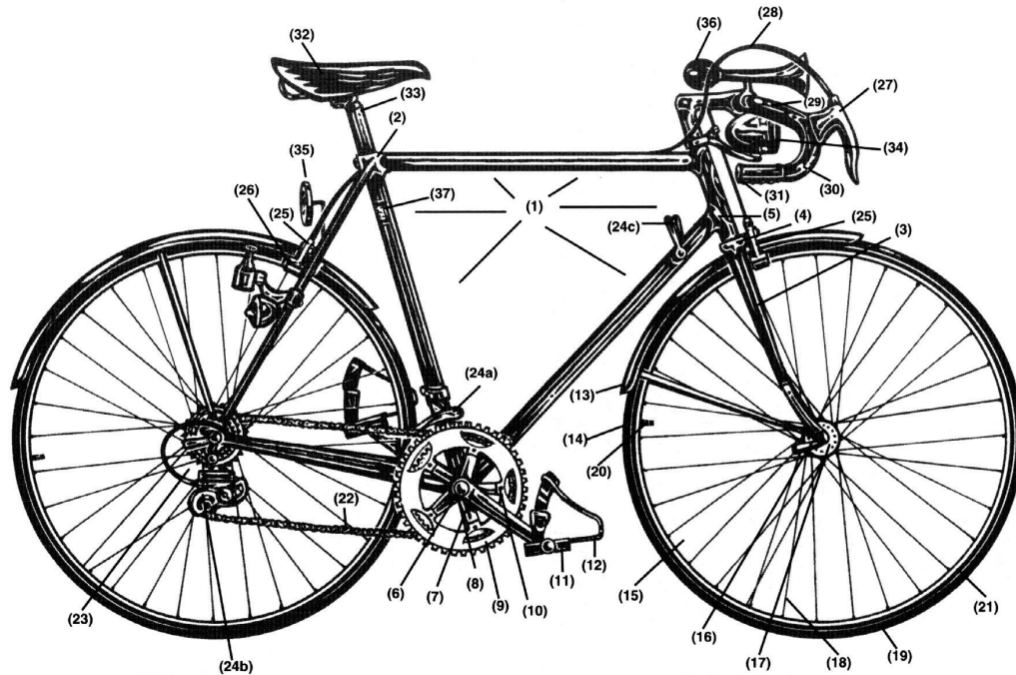




CYCLING

Bicycle Safety Checklist



- ___ Frame (1) - Clean and not bent out of shape. No cracks at Frame Joints (2).
- ___ Front Fork (3) - Clean and not bent out of shape. No cracks at Fork Joints (4).
- ___ Headset Bearing (5) - Well lubricated; turns freely with no binding. No perceptible play in the assembly.
- ___ Bottom-Bracket Bearing (6) - Turns freely with not more than barely perceptible play in the bearing.
- ___ Crank Arms (7) - Clean and not bent out of shape. Tightened securely on the Crankset Axle (8).
- ___ Chainrings (9) - Clean, not worn, and not bent out of shape. Chainring Bolts (10) tightened securely to hold Chainrings to Crankarms.
- ___ Pedals (11) - Bearings well lubricated; turn freely with no perceptible play in the bearing. Pedals tightly screwed into Crankarm. Toe Clips (12) functional.
- ___ Fenders (13) - Clean; tightly attached without rattling or rubbing against the Tires (14).
- ___ Wheels (15) - Run true and round. Wheel nuts tight. Closed and tight quick-releases (16). Centered in form or frame members.
- ___ Wheel Bearings (17) in hubs - Well lubricated and properly adjusted to move freely with no more than barely perceptible play.
- ___ Spokes (18) - None broken or bent. Tightened to a uniform tension.
- ___ Tires - Good Tread (19). Valves (20) completely airtight. Properly inflated to recommended pressure.
- ___ Rims (21) - Clean of all oil and grime. Free of dents or kinks.
- ___ Chain (22) - Proper tension, allowing 1/2 inch of play. No stiff links. Clean, lubricated, and wiped of excess lubrication.
- ___ Gearing (23) - Clean and oiled. Three-speed gears adjusted to eliminate all slipping. Front (24a) and Rear (24b) derailleurs adjusted for proper shifting with Shifters (24c).
- ___ Brakes (25)
 - Coaster - Even braking. Operate within a 20-degree back-pedaling motion.
 - Hand - Even braking. All nuts tight. Front and rear brakes work without binding. Minimum of 3/16 inch of rubber on Brake Pads (26). Brake pads aligned with rims and contact rims with a minimum of movement of Hand Controls (27). No squeal when brakes are used.
- ___ Cables (28) - No frayed ends. No broken strands. All taut.
- ___ Handlebars (29) - Tightened securely. Grips (30) not worn; fit snugly. Adjusted to comfort of rider. Ends (31) plugged. In line with wheel.
- ___ Saddle (32) - Height, tilt, and fore/aft position adjusted to rider. All adjustments securely tightened. Seatpost (33) not extended beyond maximum mark on post.
- ___ Lights (34) - Front light visible for 500 feet. Generator or battery in good operating condition.
- ___ Rear Red Reflectors/Lights (35) - Visible for 300 feet. Lights/Blinkers functional with generator or batteries.
- ___ Bell or Horn (36) - In good operating condition. All accessories well tightened and securely fastened. No broken frames or fasteners..