How to Check a Bike before Riding? Here’s a Checklist to Consider

The same with any other machine, a bike could work a lot better and could also last a longer once you maintain it appropriately. So, make it a habit to check the bike regularly. For you to enjoy a comfortable riding and for you to avoid repairs, then small checks and maintenance can definitely help a lot!



1. Check the rear wheel.

- [ ] The rear wheel should be fitted tightly as well as a quick release lever must also be secured in a closed position. And bear in mind that not all bike wheels would offer quick release levers. Once the wheel isn’t quick release, you have to examine that the nuts on every side of the wheels are secured.

2. Check the spokes.

- [ ] The spokes should be into identical tension and must not be loose. You have to pluck spoke respectively using your finger and the sound should be the same from each of them.

3. Inspect the air in tires.

- [ ] Once the tire is soft, attach the pump into the valve and then pump up. However, there are certain kinds of valve fitting and these are the Presta or the thin and long one and the Schrader which is the slightly shorter and thicker one. The recommended tire pressure is most of the time written anywhere on the tire.

4. The saddle is important too.

- [ ] Check the seat post and it shouldn’t be loose and you haven’t surpassed the limit that is being marked onto the seat post. If

you already checked these, you can utilize an Allen key in order to stiffen a seat post clamp. To check whether the seat is already secured, give it another glance if you're done.

5. Clean the chain.

- [ ] There is a need for the chain to be cleaned and oiled as well. Keeping the chain oiled and cleaned is essential in order for the bike to run smoothly. Nevertheless, don't utilize too much of the oil as it might lead to picking up a lot more dirt at the same time making the chain a lot tougher to clean as well.

6. The pedals should be checked as well.

- [ ] You have to make sure that the pedals smoothly spin, and the cranks are tight, spinning effortlessly and don't scrape too.

7. Now, check the stem.

- [ ] You have to check that the front wheel as well as the stem doesn't move autonomously and that the handlebar clamp bolts are indeed tight. You can do this through standing right in front of your bike then holding its front wheel in between the knees and twist the handlebars.

8. Headset is crucial as well.

- [ ] Be wary whether there is anything clicks or rocks in its headset. You can perform this examination thru grasping its head tube firmly with only a hand then applying the front brake with the other one. And this will make the front of your bike stable for you to shake the headset to create any clicking or rocking in the bearings.

9. Of course, check your brakes.

- [ ] Make sure that the front and the rear brakes are properly working. Once the brake lever pulls in contradiction of the handlebar grip, there is a need for adjusting the brake cable. And this is completed by releasing the bike's brake cable anchor bolt, then pulling the cable a lot tighter and also tightening its anchor bolt over.
- [ ] There is a need for the both sides of a brake mechanism to move once its brake is applied. Once this doesn't happen, you have to turn a small adjustor screw onto the stationery side up until the both of the sides are moving again.

10. Consider the frame too.

- [ ] Look for somewhat damages or cracks. This step requires a certain focus on an area wherein the frame links the head tube.

11. And finally, the front wheel.

- [ ] It is important that the front wheel is tightly fitted, and a quick release lever must also be secured in a closed position. And not all the wheels would render quick release levers. Once the wheel isn't quick release, you have to check that the nuts are secured on both sides of the wheel.

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