



## National Bike Patrol Bike ABCDE Quick Check



<b>A</b> = Air	Check Tires	Check Shocks	
<b>B</b> = Brakes	Check brakes engagement and visualize brake pads	Check levers, cables, and housing	Check Headset
<b>C</b> = Cassette/Chain/ Crank	Check the Cassette for wear/debris	Check the Chain for wear and lubrication	Check Crank for play
<b>D</b> = Derailleur/ Dropper/ Drop	Inspect derailleur	Check Dropper post	Drop test bike
<b>E</b> = Emergency/Extra Supplies/Energy	Confirm extra tubes, repair supplies, CO2 cartridge(s) and/or pump	Confirm sufficient water/hydration drink for your ride	Consider energy bars, etc.
<b>Quick-Releases</b>	Confirm Quick releases are closed	Confirm any other quick-released are secured	
<b>Check Ride</b>	Check gears and brakes	Confirm seat, handlebars, and levers	