BICYCLE SAFETY INSPECTION FORM

Maine Cancer Foundation’s Tri for a Cure

Bring this completed form (stamped by an official bike shop) to registration, and jump to the Speedy Check-In Lane of the Main Transition Area; avoiding an on-site bike inspection.

We strongly encouraged you to have your bike inspected by a bike shop, but it is not required for participation. We will have bike support at the event, however they are not equipped to do maintenance on your bike other than minor repairs. FOR SAFETY REASONS, IT IS IMPERATIVE THAT YOUR BIKE BE IN GOOD WORKING CONDITION TO COMPETE IN THIS EVENT.

TFAC PARTICIPANT NAME (printed clearly)________________________________________________

BICYCLE MAKE AND MODEL_________________________________________________________

STEERING
- Stem bolt tight
- Levers & shifters
- Grips, tape & end plugs
- Headset adjustment
- Cables & housing inspected

WHEELS & BRAKES
- Wheel Secure in dropout
- Bearings adjusted properly
- Tires inflated
- Tires checked for seating & wear
- Brakes adjusted & centered
- Wheels true

BOTTOM BRACKET
- Bearings adjusted
- Crank bolt tight
- Pedals secure & adjusted

SHIFTING
- Chain checked
- Derailleur adjusted
- Shifting OK
- Frames and welds checked
- Seat rail & attachment checked

HELMET (for your information only)
Tri for a Cure requires all participants to wear a bike helmet while cycling. It is really important that your bike helmet fit properly.
- Looking up past your eyebrows, you should see the very edge of your helmet.
- The straps should meet right under your earlobes.
- When buckled, the strap should be loose enough so you can breathe and insert two fingers between it and your chin

Please Print Clearly:
INSPECTOR NAME____________________________________________________________

STORE_______________________________________________________________________

DATE______________________________

STORE STAMP
(Not valid unless stamped)