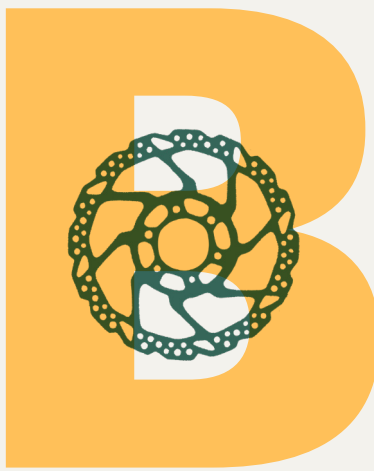
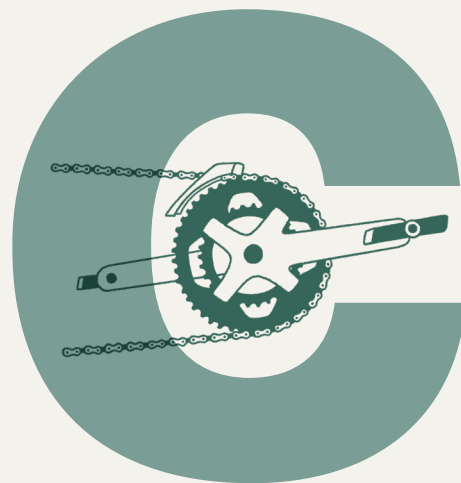




Air



Brakes



Chain

QUICK CHECK

Quick Releases

Check it Over

Air

Give the tires a firm squeeze to check that they're aired-up and ready to go. If you're unsure, attach a bike pump to check the pressure. You can find the recommended PSI on the sidewall of the tire.

Brakes

Give both brakes levers a squeeze to make sure they feel responsive and don't pull all the way to the grips. Test the braking action on the front and rear brakes independently to make sure they're gripping well.

Chain

Grab a pedal and start pedaling backwards to make sure the chain runs smoothly through the cassette and derailleur; lubricate the chain if necessary. Also, grab each of the crank arms and try to give them a wiggle to check that they're not loose.

Quick Releases

Ensure the quick-release skewer or thru-axle levers are closed tight—it should take some effort to open the lever.

Check it Over

Go for a quick ride around the block, run through all of your gears and do some hard braking to make sure everything feels good. Now you're ready to ride!