

## ABC QUICK CHECK

**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

**B is for brakes** ✓ Inspect pads for wear; replace if 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

**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 on your cassette, you might need a new one or just an adjustment

**Quick is for quick releases** ✓ Hubs need to be tight in the frame; your quick release should engage at 90° ✓ Your hub quick release should point back to insure that nothing catches on it ✓ Inspect brake quick releases to insure that they have been re-engaged

**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 them ✓ Pay extra attention to your bike during the first few miles of the ride

# Tybee Island Bicycling Guide



## The Top Ten Rules of Bicycle Safety

- **Always wear a helmet** – the law for riders under 16, for every ride, and use lights at night.
- Conduct an ABC Quick Check before every ride (See right)
- **Obey all traffic laws: ride with traffic**, on the right, with slowest traffic farthest right
- Ride predictably and be visible at all times
- At intersections, ride in the right-most lane that goes in your direction of travel
- Scan for traffic, and **signal lane changes and turns**
- Be prepared for mechanical emergencies with tools and know-how
- Control your bike by practicing your bicycle handling skills
- Drink before you are thirsty, and eat before you get hungry
- Have fun!

Thanks to:



# ALWAYS WEAR YOUR HELMET



**PLEASE USE MARKED BIKE ROUTES WHENEVER POSSIBLE  
NARROW OR CROWDED STREETS MAKE UNSAFE RIDING CONDITIONS!**