

# AS SIMPLE AS ABC: CHECK YOUR BIKE

Freewheels Houston is pleased to provide a bicycle, helmet, lock, lights and tire-changing kit. Please read and follow these steps for a safe and enjoyable ride.



## A is for Air

- Inflate tires to the pressure listed on the side of the tire
- Use a pressure gauge to insure proper pressure
- Check for damage on tires and 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 the tire
- Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way

## C is for cranks and chain

- Pull your cranks away from the bike – if they are loose, tighten the bolt
- Check your that your chain is free of rust and gunk

## Quick is for quick releases

- Make sure your quick releases are all closed
- They should all be pointing to the back of the bike, so that they don't get caught on anything

## Check is for check it over

- Take a quick ride to check that it is working properly

# HELMETS

## Helmet Fit

- To find the right size helmet, put one on your head without fastening the straps.
- The front of the helmet should be level and two-fingers width above your eyebrows.
- Shake your head from side to side: There should only be a little movement.



## Helmet Adjustment [ - ]

- The side straps should come to a point just below your ears - move the small tabs on the side of these straps up or down until they are a half an inch or less under your ear lobe.
- The chin strap should be about half an inch below your chin when your mouth is closed.
- Wearing a bike helmet with loose straps is the same as not wearing a bike helmet at all.

## HOW TO SHIFT



- When it's getting harder to pedal, shift into an easier, lower gear
- When it's getting easier to pedal, you'll want to be in a harder, higher gear
- On flat ground, you'll want to be in the middle of your range of gears
- Be sure to shift into a comfortable starting gear before you stop
- For best results, the chain needs to be in a generally straight line -- if you are in your hardest front gear, you don't want to be in your easiest back gear (you should be able to hear it if your chain isn't in a straight line)

## SHARE THE TRAIL

### Courtesy

- Respect all trail users
- Yield to slower users
- Obey the rules of the trail

### Announce when passing

- Use a bell, horn or voice to indicate your intention to pass
- Warn other well in advance so you do not startle them

### Yield when entering and crossing

- Yield to traffic at places where the trail crosses the road
- Yield to other users at trail intersections

### Keep Right

- Stay as close to the right as possible, except when passing

### Pass on Left

- Pull out only when you are sure the lane is clear
- Allow plenty of room, about two bike lengths, before moving back to the right

### Be Predictable

- Travel in a straight line unless you are avoiding hazards or passing
- Indicate your intention to turn or pass

### Use Lights at Night

- Use a white front and red rear light.



### Do not block the trail

- For group rides, use no more than half the trail
- Stop and regroup completely off the trail

### Clean up litter

- Place your litter in its proper receptacle

