

THE BEN TO THE SHORE BIKE TOUR BIKE INSPECTION CHECKLIST

Visual Inspection

- Look at the chain and pedal to assess its cleanliness.
- Look for frayed cable ends for all brake and derailleur cables. If frayed, trim end and replace end caps.
- Look closely at the tire sidewalls and treads for bulges, splits, cracks and dry rot. Replace as needed.
- Look for torn or damaged handlebar grips and saddles. Handlebar ends protruding beyond damaged handlebar grips can present a danger to yourself and other riders.
- If you are in doubt about anything take it to a professional bicycle mechanic.

Air

- Check all bike tires to make sure they are properly inflated before riding. Using a bike without *fully* inflated tires will quickly damage the metal rims and the tire itself.
- It is normal for inner tubes to lose air very slowly. Tires should be topped off periodically (as frequently as once a week).
- Using a bike pump is the preferred method to inflate your tires. Air compressors or gas station pump can often times over inflate and cause the tubes to explode. If they are your only option please use with caution.

Brakes

- Make sure the front and back brakes are connected and working properly.
- Squeeze the brake levers. You should be able to fit your thumb between the brake lever and the handlebars when the brakes are fully engaged.
- While rolling the bike forward, squeeze the back brake lever. The rear wheel should skid.
- While rolling the bike forward, squeeze the front brake lever. The front wheel should stop and the rear wheel should lift off the ground.
- Lift the bike up (one wheel at a time) and spin each wheel to make sure that the brake pads are not rubbing against the rim, tire or spokes. If the brakes rub on the rim they may need adjustment OR the wheel may need to be trued.
- Be sure that the brake pads are aligned correctly with the rim—this is easy to inspect visually.
- If any of these tests are a problem, you will want to have a bike professional look at the brakes before riding.

Chain & Crank

- Grasp onto one of the crank arms while holding the frame and check for side-to-side play. Do the same thing with the other crank arm.
- Lightly lubricate the chain.

Quick Releases

- Make sure that all the quick releases are secure. These may be on both wheel axles and the seat post clamp. They are a nut and bolt that are secured by closing the quick release's camming mechanism (the handle).
- They should close so that the pressure of closing the handle briefly leaves a white imprint on your palm. Adjust the tension by twisting the nut while the camming mechanism is open—do NOT try to adjust while the quick release is in the closed position.
- Be sure that the quick release is closed all the way and is not contacting the frame or fork (which may prevent it from closing all the way into the locked position).

Final Check

- Give the bike one final look over to make sure it is all set for your ride.
- Lift the bike about 4" and drop it, listening for unexpected rattles or noise.
- Take it for a quick ride around shifting through the gears and using the brakes to make sure they operate correctly.

OUT OF TOWN BICYCLE SAFETY CHECK

If you do not live close to one of our certified bike shops or prefer a bike shop not on our list, please bring this form to the shop of your choice.

Please note you only receive a free bike safety check at one of our certified bike shops. Taking your bike to a different bike shop is allowed, but you will be responsible for any associated costs.

Please fill out the "For Rider" section of this form before taking your bike to your preferred shop and ask your bike professional to sign the bottom of the form to verify you received a safety check.

Please bring this form to bib pick up to receive your bike inspection band and then fasten it to your bike like a wristband.

For Rider:

RIDER NAME:

BIKE SHOP NAME:

BIKE SHOP ADDRESS:

RIDER SIGNATURE:

For Bike Professional:

NAME OF INSPECTOR:

SIGNATURE OF INSPECTOR:

DATE OF SAFETY CHECK:
