

Seven Rules of Bicycling Safety

- 1 Obey all traffic signs and signals.
- 2 Ride near the curb and go in the same direction as other traffic.
- 3 Use hand and arm signals.
- 4 One rider per saddle (seat).
- 5 Keep at least one hand on the handlebars.
- 6 Bicycles must have a white light on the front and a red reflector or red light on the rear (for riding at night).
- 7 Use effective brakes capable of making the braked wheel skid.



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ABC

quick check

- A** **A is for Air** Inflate tires to rated pressure as listed on the sidewall of the tire. Use a pressure gauge to insure proper pressure. Check for damage to tire tread and sidewall; replace if damaged.
- B** **B is for Brakes** Inspect pads for wear; replace if there is less than a 1/4 inch of pad left. Check pad adjustment; make sure they do not rub tire or dive into spokes. Check brake level travel; at least 1 inch between bar and lever when applied.
- C** **C is for Cranks, Chain and Cassette** Make sure that your crank bolts are tight; lube the threads only, nothing else. Check your chain for wear; 12 links should measure no more than 12 1/8 inches. If your chain skips on your cassette, you might need a new one or just an adjustment.
-  **Quick is for Quick Releases** Hubs need to be tight in the frame; your quick release should engage at 90°. Your hub quick release should point back to insure that nothing catches on it. Inspect brake quick releases to insure 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; tighten, replace or fix them. Pay extra attention to your bike during the first few miles of the ride.