

PRE-RIDE BIKE CHECK LIST

(To be completed by the rider on the day prior to the scheduled ride)



No	Component to be Checked	Possible Faults	Fine/Adjust/Repair
1	Frame	Crash damage	
2	Wheel nuts/quick release	Loose	
3	Hub	Too loose or too tight	
4	Spokes	Loose, bent or missing	
5	Brake cable tension	Too loose/tight, not releasing or not balanced	
6	Brake cable	Frayed	
7	Brake calliper	Loose	
8	Brake blocks	Loose, not aligned correctly, worn	
9	Tyre	Worn, cracked, damaged	
10	Rim	Out of true, brake surface worn, damaged	
11	Tyre pressure	Too high or too low; puncture	
12	Headset	Too loose, too tight or notchy	
13	Stem	Too loose	
14	Handlebars	Loose, not aligned correctly	
15	Brake Levers	Loose on handlerbars	
16	Gear Levers	Loose on handlebars	
17	Brake cable outers	Cracked, frayed on the ends, corroded	
18	Seat post	Loose, raised above maximum height	
19	Saddle	Loose	
20	Bottom bracket	Loose, grinding, seized	
21	Pedals	Loose, seized, bent	
22	Front derailleur	Not shifting or limits set incorrectly	
23	Chain	Rusty or seized, not lubricated correctly	
24	Rear derailleur	Not shifting or limits set incorrectly	
25	Other accessories	Loose, damaged, not working or missing	