

ABC QUICK CHECK



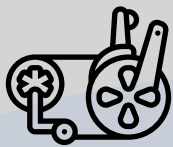
"A" is for Air:

Take time to check your tires for air before each ride. Pinch each tire to check the air pressure. If either tire is not firm you should pump it up to the recommended amount. This information is printed on the side of the tire (example: "40-60 PSI"). You should also check your tires for any large cuts.



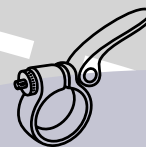
"B" is for Brake:

Don't wait until you need them to find out that your brakes don't work! Make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. If you have hand brakes, check the front and rear brakes one at a time by lifting one tire up at a time then squeezing the lever to make sure that the brake stops the wheel. The brake pads should be clean, straight and touch the metal rims - not the tires.



"C" is for Chain and Cranks:

Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal, not rusted or dirty. Make sure the chain isn't loose - it could fall off while riding.



"Quick" Refers to the Quick Release:

Some bikes have quick releases on the wheels or the seat post. Check to make sure they are tight and closed properly. The lever should point to the back of the bike so they don't catch on anything and accidentally release the wheel.

CHECK



"Check" your Bike:

The last part of the ABC Quick Check is checking over your entire bike. Inspect the bike for loose or broken parts. Tighten, fix, or replace them before you ride. Take a quick ride to ensure everything is working properly. Pay extra attention to your bike during the first few blocks.