



Bike Pre-ride check

This check list is assuming your bike has not been: sitting out in a field for months, has not been in a crash, run over, driven into your garage while on the roof rack of your vehicle, from 1967, or generally abused.

Tires: Worn, dry rotted, holes or areas that have cord showing, any sidewall cuts, excessive patching on tubes. Consider a sealant such as Stan's Notubes Tire Sealant if your valve will accept it (removable valve on presta type).

Wheels: Are they "true" (mount to bike and spin to detect and wobble from the brake calipers). Inspect spokes to see if any are loose or are showing stress at the hub or rim. Inspect spokes for any other damage. Inspect the braking surface for heavy grooves or concave surface (should be smooth and level). Axle in hub should feel smooth when rotated, if it feels crunchy or loose, take the wheel to one of the sponsor shops

Brakes: Pads still have vertical "grooves" and are worn even. Clean off any "glaze" with 180 grit sandpaper. Are they lined up with the braking surface on the wheel? Are the calipers square to vertical? Are they adjusted to the proper brake lever position for your hands?

Cables: do they stick or show fraying areas. Sticking or frayed cables are indicated by stiff shifting and delayed springback. Check the housings for cracks or splits.

Shifting: Does the bike shift properly through all the gears without hesitation or clattering.

Headset: Hold front brake on and move bike back and forth to detect if the headset is loose.

Chain: Check with a gauge or stop by one of our sponsor shops (any Bike Source or Evergreen Bicycle Outfitters) and they will check for you.

Bottom Bracket: grab one of the pedals and jiggle side to side. There should be no play in the "axle", or bottom bracket. If you have a carbon frame and your bike "creeks" when you put pressure on the pedal, get it checked as this could be a sign of a loose bottom bracket (along with many other possibilities).

Shoe Cleats, Pedals: Make sure they are not worn, cracked or have chunks missing. I have seen many people's rides end due to cleats and/or pedals in poor condition.

Frame/Fork: Visual inspection for any suspicious damage, cracks, etc.

General once-over: Jiggle, smack, bounce, visually inspect... Do you hear or see anything loose or rattling?.. Have it checked.

Clean it up for crapes sake: Some light degreaser, a little dish soap and a garden hose are all you need. Let it drip dry after you wipe it down. Do not use pressurized air to blow it off.

Lube, Lube, Lube: Chain, front and rear derailleur pivot points, brake caliper pivot points (but definitely not the pads you silly).

IMPORTANT: Make sure your bike has been fit. There is nothing more detrimental physically and safety wise than a poorly fitting bike.

If you have any questions please don't hesitate to contact [Evergreen Bike Shop](#) or me directly for information: Marty Albe, Altitude Cycling and Fitness) @ 303 679-1395 or by email at fitnessataltitude.com