

# Bike/Walk to Work Day

## Bike Safety Tips

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### Ten Commandments of Bicycling

1. Wear a helmet for every ride. It may save your life!
2. Conduct an ABC Quick Check before every ride
3. Obey traffic laws: a bicyclist has the same rights and responsibilities as a driver
4. Ride predictably and signal lane changes and turns
5. Scan ahead for parked that may pull out or open a door into your path
6. At intersections, ride in the right-most lane that goes in your direction
7. Be prepared for mechanical emergencies with tools and know-how
8. Control your bike by practicing bike handling skills
9. Drink before you are thirsty and eat before you are hungry
10. Have fun!

### ABC Quick Check

1. **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.
2. **B** is for brakes
  - ◆ Inspect pads for wear; replace is there is less than 1/4' of pad left.
  - ◆ Check pad adjustment; make sure they do not rub tire or dive into spokes.
  - ◆ Check brake level travel; at least 1" between bar and lever when applied.
3. **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, you might need a new cassette or just an adjustment.
4. **Quick** is for quick releases
  - ◆ Hubs need to be tight in the frame; your quick release lever should engage at 90°.
  - ◆ Your hub quick release lever should point back to insure that nothing catches on it.
  - ◆ Inspect brake quick releases to insure that they have been re-engaged.
5. **Check** is for check it 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 any you find.
  - ◆ Pay extra attention to your bike during the first few miles of the ride.