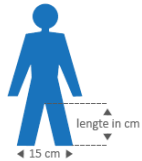


# Instructions for purchasing a bike

**A good bike is a safe bike and a safe bike is a good bike!**

## 1. Size of frame

How do you determine the right size of the frame? Spread your feet 15 cm. Measure the inside length of your leg from the floor till “the third armpit”. Multiply this result by 0,68. For example 85 cm \*0,68= 57,8 cm, in this case a size 57 or 58 are both ok. Make sure that your feet can touch the ground when sitting on the saddle of the bike. This is important for your balance.



## 2. Wheels

- People smaller than 160 cm also have to look at the size of the wheels. Standard is 28 inch. Shorter people should look at 26 or even 24 inch.
- Wheels should be straight. No swing in the wheel.
- No spokes missing, no loose spokes.

## 3. Handle bar

- Handles should be fixed at the handle bar. No slippery handles.
- A bike must have a bell at the handle bar
- One gear is enough in flat Holland. Don't pay for many gears.
- Hand brakes must run smoothly. If the grip is too wide they can be adjusted

### SAFE ON A BIKE

#### SAFE BIKE 1

- HANDLE BAR
- BELL
- HANDLE
- BRAKE LEVER



## 4. Brakes

- Pedals should not be slippery
- Brakes of course must function very well. In Holland we have handbrakes and “push back brakes”. These require some practicing by the cyclist.

### SAFE ON A BIKE

#### SAFE BIKE 2

- PUSH BACK BRAKE
- HANDBRAKE
- BRAKE PAD
- ROLLER BRAKE



## 5. Tires

- Tires must have a profile of 1,6 mm.

### SAFE ON A BIKE

#### SAFE BIKE 3

##### TIRES

- PROFILE 1,6 MM
- WEAR



## 6. Pedals, chain & security

- How to lock your bike: a lock in the back wheel and a high quality steel chain through the front wheel, the frame and then attached to a pole or fence.
- Chain must not be rusty.
- When you cycle no “strange”, unexplainable noises should be noticeable.

### SAFE ON A BIKE

#### SAFE BIKE 4

##### DRIVE

- PEDALS
- BOTTOM BRACKET (CLEARANCE)
- CHAIN



## 7. Lights

- A bike must have white headlight, red rear light, reflection on the wheels, reflection at the rear and reflection on the pedals.

### SAFE ON A BIKE

#### SAFE BIKE 5

##### LIGHT

- HEADLIGHT
- REAR LIGHT
- REFLECTION ON WHEEL
- REFLECTION ON PEDAL
- REAR REFLECTION

