

Station F – Frame And Fit

**Bike Must Meet
Items marked “Safety”
must be correct or bike
must be flagged as
“flunked”**

Frame and Fit	
Frame:	
Are all tubes in-line and free of dents, bends, and kinks?	
Front Fork:	
Is the front fork straight, and in good condition?	Safety
No play between fork and frame?	
Fork turns freely inside of headset?	Safety
Handlebars:	
Height of grip below driver’s shoulder level (seated)?	Safety
Handlebar is in line with front wheel?	
Handlebar does not move when you hold the front wheel between your legs and try to twist the handlebar?	Safety
Grips tight, in good condition, ends of the handlebars covered?	
Size - Fit of bike to driver:	
Can driver straddle the frame with both feet flat on the ground?	Safety
Height of Seat – Beginner – Seated cyclist can place feet on ground? Experienced - Seated cyclist can put ball of foot on the pedal at its lowest point? (Leg fully extended, but without rocking hips)	
Seat in good condition and does not move when you grab hold and try to twist it side to side or up and down?	Safety

Station A – Air and Wheels

**Bike Must Meet
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A – AIR	
Front Wheel	
Tire (inflation): Inflated properly and valve stem straight?	
Tires (casing): Good tread and no sidewall damage?	Safety
Rims: No dents, twists, or kinks?	
Spokes: Good tension, none missing and all tight?	Safety
Alignment: When spun, wheel is true and centered in the stays?	
Bearings: Wheel spins freely and evenly and does not wiggle?	
Rear Wheel	
Tire (inflation): Inflated properly and valve stem straight?	
Tires (casing): Good tread and no sidewall damage?	Safety
Rims: No dents, twists, or kinks?	
Spokes: Good tension, none missing?	Safety
Alignment: When spun, wheel is true and centered in the stays?	
Bearings: Wheel spins freely and evenly and does not wiggle?	Safety

When pumping tires inflate Only to sidewall rated pressure.

Station B – Brakes

**Bike Must Meet
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<u>B</u> - Brakes:	
Coaster brakes:	
Brake arm attached to the frame?	Safety
Brake operates within 20 degrees of horizontal? (pedals)	Safety
Brakes operate effectively and smoothly?	Safety
Hand brakes (front and rear):	
Brake lever tight (3/4 inch reserve when brake shoe is engaged)?	Safety
Cable taut, no breaks, no frayed ends (open the brake lever and check for fraying near the anchor ball at the end of the cable)?	
Caliper brakes centered and tight?	
Nuts tight on brake shoes?	Safety
The <u>open</u> end of the brake pad holder, if any, faces the <u>rear</u> ?	Safety
At least 3/16-inch rubber on shoes?	Safety
Brake shoes meet the rim squarely?	Safety
Front and rear brakes operate effectively and smoothly?	Safety

Station C – Crank and Chain

**Bike Must Meet
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C – Cranks and Chain (Powertrain)	
Crank and pedals:	
Crank turns freely and evenly, no looseness or binding, not bent?	
Pedals tight, intact, no binding, free spinning?	Safety
Chain:	
Chain clean and free of rust, lubricated ?	
Non-derailleur model: 1/2-inch play, no excessive looseness?	
Non-derailleur model: chainguard secure, free of chain?	Safety
Derailleurs:	
Shifter operates properly?	
Derailleur operates properly?	

Station Q – Quick Releases

**Bike Must Meet
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Quick – Quick Releases	
Hubs – Closing the lever makes an impression on your palm.	
Brakes – Closed, brake pads aren’t rubbing the rim.	
Seat – Closing the lever makes an impression on your palm.	
Check for quick releases used as wing-nuts	Safety