

RIDE SAFELY TO SCHOOL WEEK

8 - 12 Nov

Submit a photo of you completing your pre-ride check using the ABC Checklist and going for a bike ride to go in the running to win a Trek voucher.

A = Air

- ☐ Is there air in the tyres?
- ☐ Are the tyres in good condition?

B = Brakes

- ☐ Are the brakes in good working order?

Note: Bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and back brakes

C = Chain

- ☐ Is the chain clean, oiled and firm?
- ☐ Does the drive train and derailleur (if applicable) spin freely?

Tight

- ☐ Are the handlebars tight?
- ☐ Are the handlebars straight?
- ☐ Do the wheels and cranks move from side to side?
- ☐ Does everything stay in place with the 10cm drop test?



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