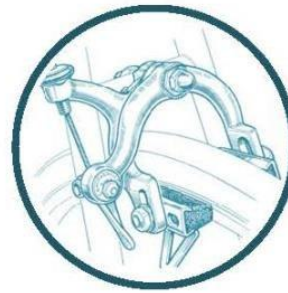


# ABC QUICK CHECK



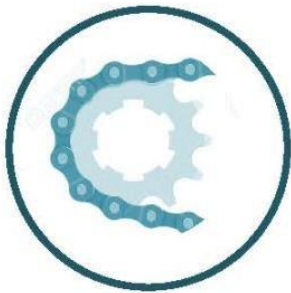
## Air

- Check everything to do with tires
- Are they inflated?
- Are they true (straight)?
- Is there any looseness in the axle bearings?
- Is the tread badly worn?



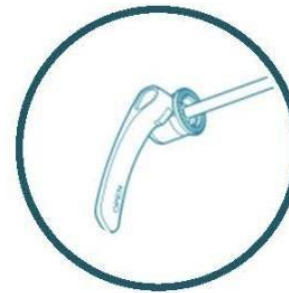
## Brakes

- Are the levers far enough from the handlebars?
- Are the brake pads in the proper position, not too worn?
- Do the brakes fully tighten on the rim?
- Are the cables worn?



## Chain and Crank

- Check the drive train
- Is the chain lubricated?
- Do the pedals spin freely
- Are the gear derailleurs in the correct position
- Is there any looseness in the bottom bracket?



## Quick Release

- Are the levers being used correctly?
- Are the nuts on the axles tight?
- Are the levers flush against the fork?



## Check is for Final Check

- Drop check to listen for loose parts
- Check the headset for looseness (apply front brake and rock the bike back and forth) Check handlebars for looseness (hold front wheel between knees and try to twist handlebars side to side, up and down)
- Check brakes as your ride off