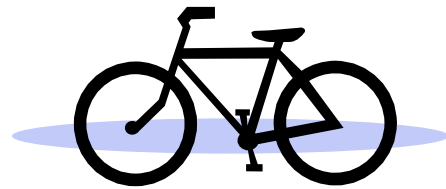




CyclingCentre.ca

Weekly Bike CHECKLIST



Checking for wear and tear and damage on a regular basis helps prevent mechanicals and keeps you safe. If you don't know how to do some of the items below send us a note or check in with Google/YouTube

BIKE CHECKS

- Push, pull, and put force on your handlebars to make sure they are secure
- Check your carbon bars for cracks where your computer mount and stem attach
- Push, pull, and put force on your seat to ensure it's secure. Check that the rails are correctly attached, look for cracks under your seat, and confirm your seat height is till correct.
- Check your frame for cracks or other signs of damage
- Check that your bottle cages are secure
- Check your brake pads for wear and that they are correctly installed and free of debris. Engage your brake levers and confirm that the shifters are not touching the handlebars and that the braking power is the same on each side.
- Look over your tires for damage. Many will have wear marks indicating when new rubber is needed
- Spin your wheels and check that they are true and that your brakes aren't rubbing
- Ensure that your skewers are correctly done up and secure
- Check that all your spokes have correct tension and that your hubs don't have play
- Check your bottom bracket and headset for creaks and movement

SHOE CHECKS

- Check that your shoe buckles are secure
- Check your cleats for wear and that all bolts are secure

SADDLE BAG CHECKS

- Check your saddle bag for damage
- Tubes in good condition and the correct valve length.
- Tire levers
- Patch kit
- Emergency money and ID
- Multi tool with all attachments for your bike (including tool for disc brake bikes)
- Derailleur hanger

BIKE CLEANING

- Once a week clean your bike, or after riding in the rain
- Lube your chain and pulleys

BIKE SHOP MAINTENANCE

- Once a year replace your chain (or more often if you ride a lot), cables, and housing
- Tune-up your bike once a year
- Overhaul your bike every few years