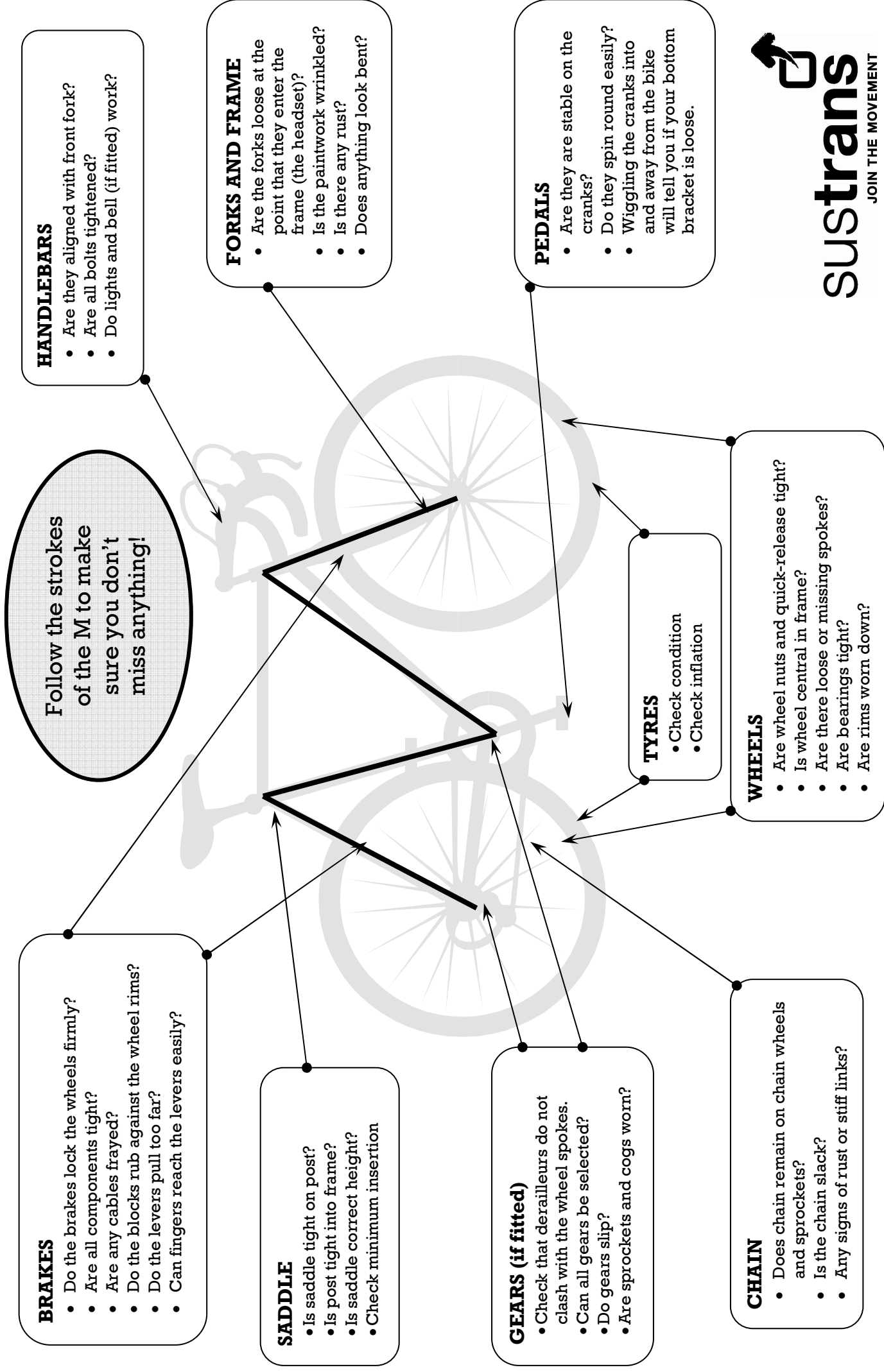


BIKE M CHECK



THE A.B.C. CHECK

(a one-minute check to be done every time you ride!)

AIR

Are your tyres correctly inflated? Give them a squeeze for a quick check, but it's worth finding out the minimum / maximum pressure in PSI or BAR (read it off the side wall of each tyre). Even a non-punctured tyre will leak a small amount of air over time!

BRAKES

Stand by your bike and pull the front brake. If you push the bike forward the back wheel should lift off the ground. Now pull the back brake and pull the bike backwards, and the front wheel should lift off the ground. If not, your brakes need tightening!

CHAIN

Look for signs of rust or seizing-up. The chain should make a regular clicking sound when you rotate the pedals backwards. Clean your chain (with degreaser) and re-oil it every now and then.