

BIKE CHECK FORM

The M check

Follow the strokes of the M to check the bike over from Front to back

SADDLE

Check if tight
Correct height
Check max extension mark

GEARS (if fitted)

Derailleurs do not foul the wheels
All gears can be selected
Do not slip

CHAIN

Chain remains on chain wheels and sprockets
No excessive play in the chain
No signs of rust or stiff links

FRAME

Adequate clearance when heels on the ground
No evidence of wrinkled paintwork

BRAKES

All components tight
No cables frayed
Blocks clear of the rims
No excessive pull required with the levers
Brake levers reached easily

HANDLEBARS

Alignment with front fork
Tightness

FORKS

No Movement between frame
No wrinkling of paintwork
No evidence of backward bending

FRONT WHEEL

Wheel nuts and quick-release tight
Centralised in frame
No spokes missing or loose
Bearings tight
Rims running free

TYRES

Check condition
Check inflation pressure

