

PRE-RIDE CHECKLIST

- Clean Components / Lube
- Tire Check
- Wheel Spin Check
- Brake Check
- Skewer / Spoke Check
- Headset / Stem Check
- Shifting Check
- Seat / Seatpost Check
- Stem / Seat Alignment Check
- Shoe Cleat / Pedal Check
- Helmet (ANSI Approved)
- Water
- Food / Energy Bars
- Wind Breaker / Rain Gear
- Eye Protection
- Gloves
- Spare Tube
- Tool Kit / Tire Irons / Pump
- Phone / I.D. / Money
- No Loose Clothing