

Ridley's

CYCLE

Pre-Ride Check for Road Bikes

This pre-ride check should take about 1-2 minutes and will allow you to enjoy your ride knowing that you have given your bike a pre-ride check.

Before **every** ride:

- Check Tire Pressure
- Check QR Skewers
- Brakes
- Check Rear Derailleur Alignment
- Check Handlebar/Stem
- Bounce Test

Tire Pressure

Inflate tires to the pressure listed on the side of your tire. Be careful not to over inflate your tires as this could result in a blow out of your tire. Underinflated tires can be susceptible to pinch flats.



Valve Types

There are two common valve types on bicycles. Schrader (a.k.a. car valve) and Presta (see picture to the left). Presta valves require the use of a bicycle pump (floor or portable) that has the ability to adapt to this valve type, or the use of a presta valve adaptor. To be able to inflate tubes with presta valves, you first must loosen the lock nut at the top of the valve stem. (Remember to tighten the locknut after inflating the tire.) Ridley's recommends the use of a good quality floor pump with built in gauge to accurately inflate your tire each ride.

QR Skewers

Quick Release (QR) skewers are designed to make the removal of wheels easy without the use of tools. When used correctly QR skewers are an effective way to secure your wheels to your bike. Refer to your owners manual or to our website at www.ridleys.com/goto/QR for further detail and instructions on the use of QR skewers.

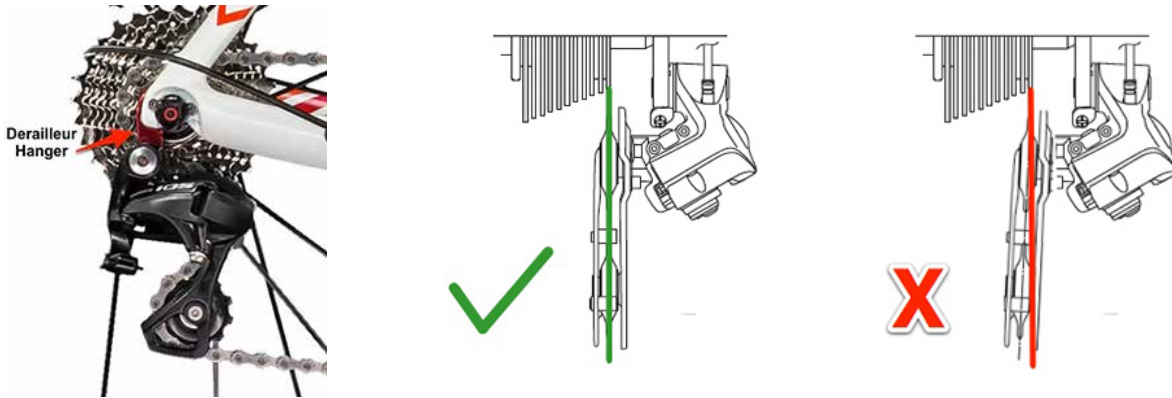
Brakes

Squeeze each brake lever (front and rear). Levers should feel firm and you should not be able to pull lever all the way so that the lever touches the handlebar. With brakes applied, try rolling the bike. If levers pull all the way to the bar or you can push the bike with brakes applied, have your brakes re-adjusted before riding.

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Rear Derailleur Alignment

It is very important to check the alignment of your rear derailleur and rear derailleur hanger prior to each ride. If your **bike falls over** or sustains an **impact on your rear derailleur** it can be enough force to bend your rear derailleur hanger and have the rear derailleur shift into your rear wheel potentially causing an accident and damaging your bicycle. A simple visual inspection can be done prior to each ride to check alignment. See pictures below for straight vs. bent derailleur hanger. It is recommended if you suspect your derailleur hanger may be bent or your rear derailleur shifting is not changing accurately, that you have your derailleur inspected and corrected prior to riding. * This step is **especially important when travelling with your bike**, as this is one of the most common items to be damaged in transit.



Handlebar and Stem

Check the tightness of your handlebars and stem by standing in front of your bike with the wheel between your legs. While holding the wheel firmly with your legs, try twisting the handlebars side to side. If the stem/bars move, tighten and re-adjust. Then grasp the top of your shift/brake levers and apply pressure downward to check if the stem is loose allowing the bars to rotate or "dip". Again, if there is any movement, check and tighten the stem / handlebar interface. (Ridley's recommends using a **torque wrench** to properly tighten this interface. If either stem, fork steerer or handlebar is made from carbon composite, you **MUST** use a torque wrench and tighten to recommended torque setting.

Bounce Test

Final test prior to riding is lift your bike 6-10cm off the ground and release the bike, so that it drops on the ground. Make sure you have properly inflated tire before dropping to protect your wheels. If you notice anything "rattling, sounding loose" inspect and adjust prior to riding.