

Take Care Of Your Bike

Never take your cycle on the road unless you know it is in good condition.

Saddle:

When sitting on the saddle you should be able to touch the ground with the toes of both feet. The saddle post should not be raised above the maximum extension mark.

Steering Head:

Check for movement between frame and forks and adjust if necessary.

Handlebars:

Should be approximately level with the saddle. The stem should not be raised above the maximum extension mark.

Rear Light:

Must show a bright red light to the back at night and in poor light. Keep clean!

Brakes:

You must have a front and back brake, both must be working properly. Check them every time you use your bike.

Rear Reflector:

Must be kept clean.

Front Light:

Must show a white light to the front at night and in poor light. Keep it clean!

Chain:

Keep lightly oiled.

Frame:

Should not be damaged or bent.

Tyres:

Keep pumped up hard. Make sure they have a good tread and there is no damage to the sides. Check them every time you use your bike.

Pedals:

Check to see if they turn easily.

Bottom bracket:

Check that bracket is tight.

