

LET'S GET GOING

Week Four

This week we focused on bike care.

Bike Care

- Check brakes before every use.
- Ensure bike tyres are inflated to correct pressure, which is written on side of tyre.
- If flat don't ride until pumped up.
- Oil the chain regularly and clean off dirt.
- Dry bike with an old rag or ride it and let the wind do all the hard work.



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