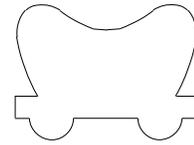




Troop 456

Bicycle Checklist



Go over your bike using the checklist shown below. Get help from your Mom or Dad or an older brother if you need it. Try to correct as many problems as possible before you bring your bike in for inspection.

We will not be doing any night riding so it is not necessary to have a headlight on your bike, but it's not a bad idea to have one for other times you may need it. You should, however, have a reflector on the rear of your bike. Also, since we will encounter pedestrian traffic on some parts of our bike hike, we would highly recommend the use of a bell or horn.

You may wish to have some means of carrying a small amount of "luggage" on your bike. You may want to be able to carry a poncho, water bottle, snacks, tires patching kit, small repair tools, etc. You could have a front mounted basket or bag, a bag that hangs behind the seat, panniers (saddle bags), or some such means for carrying the above mentioned items. Although support vehicles will be available in some areas, you shouldn't depend on them to carry these items because they may not be available at the location when you need them. Remember the Scout Motto: **BE PREPARED.**

- Frame-** Clean and not bent out of shape.
- Front Fork-** Clean and not bent out of shape.
- Steering Bearing-** Well lubricated; turns freely with no binding; no looseness
- Pedal Crank-** Turns freely with very little play in the bearings.
- Pedals-** Bearings well lubricated. Tightly screwed into crank. Replace worn pads.
- Fenders-** Clean; tightly attached without rattling or rubbing against tires.
- Wheels-** Run true without wobbling. Wheel nuts or quick-release tight.
- Wheel Bearings-** Well lubricated and properly adjusted to spin freely with only a small amount of play.
- Spokes-** All present and straight; tightened to a uniform tension.
- Tires-** Properly inflated to recommended pressure. Good tread. Valves tight.
- Rims-** Straight; free of dents or kinks.
- Chain-** Proper tension. Clean, oiled, and wiped dry.
- Gearing-** Clean and oiled. Derailleurs adjusted properly.
- Brakes - (Coaster)-** Even braking. Operate within a 20-degree backpedaling motion. (Hand)- Even braking. All nuts tight. Minimum of 3/16-inch thickness of rubber on shoes. Front and rear brakes each work well without catching or squealing. Brake shoes aligned with rims and hit with a minimum movement of levers.
- Cables-** No frayed ends or sections. No broken strands. All cables taut.
- Handlebars-** Tightened securely. Grips not worn, fit snugly. Adjusted to comfort of rider.
- Seat-** Height adjusted to rider. Securely tightened. Appropriate cushioning.
- Lights-** Front visible for 500 feet. Fresh batteries and spare bulb.
- Rear Reflector or Light-** Visible for 300 feet. The newer flashing red rear lights are highly recommended.
- Accessories-** Well tightened and securely fastened.