

## Pre-Ride Checks

---

### **Every ride**

1. Check the general condition of tyres. Look for cuts and damage, removing embedded debris that could cause punctures
2. Check tyre pressure; inflate to the recommended pressure
3. Check that axle nuts / quick releases are tight and secure
4. Pull brake levers hard, ensuring that brakes are functioning correctly
5. Pull front brake lever hard and attempt to push the bike back and forth, inspect for play in the headset and in the stanchions of suspension forks
6. Bounce the bike on the ground gently, listening for any unusual rattles. This will highlight any loose components or bearings that need attention
7. Visually check the chain to ensure it is not dry or damaged
8. Clean and relubricate the chain and other drivetrain components if dirty
9. On bikes with a freewheel mechanism, pedal the bike backwards to ensure proper freewheel functionality
10. If the bike is equipped with a rear derailleur, visually check derailleur hanger alignment

### **Every 100 miles / 160km**

1. Clean the bike
2. Check chain elongation is under 0.75% using a suitable chain checker
3. Inspect cable housing for cuts/splits
4. Inspect brake blocks/pads for wear, and remove any embedded shards of road debris or rim material from brake blocks which may accelerate rim wear
5. Check tyre tread and wear
6. Check proper functionality of your emergency pump
7. Push rim from side to side, checking hub bearings for play
8. Check wheels are true
9. Check suspension and shock for free plush travel and inspect stanchions for damage
10. On air-sprung suspension bikes, check and set correct pressure using a shock pump

### **Every 500 miles / 800km**

1. Push crank arms from side to side, checking bottom bracket bearings for play
2. Lubricate pivot points on derailleurs and brake callipers
3. Check gear cable functionality. Relubricate cables if necessary
4. Check torque of crank and chainring bolts
5. On full suspension bikes, inspect swing arm pivots for play and check bolt torque
6. After cleaning, closely inspect the bike frame for any cracks or anomalies
7. After cleaning, closely inspect rim for cracks around spoke holes
8. If using rim brakes, check calliper alignment

### **Every 1000 miles / 1600km**

1. If using rim brakes, check braking surfaces for wear
2. On loose-ball, cup and cone style hubs, service or replace hub bearings, cups and cones
3. If using clipless pedals, inspect shoe cleats for wear
4. Remove seatpost / seat mast, clean and reinstall to correct torque using correct lubrication / assembly gel
5. Check pedals are tightened to correct torque

### **Every 3000 miles / 4800km**

1. On sealed cartridge bearing hubs, replace cartridge bearings
2. Remove tyres and inspect rim tape covers holes, is properly aligned and is structurally sound
3. Replace all cables and cable housing