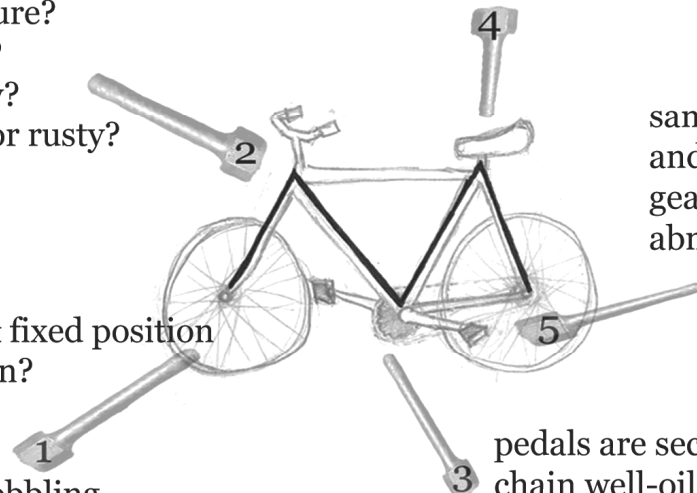


The beautifully basic M-check

Here's the commonly used and cleverly named 'M-check' to help you remember all the things you should check regularly on your bike:



gear icon

seat in comfortable, fixed position (fully tightened)?
seat at ideal height (are you on tip toes when seated)?

handlebars fixed and secure?
... and in line with wheel?
both brakes working fully?
brake cables not fraying or rusty?

spokes tight?
tyre has good tread?
brake pads in correct & fixed position
... and in good condition?
tyre fully pumped up?
wheel nuts tight?
wheel turns without wobbling -
(ie. buckled rim or loose cones)?

same checks as front wheel
and you could also check the
gears and chain here for any
abnormalities.

gear icon

pedals are securely fixed to crank and axle?
chain well-oiled?
chain slackness minimal?

gear icon

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 it to your local friendly bike shop or make friends with a Bicycologist.

If the answer is yes, then pedal away, but don't forget to keep on M-checking...