



# ABC Quick Check

To be sure you have a safe ride every time, perform the ABC Quick Check each time before heading out on your ride

## A is for Air

- Inflate tires to the pressure listed on the side of the tire
- Use a pressure gauge to ensure proper pressure
- Check for damage on tire and replaced if damaged

## B is for Brakes

- Inspect pads for wear; replace if there is less than a 1/4" of pad left
- Check cable tightness, frayed cables and alignment of the pads with the rims

## C is for Cranks, Chain and Cassette

- Check your pedals and cranks for tightness
- Check chain for looseness and bad links
- Check derailleur for worn cogs and adjustment
- Check that your gears change smoothly

## Q is for Quick release

- Make sure your quick releases on your wheels are all closed

## Check

- Check your helmet for cracks and make sure it fits properly
- Check your shoes for tight cleats and straps and buckles are in good repair
- Make sure your saddle (seat) is at the right height and the bolt is tight

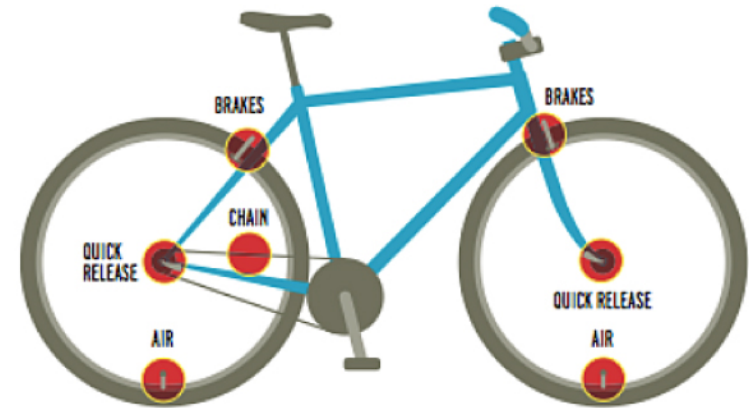


Image courtesy of League of American Bicyclists

#TEXASMS150

*Don't just ride, Bike MS*

bike

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# Helmet Smart

Select a certified Helmet (ASTM or Snell sticker)

## Correct Fitting of Helmet



- 1 1 to 2 fingers between eyebrows and rim of the helmet
- 2 Ensure straps are not covering the ears and form a “Y” shape below the ears
- 3 Chin strap snug under chin – less than ½' (less than 1 finger width between the chin and the chin strap)

*\*Shake your head from side to side; there should only be a little Movement. In the event of an accident, a loose helmet won't provide protection (the same as not wearing a helmet at all).*

*\*Replace helmet if involved in an accident or older than 3 years*

***Helmets must be on your head and strapped securely while riding in the Texas MS 150 – NO exceptions. Participants found not wearing a helmet will be disqualified from the ride and removed from the route.***

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