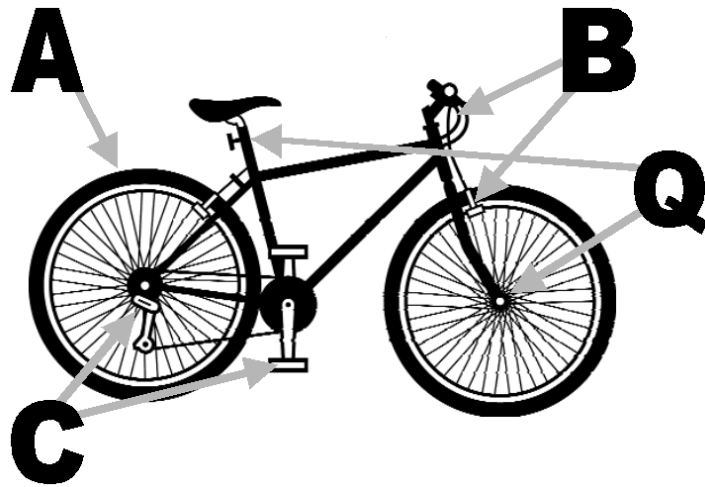


The ABC Quick Check

A is for Air
B is for Brakes
C is for Cranks, Chain and Cassette
Quick Check is for Quick Release



Direction: Carefully observe each checkpoint of your bicycle for safety. Please check the items that pass your safety inspection. If a checkpoint does not pass, describe the problems that could make the bicycle unsafe to ride.

<p>A is for Air Air is leaving your tires all the time! So pinch the tires to make sure they have plenty of air. If they appear low, pump them up to the recommended pressure on the side of the tire (or until they are firm.)</p> <p>_____</p>	<input type="checkbox"/>
<p>B is for Brakes You may be able to ride but can you stop? Push your bike to test your brakes. Does it stop quickly? (Your brakes may be foot brakes or handbrakes.) Remember when braking with handbrakes, to squeeze both equally and never only the front brakes (which can cause you to go over the handlebars).</p> <p>_____</p>	<input type="checkbox"/>
<p>C is for Cranks, Chain and Cassettes They're what make your wheels turn when your pedal. Lift the back of your bike and turn your pedals forward. The wheels should turn smoothly and there shouldn't be any odd noises. The chain should not be loose or rusty. Get chain lube from a store if needed.*</p> <p>_____</p>	<input type="checkbox"/>
<p>Quick Check Check the quick releases on the seat post and wheels to make sure they're secure. Then do an overall "quick check" to make sure the bike is ready to ride. Once you're done with the ABC's look over the rest of your bike and make sure everything looks secure and tight.</p> <p>_____</p>	<input type="checkbox"/>