

ABC QUICK CHECK

A Basic Pre-Ride Safety Check

A is for Air

- Inflate tires to the pressure listed on the side of the tire
- Use a pressure gauge to insure proper pressure
- Check for damage on tire and replace if damaged

B is for Brakes

- Inspect pads for wear; replace if there is less than 1/8" of pad left
- Check pad adjustment; make sure they do not rub the tire
- Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way

C is for Cranks & Chain

- Pull your cranks away from the bike – if they are loose, tighten the bolt
- Check that your chain is free of rust and gunk

Quick is for Quick Releases

- Make sure your quick releases are all closed
- They should all be pointing to the back of the bike, so that they don't get caught on anything

Check is for Check it Over

- Take a quick ride to check that your shifting and everything else is working properly



BIKE SAFETY TIPS

- Wear a helmet for every ride and use lights at night
- Always ride in the same direction as traffic
- At stop signs and driveways, look all ways for traffic before riding into the street
- Check your bike before every ride by using the ABC checklist
- Obey all traffic signs and lights
- Make sure other drivers see you. Be visible and make eye contact
- Always use hand signals when stopping or turning
- When riding with others, ride in a single file

IT PAYS TO TMA

Bike to work and receive some great benefits for your effort!

- California Family Fitness shower pass (A \$36 VALUE!)
- FREE bike locker
- Access to our fix-it stations
- Plus TMA members are eligible for the Emergency Ride Home Program

Learn more at

www.McClellanParkTMA.org



McClellan Park
Transportation Management Association

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BIKE
MAP

IT
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TO
TMA



McClellan Park
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HOW DO YOU RIDE TO MCCLELLAN PARK?

FROM ANTELOPE

- Use Class II and III bike lanes
- Try Walegra > Elkhorn > Watt
- Approx. milage: 5 miles
- Approx. time: 23 minutes
- Level: Very Easy

FROM NATOMAS

- Use Class I, II and III bike trails and lanes
- Try Sacramento Northern Bike Trail in combination with your favorite surface streets
- Approx. milage: 10 miles
- Approx. time: 50 minutes
- Level: Easy

FROM SACRAMENTO

- Use Class I, II and III bike trails and lanes
- Try Sacramento Northern Bike Trail in combination with your favorite surface streets
- Approx. milage: 11 miles
- Approx. time: 60 minutes
- Level: Easy



FROM ROSEVILLE

- Use Class II and III bike lanes
- Try Class II bike lane Foothills Blvd. in combination with your favorite surface streets
- Approx. milage: 11 miles
- Approx. time: 60 minutes
- Level: Easy

FROM FOLSOM

- Use Class I, II and III bike trails and lanes
- Try American River Bike Trail with your favorite surface streets
- Approx. milage: 15 miles
- Approx. time: 85 minutes
- Level: Moderate

FROM RANCHO

- Use Class II and III bike lanes
- Try Class II bike lane Watt Ave. in combination with your favorite surface streets
- Approx. milage: 11 miles
- Approx. time: 60 minutes
- Level: Easy

Visit www.SacRegion511.org/Bicycling/Bike.Maps For Detailed Route Planning