

Daily Bike Checklist



Is your helmet in good condition and does it fit you well?

At the Peak we recommend the use of full-face helmets, gloves, elbow and knee pads. 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 your brakes.

Engage your 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 multiple laps?



Tyres OK?

Make sure your tyres are inflated appropriately for you and the conditions. Check for cuts, tears, and rips and replace if necessary.



Spin your wheel.

It should spin freely without wobbling and there should be no rubbing with the brake pads.



Secure your wheel.

Most mountain bikes have quick release levers or a simple Allen key axle. These should be securely tightened.



Secure your headset.

To test if your headset is secure, apply your front brakes while gently tilting your bike forward and back (your rear tyre 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.