







• Brake levers are easily accessible • No excess pull required on the levers • Brake pads are clear from the rim • All components are tight No frayed cables

• Aligned with front fork No movement or swaying

Front Wheel

• Check wheel nuts and quick release levers are secure, and the wheel sits centred in fork • No spokes missing or loose • Wheels roll smoothly • Rims run free of brakes

Forks & Frame

• No cracks or holes No wrinkling paintwork or rust

REGULAR 'ABC' CHECK THAT SHOULD BE DONE BEFORE EVERY RIDE

A = Air (inflated tyres?) B = Brakes (front & rear ok?) C = Chain (seizing, slipping or rusting?)

