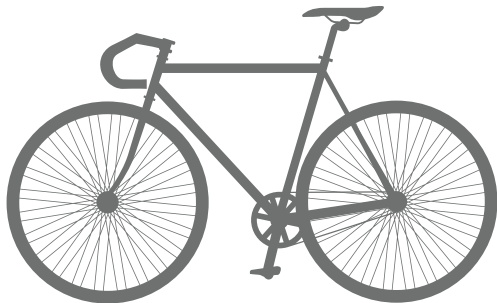


1 Choosing the bike: Fit is super important!

With each type of bike there are different considerations to your fit.
Better fit = more comfortable = greater fun!

Road Bike

Built to be more responsive and faster. There are several types of road bike, choose the one best suited for you. Racing bikes tend to be light - consider stronger bikes to carry gear or go off road.



Mountain Bike

Suited for most terrains, this bike can take you anywhere. However, suspension (front or rear) will absorb energy and slow the rider.



3 Inspect the Bike

Seat Post

Check if the seat post is seized. If not, make sure you can adjust it to the right height, so long as the frame is the right size.

While biking, your leg pushing down should be almost straight from seat to pedal, slightly bent.

Brakes

Check for rust on the brake levers and for wear on the brake cables.

Make sure they open and close smoothly

Drivetrain/Gears

While riding the bike, check for smooth shifting from gear to gear.

Also, check for rust on the chain and wear on the teeth. If rusty or worn, these will need replacing.

Tips

Don't forget about bearing systems; they can't be seen but can easily be worn!

Talk to someone experienced if you are unsure about anything. Read lots!

Always consider the price of current & future repair when calculating total cost of the bike. Bikes *will* need maintenance.

Bring the bike to the Bike Kitchen for a **free** safety check and to repair your ride!

HOW TO BUY A USED BIKE in 3 simple steps



AMS Bike Co-op

