

This is a basic mechanical checklist to help the student perform a basic and quick pre-ride or pre-workout check of the bike. The list is designed to take only minutes to perform, and is intended only as a guideline; procedures may vary with the individual bicycle. This checklist does not describe any repairs or fixes to the problems discovered. Its purpose is to help students become familiar with their machine and to identify problems.

PERSONAL ITEMS

Helmet:

Check for correct fitting of helmet on your cranium. Check that helmet straps have not loosened or moved. Check helmet for cracks.

Shoes:

Check condition of shoelaces, Velcro® or shoe closure systems.

FRONT WHEEL

Tire:

Squeeze sidewalls as a check of pressure. Do this daily to develop a baseline feel. Inspect tire wear at knobs, inspect for any cuts in tread or sidewalls.

Spin wheel:

Sight any wheel wobble at the rim. Some wobble is normal. From rim brake wheels, if rim clears pads, wheel is acceptable.

Skewer:

Pull out slightly on quick release lever to check and close fully to check the tightness.

Hub Bearings:

Grab rim and pull laterally to check for any side play or movement. There should be no movement.

COCKPIT and HEADSET

Headset:

Bounce front end and listen for rattling noise indicating something is loose, such as a headset. Grab front brake tight and push bike forward and back feeling for a knocking sensation.

Note: Suspension forks may develop play in the bushing of the legs and stanchions.

Handlebars:

See that bars and stem are aligned. Twist bars side to side, they should not move on fork. Attempt to rotate bars in stem. They should not move. Bar-end plugs must be present.

Grips:

Attempt to twist grips. They should not move.

Saddle:

Pull and down on front and rear of saddle to check for rocking. Twist saddle side to side. It should not move. Inspect molding of saddle for cracks.

BRAKES

Brake Levers:

Squeeze front brake lever and release. Repeat for rear brake. Both should feel firm. Levers should not bottom on bars without pads pushing against rim/rotor.

Rim Brakes:

Squeeze lever and inspect pad on rim. Pad should not strike tire. Inspect pad material. Pad should not be too thin.

Disc Caliper Systems

Spin wheel and inspect for rotor rubbing pads. Sight pads while hitting rotor and look for pad material remaining.

REAR WHEEL

Tire:

Squeeze sidewalls as a check of pressure. Inspect tire wear at knobs, inspect for any cuts in tread or sidewalls.

Spin wheel

Sight any wheel wobble at the rim. Some wobble is normal.

Skewer:

Pull out slightly on quick release lever to check and close fully to check the tightness.

Hub Bearings:

Grab rim and pull laterally to check for any side play or movement. There should be no movement.

DRIVE TRAIN & DERAILEUR SYSTEMS

Crankset and pedals:

Pull cranks ends left-to-right checking for play.

Chainrings

Spin rings and sight down, looking for bent or broken teeth. Look especially at largest ring.

Rear Derailleur and Shifter:

Put bike in bike stand and shift rear derailleur. Check indexing. Confirm settings with test ride.

Front Derailleur:

Check shifting at front chainrings. Confirm with test ride.

Chain:

Inspect chain for lubrication. Spin chain slowly and look for any deformed or odd-looking links.

FRAME

Inspect frame:

Look at tubing for any new dents, wrinkled tubing, or bent metal. Visually inspect all welded or bonded joints for any cracks. Look for cracks, punctures or de-lamination in carbon fiber.