

Ten Commandments of Bicycling

1. Wear a helmet for every ride and use lights at night
2. Conduct an ABC Quick Check before every ride
3. Obey traffic laws: ride on the right, slowest traffic farthest to right
4. Ride predictably and be visible at all times
5. At intersections, ride in the right-most lane that goes in your direction
6. Scan for traffic and signal lane changes and turns
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!



twinrivescyclists.org

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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 is there is less than ¼" 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

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