

# Safety Check

From the Safety Chick

## Is your bike ready to ride????

Has it been a few months since the last time you rode your bike? Perhaps you are interested in buying a used bike at the Bike Swap. Has your bike been standing or hanging in the garage?

Every time you get on your bike you need it to be in a safe condition to ride. Brakes that don't work, a loose saddle or a broken spoke can all lead to major problems on the road. If you not familiar with your bike, the local bike shop may be the best to visit to have it checked out. If you know what to check it out and have the mechanical expertise, fixing it on your own maybe an option.

Bicycle Safety Inspection Checklist		
Item	X	Condition
Size		Can the rider straddle the frame with both feet flat on the ground?
Seat Height		(standard bike) When seated, the rider with feet on the pedals, should not rock from side to side. When the pedal is at the lowest point, the rider's knee should be just slightly bent. The leg is not fully extended, nor does it have more than a slight bend. (for proper fit, get measured at your local bike shop.)
Frame		all tubes should be in line, free of bends and kinks
Front fork		straight and in good condition, there should not be any play in the headset between the fork and the frame.
Handlebars		in line with front wheel and tight.
Wheels		Spokes should have good tension, none should be missing. No dents or kinks in the rim, good tires, inflated properly with valve stem straight.
Wheel alignment		Spin each wheel. Is it true, is it centered on fork, does it spin freely.
Brakes		Do they operate effectively and smoothly? Are the cables taut, no frayed ends? There should be at least 3/16 inch of rubber on the brake shoe. Do the brake shoes meet the rim squarely?
Pedals and cranks		Do they spin freely, are they on the bike securely?
Chain		Should be clean and free of rust, should be lubricated. Is the chain to loose?
Derailleur		Do the shifters operate correctly? Are the cable taut?
Seat		Is it in good condition, secure on the seatpost?
Reflectors		Bikes are required to have reflectors, does your bike meet requirements?
Head & Tail light		Check those batteries
Accessories		Racks, carriers, bottle cages – make sure they are all securely fastened to the bike.

Tailwinds