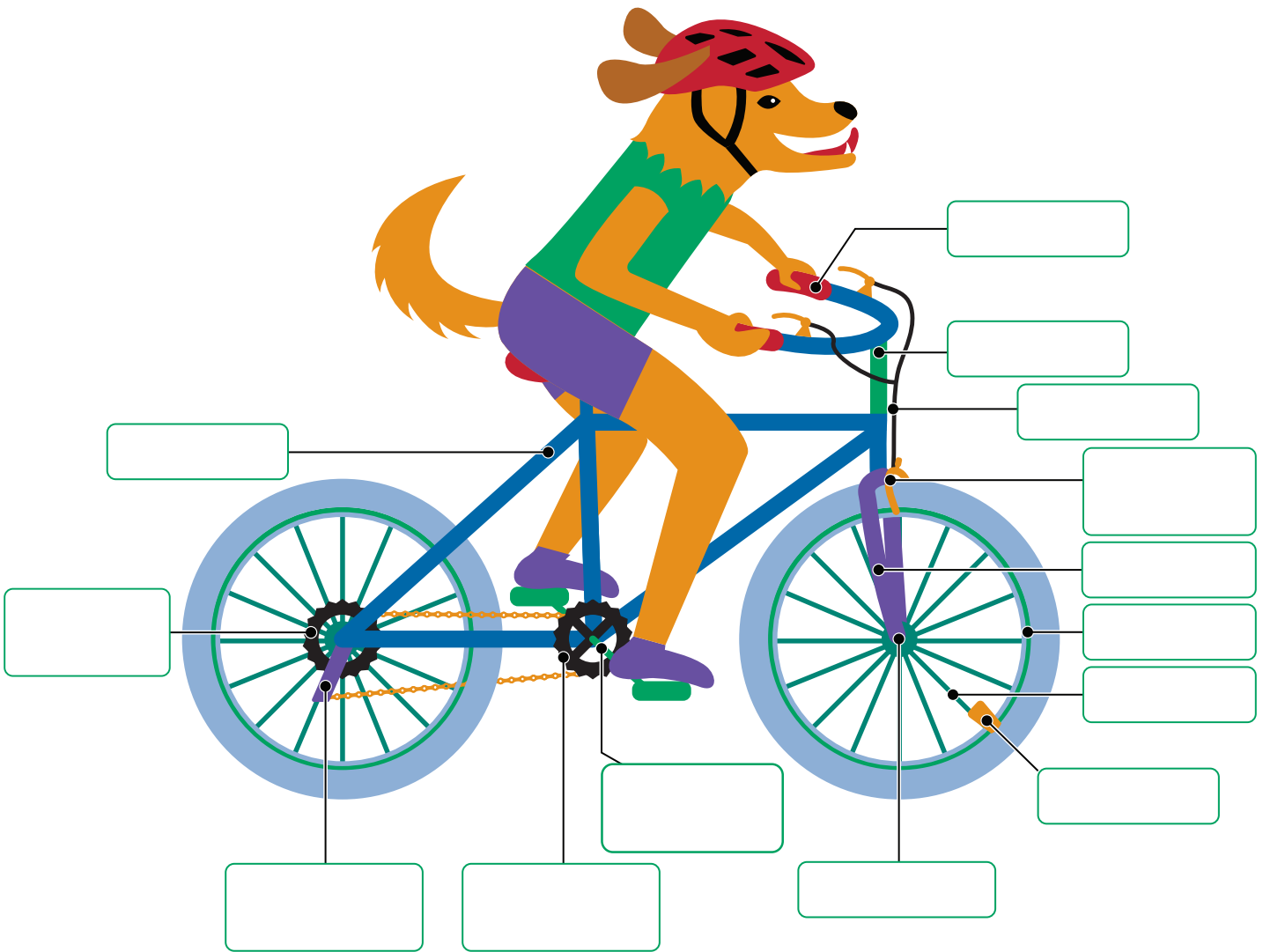


Bicycle Diagram

Can you match the names and parts?

PART NAMES

- | | | |
|----------------------------|------------------|---------|
| ■ BRAKE CABLE | ■ FORK | ■ RIM |
| ■ BRAKE CALIPER | ■ FRAME | ■ SPOKE |
| ■ CASSETTE (REAR GEARS) | ■ GRIPS | ■ STEM |
| ■ CHAIN RING (FRONT GEARS) | ■ HUB | ■ VALVE |
| ■ CRANK ARM | ■ REAR DERAILEUR | |



METROPOLITAN
TRANSPORTATION
COMMISSION

The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.

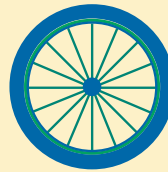
ABC Quick Check

**Before
each ride**

**Every month
(during regular use)**

Air

- Squeeze tires. They should feel firm. Add air if they are squishy.
- Spin wheels. Check for damage and objects in tires.



- Top off tires with air. Use recommended PSI written on side of tire.
- Spin wheels and check for wobble in the rim.

Brakes

- Squeeze brakes. Levers should not touch handlebars.
- Test brakes when you start riding.



- Check brake pads for wear.
- Check brake pads for alignment. They should be parallel with the rim.

Chain

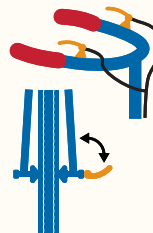
- Raise back wheel by lifting seat. Spin pedals half rotation.



- Clean chain with a rag.
- Apply a drop of oil to each chain link (use oil, not WD-40).

Quick release + handlebars

- Feel the quick release lever to make sure it's closed tight (some bikes do not have a quick release lever).



- Stand in front of bike and hold the wheel between your legs. Twist handlebars. If the handlebars move, tighten the stem bolt.

Extra Tips

- When worn: Replace tires, brake pads, grips, and chain.
- Once a year: Lubricate cables & check for loose bearings (headset, hubs, bottom bracket).
- When raining: Keep your bike inside or cover with tarp.