



FITTING YOUR BICYCLE HELMET



1. The helmet should fit you snugly
- use the foam pads to make it fit

2. The helmet should cover your forehead

3. Move the plastic slide to make the straps meet just below your ears

4. Fasten the strap under the chin, with one-finger's width between the strap and your chin





CHECK YOUR SADDLE HEIGHT



At the bottom of the pedal-stroke the leg should be just straight but the heels should remain on the pedal without stretching.



When you pedal normally, with the balls of the feet on the pedals, the leg will never be fully extended.



Note!

Over time, the wrong saddle height can damage your knees and hips.



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THE BEAUTIFULLY BASIC M-CHECK

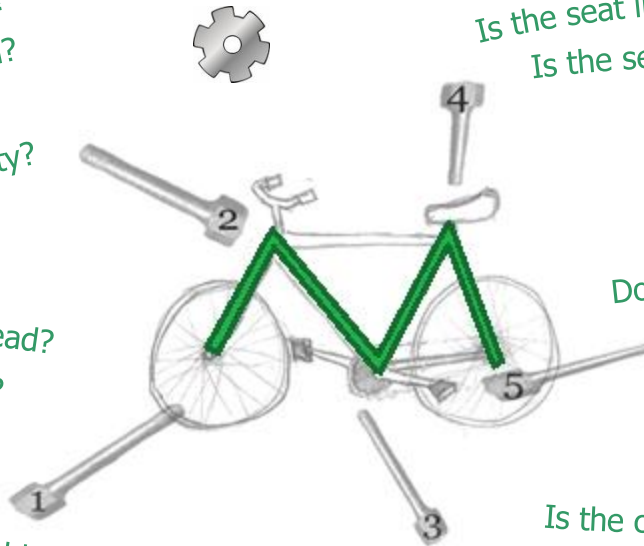


Here is the cleverly named "M-check" to help you remember all the things you should check regularly on your bike:

- Are the handlebars fixed and secure?
- Are the handlebars in line with the wheel?
- Are both brakes working fully?
- Are the brake cables not fraying or rusty?

- Is the seat in a secure and comfortable position?
- Is the seat at the correct height for you?

- Do the tyres have a good tread?
- Is the tyre fully pumped?
- Are the wheel nuts tight?
- Are the spokes tight?
- Does the wheel turn without wobbling?
- Are the brake pads in the correct position?
- Are the brake pads fixed and in good condition?



- Do the same checks as the front wheel ... and also check the chain!

- Is the chain well-oiled?
- Is the chain slackness minimal?
- Are the pedals securely fixed to the crank and axle?

If the answer to any of these questions is 'NO', then tighten it, heighten it, lower it, pump it...

If you're not sure or you don't have the tools, your local bike shop will be happy to help.

If the answer is 'YES' then pedal away... but don't forget to keep on M-checking!



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KEEP YOUR BIKE IN GOOD CONDITION



All you need is:

An old cotton rag



Some bicycle oil

An old toothbrush



A clean, well-maintained bike can
last you a long time!



- Keep the chain and gears clean by brushing grit off with the toothbrush
- Oil the chain by spraying some bicycle oil on the old cloth and rubbing the chain through it

- Check the cables are in good condition – you can oil these too – only the metal parts though!
- Check that the nuts and bolts are tight



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