



ABC QUICK CHECK

Learn how to do the ABC Quick Check before you ride – it's fun and easy!

Air—squeeze both tires; they should be hard and full of air.

Brakes—make sure they work in front and back and aren't rubbing on your tire.

Crank and chain—if your gears are sticking or slipping or if your chain is loose, take it to a bike shop.

Quick—check the “quick release” levers on the wheels and on the seat post, and other bolts to make sure they are tight



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