

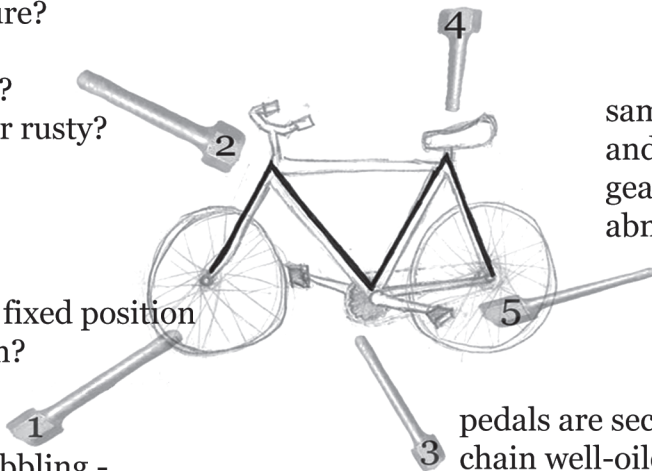
The beautifully basic M-check

Here's the commonly used and cleverly named 'M-check' to help you remember all the things you should check regularly on your bike:



handlebars fixed and secure?
... and in line with wheel?
both brakes working fully?
brake cables not fraying or rusty?

spokes tight?
tyre has good tread?
brake pads in correct & fixed position
... and in good condition?
tyre fully pumped up?
wheel nuts tight?
wheel turns without wobbling -
(ie. buckled rim or loose cones)?



seat in comfortable, fixed position (fully tightened)?
seat at ideal height (are you on tip toes when seated)?

same checks as front wheel
and you could also check the
gears and chain here for any
abnormalities.



pedals are securely fixed to crank and axle?
chain well-oiled?
chain slackness minimal?

If the answer to any of these questions is no, then tighten it, heighten it, lower it, pump it... if you're not sure, or don't have the tools, take it to your local friendly bike shop or make friends with a Bicycologist.



If the answer is yes, then pedal away, but don't forget to keep on M-checking...

Beautifully basic bicycological bike maintenance



If your bike is **well-made**,
regularly checked for problems and **well-looked after**:

it can last more than a human **lifetime**;
you'll discover minor problems before they become major,

so you can **fix them yourself**, more cheaply,
using **less material** and without having to pay for an expert;
and you'll have a **safer**, more **efficient, comfortable**



and **smooth** ride.

Here's some eco-friendly bike maintenance tips:

⚙️ Reduce the amount of new materials you buy by taking good care of your bike, re-using working parts from condemned bikes, e.g. inner tubes, nuts, screws, reflectors, derailleurs etc. You can recycle broken parts by taking them to a scrap metal yard, or getting creative – have you tried bike jewellery?!

⚙️ Try to reduce the heavy chemicals you use on your bike. Always look for the environmentally-friendly alternatives, for example using water, natural soap & an old rag instead of a chemical bike cleaner, and use a biodegradable degreaser, such as Ecotech (ask in your local bike shop or try the internet).

