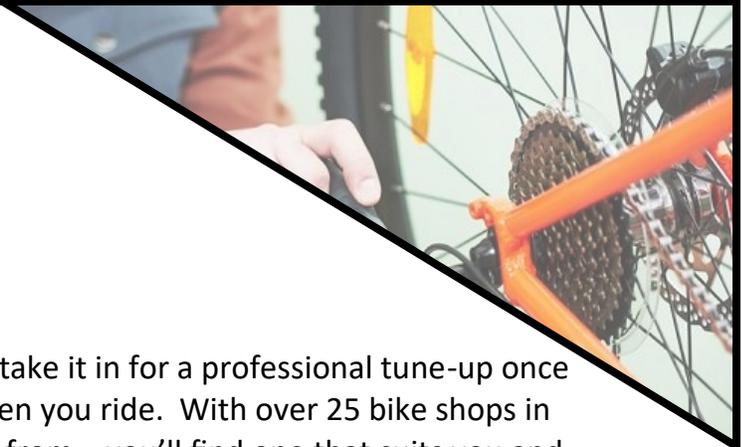


Pre-ride Bike Check (ABC's)



To keep your bike in top riding shape, take it in for a professional tune-up once or twice a year, depending on how often you ride. With over 25 bike shops in the Capital Regional District to choose from—you'll find one that suits you and your bike.

In between tune-ups, perform this quick ABC safety check before each ride.

A is for air. Your bike's most important comfort system is your tires. Nothing will give you a rougher ride or rob you of more power than mushy tires. Check the air pressure regularly, ideally using a pressure gauge, or alternatively by giving your tires a squeeze. A recommended pressure rating will be written on the sidewall of your tire (ex. 40-65 PSI). How often you need to inflate your tires will depend on several factors but what's important is that you keep them inflated within that pressure range. Also check to make sure that the rubber on your tires isn't cracking or splitting—sure signs that it's time to replace them.

B is for brakes. Squeeze your brake levers before each ride. If you can squeeze all the way to your handlebar, you don't have enough stopping power. You should be able to squeeze them no more than half-way. If your brakes are loose, squeaky, or otherwise inefficient, take your bike in to be serviced. Brake pads need to be replaced/adjusted occasionally—all depending on how often you ride.

C is for chain. Clean and oil your chain regularly. Again, depending on how often you ride, this could be weekly, monthly, or seasonally. In wet weather conditions—like winter in Victoria—chain lubrication and cleaning is especially important because lubricant gets washed away quickly and dirt gets kicked up onto the drivetrain. A clean and lightly lubed chain will run quietly and smoothly and extend the life of your bike components.

Last but not least... Quickly check-over the rest of the bike. Are your axle nuts/quick releases tight? No frayed cables sticking out? Nothing rattling or noisy? Lights, panniers, and other bits properly fastened?

Congrats—you know your ABCs and are ready to ride!