

BICYCLE INSPECTION TIPS

- **Tires** – Check tire pressure. Recommended tire pressure range can be found on the tire. If you do not have a gauge, push the tires down, and if you can flatten them, inflate until they resist flattening. Make sure the tread is adequate, with no physical defects. Valve stems should point straight to the hubs to avoid unfixable rim cuts.
- **Wheels** – Lift off the ground and spin. Check that they are perfectly round and don't rub the frame as they turn.
- **Chain** – Make sure it is lubricated. To lubricate, wipe off old oil and dirt with a cloth, apply new oil while rotating the chain, and then wipe again to remove excess oil.
- **Brakes** – Look at the brake pads and if they are very slick looking with no more grooves, roughen with sand paper and replace as soon as possible. Squeeze the brake handles and look to see that all pads hit the wheels evenly.
- **Handlebars** – Make sure they are securely attached by wedging the front wheel between your legs and trying to turn handlebars side to side.
- **Spokes** – Squeeze pairs of spokes together to check for loose or broken ones.
- **Saddle** – Should not move in any direction. Should be high enough so knees are nearly extended on the down stroke, and pelvis does not rock.
- **Overall** – Watch for any loose nuts, bolts, or screws.

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