



## THE ABC SPIN CHECK



### **A is for air:**

squeeze your tires- they should feel hard. Soft tires can cause flat tires, ruin your rims, make your bike hard to ride.

### **B is for brakes:**

squeeze your brake levers or, on some bikes, pedal backwards, to make sure you can stop your bike.

### **C is for chain:**

be sure the chain is slightly oily, not rusty, and makes a straight line across the bottom.

### **Spin is for spinning your wheels:**

make sure they don't wobble or rub on anything like the brake pads or the frame.