



Cut along dashed line.

ABC-E QUICK CHECK



Use this checklist to make sure your device is road-ready before every ride.

AIR

Measure tire pressure with a gauge. Inflate to max PSI listed on tire side wall.



BRAKES

Squeeze front and rear brakes while wheel spins. They should stop the wheel fully and not touch the handlebar. For coaster brakes, backpedal to ensure brakes fully engage.



CHAIN, CRANKS, AND COGS

Chains should move smoothly with light lubrication and no rust. Gears should change without chain slipping.



ELECTRIC PARTS

Inspect the battery, wiring, ports, and lights. Ensure everything is secure, charged, and working.



QUICK

Confirm quick-release levers are in firm, locked positions. Tires, seat, handlebars, and equipment should be secure.





Cut along dashed line.

DON'T SKIP THE QUICK CHECK!



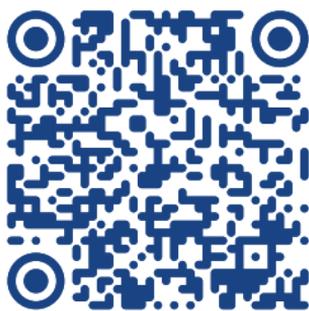
A **60-second inspection** can prevent:

- Brake failure
- Tire blowouts
- Loose handlebars or seats
- Lost or detached components
- Lighting and visibility issues

Be **ready to ride** with:

- A properly fitted helmet
- Closed-toe shoes
- Secured laces and clothing
- Bright/reflective gear

For more about basic upkeep for your bike or device, check out The League of American Bicyclists Bike Maintenance page.



[Bike Maintenance Tips](#)

LET'S GET EVERYONE HOME SAFELY

