

# KIDS BIKES... SOME TIPS...

- Keep it Light...PICK IT UP...can you lift it?
- Keep it simple...single-speed for under 5s ...rear gears for 6+
- Quality pays! More fun, less fixing, better bits, better re-sale value...
- Buy from a good local bike shop!
- Try before you buy!



**NO SUSPENSION!!!!**  
It is heavy and doesn't really work for little people... They have SPRINGY LEGS ...Boing!!

**Brake levers..**  
These need to be alloy + have a light action and easy reach...

Great coffee and cakes...

**Gears need to be easy to use with little hands...**  
also you only need the right hand gears

**Seat Height**  
Plenty of growing room

**Frame size:**  
make sure they can ride it NOW... BUT is there room to grow...?

**Wheel Sizes... A very rough guide!**

12"	Toddlers
16"	YR-Y2
20"	Y1-Y5
24"	Y3-Y6
26"	Y4-Adult

COOL STICKERS!!!

How about Mudguards.. a rack perhaps?

How about Mudguards?

**Gears at the back, but not at the front...**  
Kids can't often use the front gear shifters on their bikes...

**Alloy Chainset with one chainring only.**  
kids find it difficult to change front gears... FACT!

**Alloy V-Brakes...**  
No SQUEALS!!!!

**RIGID FORK...**  
No suspension!

It is much lighter and like legs... arms are springy!!

Don't forget...  
Lock and Helmet!!

If you need any more help or advice, please contact a Sustrans Bike It Officer near you...

Ben.sherratt@sustrans.org.uk  
...BIKE IT BEN...  
...HAPPY CYCLING!

