



# Bike Maintenance Tips

## Before Each Ride: Do an ABC Quick Check!

**A is for Air:** Check the air in your tires by pressing on the tire with your thumb. If your tire feels soft, add some air. Look for “PSI” on your tire to know how much air pressure to add.

**B is for Brakes:** Give your brakes a good squeeze. Lift up the front of your bike, spin your wheel and apply the front brake. Make sure the brakes do not hit the handlebars when braking. Repeat with the back wheel and back brake. Inspect your brake pads (by your tires) to make sure there is enough padding to touch the tire when you brake and the brake pads are clean.

**C is for Crank, Chain, and Cassette:** Spin your pedals backwards to make sure the chain runs smoothly. Inspect your chain to make sure it is free of rust and build up. Test your gears by shifting through the gear levels. You should be able to shift with ease. If shifting is challenging, you may need to add a small amount of oil to your chain.

**Quick is for Quick Release:** Your bike may have a quick release lever on the bike frame by your tires. This allows you to take the tires on and off when you need to change a flat. Make sure the quick release is securely closed. If you have a quick release under your seat, check to see it is closed and not loose.

**Check:** As you ride, listen for any odd clicking, grinding, or rubbing sounds that might indicate more maintenance is needed. Stop by your local bike shop for a tune-up!

## Routine Maintenance Every Few Months

**Wash your bike!** Washing your bike helps keep your bike running smoothly for longer. Clean your chain with a small brush (a toothbrush, warm water, and soap work great) to remove build up from dirt and oil. Once you are done cleaning your bike, you will need to lubricate your chain again. Have an adult help you.

**Inspect your bike as you wash it!** Washing your bike is a good time to give it a thorough inspection. In addition to an ABC Quick Check, inspect the frame to ensure there are no cracks and the tires to make sure there is still tread and they are in good working condition.

**Ride your bike often!** Yes, it’s true. Riding your bike will help it last longer. Your bike needs to move in order to avoid getting rust and build up on it.

### Need more help?

Watch the “[Prepping Your Ride: ABC Quick Check video](#)”

