

# 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

## SHIFTING

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

## WHEELS & BRAKES

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

## 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

## BOTTOM BRACKET

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

Please Print Clearly:

INSPECTOR NAME \_\_\_\_\_

STORE \_\_\_\_\_

DATE \_\_\_\_\_

STORE STAMP

(Not valid unless stamped)