

## Safety Corner

Do you wear bike shoes with cleats? You know that thing on the bottom of the shoe that you clip to the bike pedal when riding. You do? So tell me when was the last time you checked the condition of said cleat? I mean, have you

- Cleaned the dirt and sand out of the cleat so they will clip in easier?
- Surveyed the wear and tear to determine if they are so well used that that could be the reason you have trouble clipping in?
- Twisted the cleat to see if it moves? It **SHOULD NOT MOVE**. If it does, tighten the screws that hold it to the shoe **NOW**.

As always, when in doubt, ask a more seasoned rider or check with your favorite local bike store if you have questions about your equipment and your safety.