



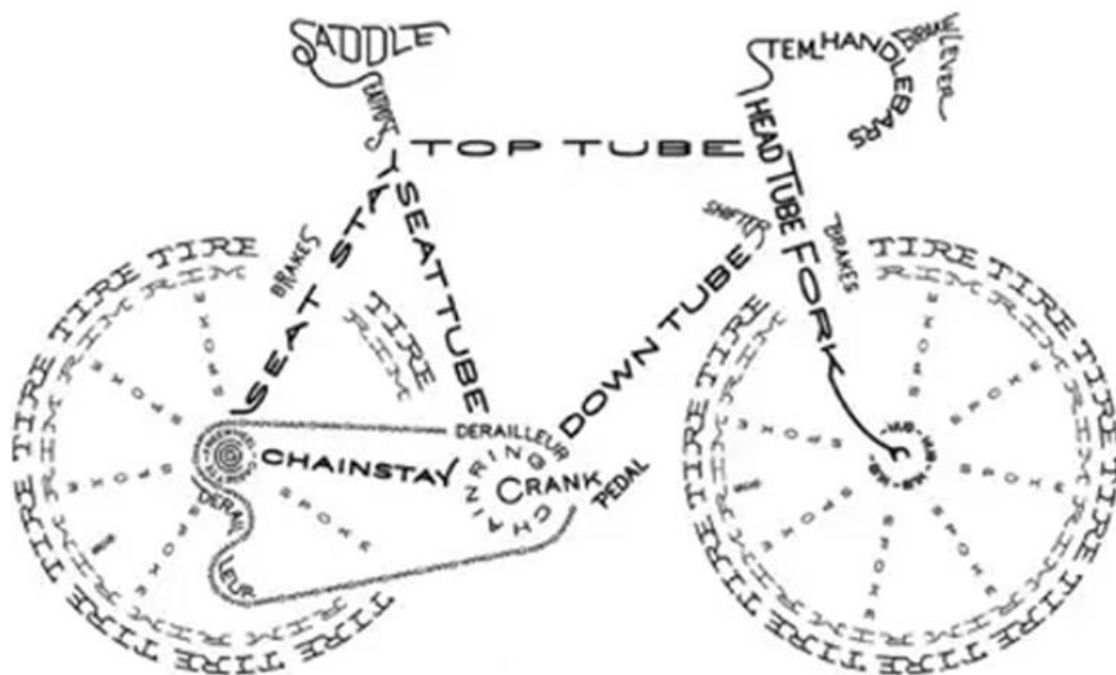
Bicycle M Check

The M Check answers two important questions:

- Is my bike safe to ride?
- What areas of the bike should be looking at?

It's one of the most useful tools for anyone who wants to get to know a little about their bike and it is easy to use, as it follows the shape of the letter M.

You can view a video of one of our bikes guides as they talk you through an M Check via this [link](#).



Starting from the front wheel, check that it is locked into the forks correctly with the quick release skewer fastened tightly.

Give the front wheel a spin, making sure it runs freely. Check the tyre has pressure and that the valve has been tightened correctly. Next, check the tyre has tread on it, and that it isn't worn out, cracked or there is canvas showing through it. Make sure the spokes are in place and not loose or broken by flexing the spokes with your fingers.

Check the brakes by squeezing the front brake and pushing forward on the bike, so the back wheel lifts up. Then squeeze the back brake and push against the back wheel and the front wheel should lift up. There should be enough rubber on the brake pads to grip the wheel evenly during this process. If the wheel slides through, the pads may be worn and require changing. With a disc brake system look to see if your brake pads are glazed or significantly worn - if so they may require changing.

Moving onto the head set bearings, the best way to check this is to squeeze the front brake, and rock the bike forwards and backwards, and side to side. There should be no movement in the headset.

To ensure the handlebars are set correctly place the front wheel between your knees and grip the wheel with your feet. Give the handlebar a twist, making sure they don't move independently of the wheel. Any attachments to the handlebars i.e. Garmin mounts, lights, bell etc need to be firmly attached and not loose.



Going down to the pedals, check the bike frame for any obvious dents, cracks and breaks, then spin the pedals making sure they spin independently

Look at the drive chain making sure that it looks clean. Too much oil attracts a lot of dirt and it can wear the chain down more quickly. To check the bottom bracket bearing, grab the pedal crank arm and rock it from side to side to make sure it isn't loose.

Moving up the frame to the saddle, again check there are no dents, cracks or breaks in the frame, and make sure the saddle is firm by giving it a wiggle from side to side, up and down to ensure there is no movement.

Down to the rear wheel, give it a spin to make sure it spins freely. Check the tyre has pressure and the valve has been tightened correctly. Next, check the tyre has a good level of tread on it, and that it isn't worn out, cracked or there is canvas showing through it. Make sure the spokes are in place and not loose or broken by flexing the spokes with your fingers. Check the brakes pads at the rear of the bike aren't worn down.

Finally check that the back wheel is locked into place correctly with the quick release skewer fastened tightly.

