

Basic Bike Check

A really easy way for us to reduce our carbon footprint and keep fit is to jump on our bikes. We have some great core paths in Elgin where we can travel safely to our work or just go for a cycle run and enjoy the great outdoors. Before you set off here are a few basic bike checks you can do to be even safer.

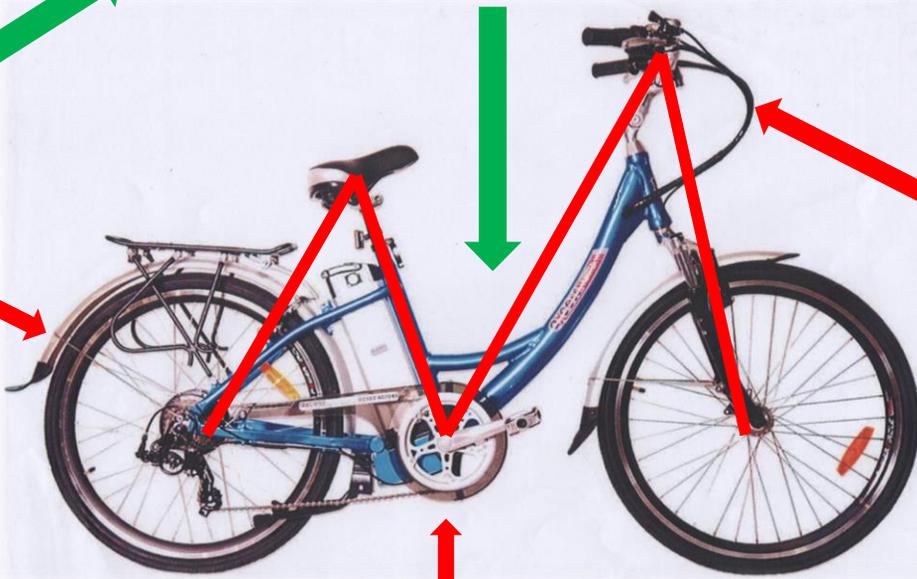
Imagine the letter M on your bike. Start at the back wheel (1).

2. Move onto the seat. Adjust the height so when you sit on it, the balls of your feet reach the ground.

4. Up to the handlebars next. Check they are the right height. Make sure the ends of the hand grips are intact and the bell is ringing. Make sure each brake is engaging. If you have a front light check it is charged. Lastly check the front wheel tyre pressure, the tread and the spokes

1. Start with your back wheel. Check the pressure of the tyres and the tread. Make sure the spokes are intact and the gears are clean & oiled. If you have a back light check it too.

3. Now for the pedals, check they spin freely. Check the chain guard is intact. Check the chain is not too loose, give it a clean and an oil. If your bike has a stand, check it's secure and sturdy.



For more info go to: www.sustrans.org.uk and www.cycling.org.uk