**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.