

Use your knowledge from the ABC Quick Check video and Reference Sheet to answer the following questions!

1. Match Challenge

Match the helpful hint with the correct step in the ABC Quick Check process.

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| _____ Air | A. Make sure chain is clean and free of debris. Check cranks for wobbling and tighten any that are loose. |
| _____ Brake | B. Final observations before riding to make sure everything is safe and secure. |
| _____ Chain | C. Inspect brake pads for wear and ensure they touch the metal rim only, not the tire. Check brake cables and housing for wear and frayed ends. |
| _____ Quick | D. Check tires for wear and tear, bald spots, and cracks. Replace worn tires to prevent blowouts on the road. |
| _____ Check | E. Always check front and rear wheel release levers to be sure they are snug and closed. Ensure seat lever is secure. |

2. Draw & Label

Use the space below to draw a bike and label the tires, brakes, chain, and quick release levers.