

DRIVE YOUR BIKE

Bicycle Equipment Checklist



Additional Resources

www.mvrpc.org
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www.greaterdaytonrta.org
www.co.greene.oh.us/greenecats
www.bhsi.org
www.dot.state.oh.us
www.bikeleague.org/programs/education



One Dayton Centre
One South Main Street, Suite 260
Dayton, Ohio 45402

(937) 223-6323
www.mvrpc.org/recTrails

EQUIPMENT CHECKLIST

Bicycle Equipment Checklist

By the League of American Bicyclists

Baskets or panniers

Make the bike carry your stuff. A bicycle without carrying capacity is not a convenient way to run errands or get to work. A sturdy rear rack is a great accessory. You can strap on your briefcase with a bungee cord or use a basket, panniers or a plastic crate.

Fenders

Fenders will keep you clean and dry during all weather. Even if it's not raining, they will protect you from mud and moisture on the road.

Lights

Just in case, commuters must be prepared to ride after dark. Both front and rear lights are recommended. Also, for additional visibility, wear retro-reflective clothing or attach reflective strips to your bike and/or helmet.

Helmet

Protect a very precious asset. Nobody expects to fall, but it happens to everyone. Helmets reduce bicyclists' risk of head injury by up to 85%!

Bell or Horn

Bells and horns are permitted, but not required. Sirens and whistles are definitely not permitted.

Lock

Avoid bicycle theft. Don't wait to get a bike stolen before you get a decent lock. Secure your bike to a solid object with a good U-lock, and in a conspicuous place. Quick-release components are easy to steal. Either remove them when you park or secure them with cables. If your bike is too valuable to leave outside, get a second, less expensive bike for transportation.

The Helmet Rap

A guide to buying and using bicycling head gear.

In the United States each year, bicycle-related head injuries are found in:

- 67,000 emergency room cases
- 66% of fatally injured bicyclists

Make sure your helmet has been CPSC (Consumer Product Safety Commission) or Snell approved.

Make sure your helmet fits properly

A helmet that fits won't rock front-to-back or side-to-side. It should feel comfortable and not squeeze your head too tightly. Adjust the straps so they are snug and straight. Your chin strap should tug slightly when you open your mouth. The front edge of your helmet should be about an inch above your eyebrows.

When to replace your helmet

Replace your helmet after a crash. Your helmet's foam lining gets crushed and can't protect your head very well a second time. Also, some experts recommend that you replace your helmet every five years because sun, weather and normal wear and tear diminish the foam's ability to absorb impact. Finally, keep close tabs on a child's helmet to make sure it maintains a safe and comfortable fit as the youngster grows.

Sources: Snell Memorial Foundation. Bicycle Helmet Safety Institute.
www.bhsi.org



Tools to Carry

TIP Keeping your tires fully inflated will prevent most flat tires!

A typical bike flat kit includes:

- Tire irons
- New tube - make sure it's the right size.
- Patch kit - containing sandpaper, glue and patch. (Purchase at your local bike shop.)
- Pump - get a small, lightweight pump that's convenient to carry.

Here are some other tools you may wish to carry with you for both routine and emergency maintenance:

- Allen wrenches
- Crescent wrench
- Needle nose pliers
- Screwdriver (with inserts)
- Spoke wrench



Fixing a Flat

Take off the tire:

1. Shift to the smallest chain ring and the smallest rear sprocket and remove the wheel.
2. Using your tire irons, remove one side of the tire by working toward the valve from the opposite side of the wheel.
3. Remove the tube and be particularly careful of the stem.
4. Put some air in the tube to find the leak, and then check the tire to TRY to find what caused the leak. (You don't want to do this again!)

Patch the tube:

1. Once you have found the leak, roughen the area with sandpaper (or something similar) for better adhesion.
2. Spread enough glue onto the tire so the patch's entire surface will bond.
3. Remove the patch's protective cover and press it against the now dried, but somewhat tacky, glue.
4. Maintain pressure on the patch for a couple of minutes and make sure that no edges curl up.

Put it back together:

1. With enough air to just give the tube shape, insert the valve stem and work the tube into the tire.
2. Let out some of the air, and starting at the valve stem, work the tire back onto the rim. You should work the tire on with your hands, particularly your thumbs. The last few inches are tough and require particular care. Before you go very far, push the valve into the wheel to make sure the tire is seated. Be careful that the tube is completely inside the rim.
3. Re-inflate the tire, check it out, and ride on proudly.

Maintenance

Flat prevention and reliability are key to happy bicycle riding. Keep your bike in good working order or take it to a bike shop for regular tune-ups. Good maintenance is critical to commuting because you rely on it to get you to work or school on time. Keep the chain and moving parts lubricated. Flats can be prevented by using Kevlar belted tires or tire liners, and by maintaining proper tire pressure.