

Daily Bike Checklist

- **Is your helmet** in good condition and fits you well? At the Peak we recommend the use of full-face helmets, and other protective equipment. Torpedo7 are onsite to help with any extra last-minute needs you may need.
- **Take a look over your bike** parts & frame for cracks or any other damage.
- **Test the brakes.** Engage the brake levers to make sure they are functioning properly. They should snap back into position after letting go. Have you got enough brake pads for lap after lap?
- **Tires OK?** Make sure the tires are inflated appropriately for you and the conditions. Check for cuts, tears, and rips and replace if necessary.
- **Spin the wheel.** It should spin freely without wobbling and there should be no rubbing with the brake pads.
- **Secure the wheel.** Most mountain bikes have quick release levers or a simple Allen key axle, these should be securely tightened.
- **Secure the headset.** To test if the headset is secure, apply the front brakes while gently tilting the bike forward and back (your rear tire should raise up and down). Listen for knocking, which is a sign of a loose headset. Tighten if necessary.
- **Handlebars safe?** They should have end plugs & grips should be tight and not slipping.

If you're unsure if your bike is suitable to be riding the trails up the Peak, pop in & see our friendly onsite Torpedo7 team. They can look after most usual repairs or send you out on a new season's Giant rental bike.