

## Tips for SUCCESS!

**Set your goals:** Sign up for Party Pardee today before they sell out. We will have leaders doing both routes, long and short.

\*Protective equipment **MUST be worn on all rides**. If you do not have it you will not be allowed to ride with the team that day!

§ \*Helmet

§ Gloves

§ Glasses- eye protection

### **Before hitting the road....**

1. Inspect bike in general for any loose parts or bolts that could cause a problem during ride
2. Tires – air pressure – too much or too little is not good. See label on sidewall for recommended amount. On hot days pressure will increase slightly as the tire picks up heat from the road.
3. Wheels – must be securely fastened by quick release or nut. Wheels should be true. They should not wobble when you spin them.
4. Chain – make sure it's cleaned and oiled.
5. Gear shifting smooth and positive.
6. Brakes – Brake levers should be secure and immovable with moderate side pressure. The levers should not depress as far as the handlebar and they should return freely when released. The brake pads must simultaneously hit the rim surfaces and not contact the tire. Make sure the wheels spin freely, but stop once brakes are applied. Check brake pads are not torn or worn to the wear line. If you have no wear marker then they should be replaced if the hollow spaces are gone.
7. Cables – The cables should not be frayed or torn and their housing not kinked. Broken cable strands mean that the whole cable must be replaced.
8. Headset – Must be adjusted so that it is free to move without play. Straddle bike, with both hands on bars and front brake locked. Rock bike back and forth, there should be no clicking feel in the bars
9. Drive Train – All gears must be working. The chain must not derail from either the chain rings or the rear sprockets when you shift. Check cog/chain wear on uphill grades or with moderate pressure, if the chain hops over the cog the system must be serviced. Derailleur must be fastened securely to the

frame and be adjusted so as not to shift the chain into the spokes or into the chain stay. There should not be any stiff links in the chain

10. Bottom Bracket – Should be adjusted to move freely without play.
11. Crank – make sure it spins smoothly and doesn't have any cracks in it.
12. Seat – make sure it's tightened to the frame and in a comfortable position.
13. Handlebars – These should be securely fastened. Full body weight on the brake hoods should not result in any slippage. Handlebar plugs should be present at the bar ends. Make sure they are aligned with the front wheel and the wheel turns properly with the handlebars. Check handlebar tape.
14. Pedals – must be fastened securely to the cranks. They should rotate freely.
15. Water Bottle Cages – must be fastened securely and free of cracks.
16. Shoes – cleats must be fastened securely. Velcro, laces, or other closures must be functioning and not dangling.
17. Accessories (such as pannier racks, lights, fenders) – must be fastened securely.

***\*\* Remember that Folsom Bike is available for tune ups, equipment, advice, training, etc!!***