

Bicycle Inspection Sheet



You are **required** to have your bike inspected by a certified bike shop.
You must bring this sheet with you when you drop off your bike for inspection and have it signed by the bicycle mechanic.

The American Lung Association recommends you tune-up your bike in early spring for training, then do your inspection. For the 2015 Cycle the Seacoast, Papa Wheelies Bicycle Shop offers free inspections beginning March 1, 2015.



TREKKER NAME _____

BICYCLE MAKE AND MODEL _____

Note: If your bicycle is a tandem, please write all participant names and trekker numbers above.

STEERING

- Stem bolt tight
- Levers and shifters attached
- Grips, tape and end plugs okay
- Headset adjustment okay
- Cables and housing inspected

WHEELS AND BRAKES

- Wheel secure in dropout
- Bearings adjusted properly
- Tire inflated and checked for seating and wear
- Wheels true, round and tensioned
- Brakes adjusted
- Brakes centered

BOTTOM BRACKET

- Bearings adjusted
- Crank bolt tight
- Pedals secure and adjusted

SHIFTING

- Chain checked
- Derailleur adjusted
- Shifting okay
- Frames and welds checked
- Seat rail and attachment checked

HELMET

The Cycle the Seacoast requires all participants to wear a helmet while cycling. Helmets should be no more than five years old and need to fit properly. Do the "Eyes, Ears, Mouth Test" each time you go cycling.

- Eyes.** Looking up past your eyebrows, you should see the very edge of the helmet.
- Ears.** The straps should meet right under your earlobes.
- Mouth.** When buckled, the strap should be loose enough so you can breathe and insert two fingers between it and your chin, but tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

Inspector Name: _____
Store: _____
Date: _____
Notes: