

# Pre-event Cycle Check

PASS	FAIL	BICYCLE
		Frame & Form - ensure there is no structural damage
		Front & Rear Brakes adjusted properly as to stop the cycle brakes must be on each wheel
		Front & Rear Brake pads need to be above the minimum wear line
		Tyres - ensure there is no casing damage or large cuts, glued tyres must be properly glued
		Wheels True
		Bearings for bottom bracket and wheels and head sets should not have excessive play
		Handle Bars—ensure handle bars are tight and are fitted with bar end plugs
		Seat & Seat Post—ensure is tight and no damage to post
		Additional—Ensure bottle cages are firmly screwed in, pump and additional accessories are secure
		<b>HELMET</b>
		Helmet must be standards approved and free from any defects



Top Gear Cycles are offering free bike checks during the month of February.

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