

Fortnightly check

The following checklist should take no longer than 30 minutes.

Check	Done
Check the wheels are true and securely attached to the frame and forks.	
Check tyre pressures are correct.	
Check that there are no splits, cracks or excessive wear in the tyres.	
Check for embedded glass, thorns or other debris that may cause a puncture.	
Check handlebars and stem are tight and that the headset rotates smoothly.	
Check that gear and brake levers are secure.	
Check that the brakes are working effectively and are clear of debris, and that the blocks are in-line with the wheel rim and not excessively worn. Note: most brake blocks have wear indication marks.	
Check frame and forks for any faults or cracks which may reduce the strength of the bike.	
Check that the cranks and pedals are tight and that there is no excessive play in the bottom bracket.	
Check saddle and seat post are secure and at the correct height.	
Check front and rear gears are working correctly and that fasteners holding cables are secure. Replace any frayed cables.	
Clean, de-grease and re-lubricate bike ready for next ride.	
Remember to do a listening and snag check.	

This checklist is for general help and advice only. It is not designed to replace the handbook supplied with your bike. If bike maintenance is not your bag, seek advice and service from a qualified cycle mechanic.