

Pre-Race Maintenance Checklist

Race 1 - Lake Rebecca
 Race 2 - Detroit Mtn.
 Race 3 - Welch Village
 Race 4 - Duluth
 Champ - Mankato

1. Check tire pressure - my baseline is _____					
2. Lube chain - check if dry or clean & lube if needed					
3. Check wheel attachment - QR skewers or thru-axles (Please see a coach if not 100% sure of function)					
4. Check wheels for loose spokes					
5. Check cleat bolts on shoes for clipless pedal users (normally 4mm allen wrench)					
6. Check brake function - must be able to fully apply brake without lever hitting grip					
7. Check derailleur function - make sure you can shift into all of the rear cogs and front chainrings					
8. Make sure seatpost clamp bolt or QR is tight and saddle cannot move to left or right					
9. Make sure saddle clamp is tight and saddle does not move on seatpost					
10. Make sure headset is adjusted properly - apply front brake and move bike back and forth; should feel no play					
11. Make sure pedals are tight in crank - right side pedal is right hand thread, left side pedal is left hand thread (reverse) Please see a coach if you think this is an issue and you don't have proper tool					
12. No kickstands, bar-ends, or other loosely attached objects - per league rules					



7. Check derailleurs function

Rider Weight:

	< 100 lbs.	100 - 125	126 - 150	151 - 175	176-200	201-225	225 +
2.0"	24	26	28	30	32	34	36
2.2"	21 PSI	23	25	27	29	31	33
2.35"	20	22	24	26	28	30	32

Subtract 2 lbs. for the front tire

Subtract 2 lbs. for tubeless

Subtract 2 lbs. for muddy conditions