

# NICE WEATHER IS HERE. HOW IS YOUR BIKE LOOKING?



Real Rides

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## Make sure to do this before you ride...

1. Pump up your tires! Please don't use the air hose at your gas station. If you don't have a pump borrow one. Most average tires can take up to 60 or 70 psi (pounds per sq inch). Road tires can take up to 110 psi. It will make the ride much easier
2. Dust of the bike. It is OK to spray everything with a hose as long as you oil it up afterward (more on that later). Spray the gunk out of the front derailleur and the back gears and derailleur. Especially if you ride on paths with gravel and stone.
3. Speaking of oil - if you don't have bike chain oil, you can use 3 in 1 oil or WD 40. Clean off the chain with a rag and then drip the oil all over the chain and try to go back and work the oil into chain not just on top.
4. Finally, grab your helmet don't wear ear buds and have fun!

