

# Keep your bike in good health!

## Do the 'M' check!

HAS YOUR **TYRE** GOT GOOD TREAD? IS IT FULLY PUMPED? ARE YOUR **WHEELNUTS** TIGHT? ARE YOUR **BRAKE PADS** IN GOOD CONDITION AND IN THE RIGHT POSITION? IS YOUR **BACK LIGHT** WORKING? YOU CAN ALSO CHECK THE **GEARS AND CHAIN** HERE FOR ANY ABNORMALITIES.

IS YOUR **SEAT** COMFORTABLE, IN A FIXED POSITION AND AT THE RIGHT HEIGHT — ARE YOU ON TIP TOES WHEN SEATED?

ARE YOUR **HANDLEBARS** FIXED AND SECURE AND IN-LINE WITH YOUR WHEELS? ARE YOUR **BRAKES** WORKING? ARE YOUR **BRAKE CABLES** FRAYING OR RUSTY?



IS YOUR **CHAIN** WELL OILED? IS YOUR CHAIN SLACK MINIMAL? ARE YOUR **PEDALS** SECURELY FIXED TO CRANK AND AXLE?

DOES THE WHEEL TURN WITHOUT WOBBLING? DO THE SAME CHECKS ON YOUR **FRONT WHEEL** AS YOU DID ON THE BACK.

IF THE ANSWER TO ANY OF THESE QUESTIONS IS NO — THEN TIGHTEN IT, HEIGHTEN IT, LOWER IT, PUMP IT!  
IF YOU'RE NOT SURE OR DON'T HAVE THE TOOLS, TAKE YOUR BIKE TO YOUR LOCAL FRIENDLY BIKE SHOP.