



Pre Ride Checklist

These are issues that could have developed since your last ride.

1. Pressurize Tires
2. Wheels Centred
3. Quick Releases Locked
4. Spin Your Wheels
5. Saddle Tight and Straight
6. Rear Derailleur Straight
7. Accessories Secure and Aligned
8. Drop Test (Drop the bike from about 5cm, locate and fix odd noises and rattling)
9. Test Brakes and Gears
10. Take Off

Post Ride Checklist

Most of these need time to fix. If you wait until before your ride, it will be too late.

1. Clean off dirt and wipe down.
2. Visual test. (paint chips, broken or loose parts)
3. Spin Your Wheels and check for:
 - a. Warps
 - b. Bearing noise.
 - c. Brake pad wear and alignment
 - d. Tire wear and damage.
4. Check rotating parts for play:
 - a. Hubs
 - b. Cassette
 - c. Pedals
 - d. Bottom Bracket
 - e. Head
5. Check suspension if applicable.
6. Check Cables.
7. Lube Chain. (Needs time to dry)
8. Drop Test (Drop the bike from about 5cm, locate and fix odd noises or rattling)
9. Repair or make notes of problems.
10. Replace consumables (patches, tubes, CO2, band-aids)