

pressure as listed on the sidewall of the tire. Vuse a pressure gauge to ensure proper pressure. Check for damage to tire tread and sidewall; replace if damaged.

IS FOR BRAKES ✓ Inspect pads for wear; replace if there is less than 1/4 inch of pad left. ✓ Check pad adjustment; make sure they do not rub tire or dive into spokes. ✓ Check brake lever travel; at least one inch between bar and lever when applied.

IS FOR CRANKS, CHAIN & CASSETTE

Check to make sure there is no debris in your crank, chain, or cassette.

Your chain should be properly lubed and not carrying a lot of grit. If your chain skips when shifting, it might require an adjustment or a replacement.

QUICK IS FOR OUICK RELEASES

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

CHECK IS FOR CHECK OVER

✓ Take a quick ride to check if derailleurs and brakes are working properly. ✓ Inspect the bike for loose or broken parts; tigthen, replace or fix them. ✓ Pay extra attention to your bike during the first few miles of the ride.

FOR BICYCLING SAFELY

Conduct an **ABC Quick Check** before every ride (see back).

Obey traffic laws; ride on the right, slowest traffic farthest to right.

Wear a helmet for every ride and use front & rear lights.

Ride predictably and be visible at all times.

At intersections, use the rightmost lane going in the direction you're riding.

Scan for traffic and signal lane changes and turns.

Carry tools & supplies that are appropriate for your ride.

Control your bike by practicing bike handling skills.

Visit bikeleague.org/ridesmart

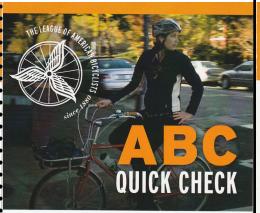
for videos, tips on riding safely and to find a Smart Cycling Class near you.

Also be sure to check out the Smart Cycling Quick Guide – an easy-to-read booklet that has all of the information you need to ride a bike safely and confidently. It is available in English and Spanish!



Join the League of American Bicyclists in Building a Bicycle Friendly America for Everyone!

bikeleague.org/join CFC # 11563



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