



BIKE CHECK

While the ride support teams are there to help you, we've designed this checklist to keep you on the road and reduce mechanical issues during your tour. You can use this as guidance to check up on the roadworthiness of your bicycle. As always, a full-tune up at your local shop is recommend prior to the tour. – RLCT Team.

System	Check-for	Comments
Set-up		
Saddle	Straight, Torqued (tightened) to Specification	
Handlebars&Headset	Straight , Torqued to specification, Bearings are smooth.	
Frame	No visible cracks or significant rust points	
Bag & Bottle carriers	Securely mounted	
Bell (mandatory)	Installed and working	
Lights (if attached)	Securely mounted and Charged	
Flat Tire Kit	Ensure you have the following: A Pump & CO2, 2 extra tubes of the right size, Tire Levers, A multi-tool and Chain lube	
Wheels		
Spokes	Properly Trued and Tensioned	
Rims	Check for rim wear and cracks	
Tires	Ensure Adequate Tread and Tire Life. Check Sealant Levels if TL.	
Hubs	Bearings are in good shape and wheel turns smoothly. Axles are tightened correctly.	
Drivetrain		
Chain	Check for Chain Wear with a chain checker. Ensure chain is lubed and clean.	
Cassette	Check for wear, tightness and clean.	
Derailleur	Ensure that gears operate smoothly, Verify limit screws, If wireless, ensure batteries are charged.	
Shifters	Ensure that shifter is working smoothly.	
Crank and BB	Ensure that cranks bolts and BB are torqued to specification. Ensure bearings are smooth.	
Pedals	Torqued to specification, Pedal bearings are smooth	
Brakes		
Brakes	Ensure for good breaking performance	
Pad/Discs	Check brake pad life and clear with rubbing alcohol.	

Prior to the ride, an ABCDE check should also be done as described in group riding clinics.