The ‘M’ Check

Starting at the rear and working forward, as you would write an ‘M’, check these points...

1. Do the wheels turn freely?
2. Is there any damage to the gears?
3. Is the luggage rack damaged?
4. Do the rear brakes work?
5. Is the saddle height correct for you?
   A. Slight bend in the knee at bottom of the pedal stroke
   B. Only tip-toes should touch the ground while seated
6. Is the battery fitted? (Electric bikes only)
7. Do the pedals turn freely?
8. Are all the levers working?
9. Are the fitted lights working?
10. Do the front brakes work?
11. Are the tyres inflated and firm?

Find out how you can stay safe cycling at: www.environment.cam.ac.uk/travel
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