



A N A D V E N T U R E & E X P L O R A T I O N D E S T I N A T I O N F O R K I D S

A properly functioning bike is necessary to participate in Wheel Kids events. For most events we cannot take the time to fix your bike. If your bike is found to be unsafe to ride you will be required to get it fixed before you're able to participate in the event.

Here is a short checklist you can use to determine if your bike is in good working condition. If you have any questions please take your bike to a local bike shop for assistance or service. Keep in mind bike shops don't have time for last-minute repairs, or they'll charge a premium to do so.

Your well-tuned bike will be easier, safer, and more fun to ride.

ABC QUICK CHECK

Do this before every ride!

A = AIR

Are your tires properly inflated?

Give them a squeeze! A little give is ok but too much means not enough air. Think of an avocado: too hard is no good, too soft is squishy and gross, firm but with a little give is just right! If you have a pump with a gauge you can find out the tire pressure and compare it to the guidelines on the side of the tire. A local bike shop will pump up your tires for you.

Are your tires free of leaks?

Can your tire(s) hold air for more than a day? Inflate them and check after 24 hours to ensure they are still holding the same pressure. If you have a leak (indicated by a low or flat tire after 24 hours or less) your tube must be patched or replaced. This can be done at home with a patch kit or new tube, or at a local bike shop.

Do your wheels spin freely?

While checking the air in your tires spin both the front and the rear wheel. Visually and audibly check that they spin smoothly and quietly, don't rub against the frame or brake pads, and don't wobble side to side or up and down. If the wheels rub, are missing spokes, or wobble a lot, take the bike to a local bike shop.

B = BRAKES

Do your brakes work properly and stop your bike safely?

Do a visual inspection and simple tests to make sure your brakes work well:

- If you have hand brakes: Squeeze the brake levers to apply the brakes. Can you move the bike back and forth; do the wheels still roll? If so, the brakes need to be tightened. Is there space for a finger between the brake lever and handlebar? If not, the brakes may need to be tightened.
- If you have coaster brakes (aka pedal brakes or Bendix brakes): sit in the saddle and press back firmly on a pedal. Can you move the bike back and forth; does the rear wheel still roll? If so, the rear hub and brake need adjustment at a local bike shop.
- Are your brake cables (wires) and housings kinked, frayed, missing, rusty, or broken? Replace them or take your bike to a local bike shop.

C = CHAIN

Is your chain clean and in good condition?

If it's rusty or clogged with dirt and grease, if it's noisy when it moves, if it doesn't move, if the sprockets are clogged, bent, or worn down, please visit your local bike shop.

QUICK = QUICK RELEASE

Some bikes have a "quick release" lever to hold the wheels on the bike and sometimes a quick release to hold the seat in the bike. These allow easy removal of wheels and easy seat adjustment. If you're not familiar with how to use the quick release, your local bike shop will help.