



## **Bike Maintenance Checklist**

Thanks to our wonderful STC Bike sponsors who are on site on event days to assist with any mechanical issues.

**Hobart STC: Bike Ride, 93 Harrington Street Hobart**

**Devonport STC: Derrico Cycles, 156 William Street Devonport**

The following checklist list has been provided to help ensure that bikes are in safe working order prior to the Schools Triathlon Challenge.

### **Brakes**

- Brakes must be adjusted to an extent that operating the brake lever will produce sufficient power to stop the bicycle.
- Cables must not have any visible signs of fraying. Cable ends should be fitted.
- Brake pads must be in a suitable condition to stop the bicycle
- All securing bolts and nuts must be present and correctly secured.
- All bicycles must have an operating front and rear brake.

### **Handlebars**

- All securing hardware must be present and in tight and sound condition.
- Handlebar plugs must be fitted to the end of bars.(no open unprotected bars)
- There must be no visible signs of damage to either handlebar or head stem.

### **Frames**

- There must be no visible signs of structural damage to the main frame and front forks of the bicycle.

### **Helmets**

- All participants must wear an Australian approved BICYCLE helmet.
- Helmet must be in sound useable condition.
- Straps must have working buckle.
- Shell must have no sign of structural damage.

**# Please, also make sure your tyres are pumped up before you arrive at the event**

**NOTE:** Other maintenance, such as gear adjustments, truing buckled wheels etc can also be completed to help with the performance of your bike.

If you have any queries regarding the above checklist, or your bikes safety, set up or maintenance or you would like a new bike please feel free to drop in or give them a call **Bike Ride 0362 316202, or Derrico Cycles 0364 243121**

Staff will be happy to talk to you and get your bike running safely and smoothly.

Please ensure your bike is serviced and in a good working order before you turn up to complete the Schools Triathlon Challenge 😊