

BIKE M CHECK

Follow the strokes
of the M to make
sure you don't
miss anything!

BRAKES

- Do the brakes lock the wheels firmly?
- Are all components tight?
- Are any cables frayed?
- Do the blocks rub against the wheel rims?
- Do the levers pull too far?
- Can fingers reach the levers easily?

SADDLE

- Is saddle tight on post?
- Is post tight into frame?
- Is saddle correct height?
- Check minimum insertion

GEARS (if fitted)

- Check that derailleurs do not clash with the wheel spokes.
- Can all gears be selected?
- Do gears slip?
- Are sprockets and cogs worn?

CHAIN

- Does chain remain on chain wheels and sprockets?
- Is the chain slack?
- Any signs of rust or stiff links?

HANDLEBARS

- Are they aligned with front fork?
- Are all bolts tightened?
- Do lights and bell (if fitted) work?

FORKS AND FRAME

- Are the forks loose at the point that they enter the frame (the headset)?
- Is the paintwork wrinkled?
- Is there any rust?
- Does anything look bent?

PEDALS

- Are they stable on the cranks?
- Do they spin round easily?
- Wiggling the cranks into and away from the bike will tell you if your bottom bracket is loose.

TYRES

- Check condition
- Check inflation

WHEELS

- Are wheel nuts and quick-release tight?
- Is wheel central in frame?
- Are there loose or missing spokes?
- Are bearings tight?
- Are rims worn down?

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.