

# MOUNTAIN BIKE & X TERRA TRIATHLON

## COMPULSORY BIKE CHECKLIST



Bike checks can be completed between 9:00am 01 February 2018 and 5.00pm 9 March 2018 – do not bring your gear in early, as it cannot be checked before this time. Once your Bike check is complete you will receive a sticker for your bike. You will need to present your helmet & bike (with sticker attached) at registration to receive your start number.

**NO BIKE & HELMET CHECK, NO START!**

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The following items are compulsory and must be taken to the Mountain Bike Check. To read about the Mountain Bike Check in more detail refer to the second page of this document.

- Mountain Bike:** *Must be adequate for the purposes of an endurance mountain bike event, in good condition and be free of defects.*
- Helmet:** *Must be adequate safety standards approved and free of defects.*
- Tool Kit:** *Must contain two spare tubes, a bike pump, a multi-tool, tyre levers, patch kit and a chain breaker (that you know how to use). A speed link/spare chain link is also useful.*

# WHAT'S BEING CHECKED DURING YOUR BIKE CHECK?



## HELMET

Interestingly, more helmets than bikes have failed the bike check over the years. Modern helmets are only designed to withstand one major impact so by throwing them on the ground or in the back of the truck you may render your helmet useless. Sun and heat cause additional wear and tear to helmets, breaking down the materials from which they are made. Your helmet will be checked for the following:

- A good fit** – many riders' helmets are fitted too loosely making them ineffective. Your bike check retailer will ensure that your helmet is fitted securely and safely. We also recommend a helmet with rear bracing.
- No cracks in the body of the helmet**
- No delamination of the outer layer** due to sun or heat damage
- No damage to any of the straps**
- No defects of any buckles or strap webbing**

## CHAIN & COGS

The bike ride is uphill for the majority of the race, placing a lot of pressure on your chain. The cold water river crossings at the end of the race will also affect your chain. It's worth making sure that your chain and cogs are in good condition to ensure you have a great ride.

When your chain is stretched by not changing gears properly it means it can break more easily and may not function properly. It also may have damaged and excessively worn your cogs, causing it to slip and again not function correctly, maintaining these items will help prevent accidents caused by bike failures. It will be up to the bike mechanic and their judgement as to whether the chain requires work or replacement.

## BRAKES

Your brake pads must be in good enough condition to last the length of the event. The wear on your pads needs to be above the minimum line – if it's below this line your brake pads will need to be replaced for safety reasons.

## TOOL KIT

Not only should you carry the following – you should also know how to use it. There will not always be someone nearby to help you if you get a flat tyre or your chain breaks. Ask a biking friend or your bike check retailer for advice if need be.

- Two spare tubes** - correct size!  
*(If using tubeless tyres ensure sealant is refreshed every 2 months and carry at least one tube as an emergency back up)*
- Bike pump** strapped securely (or in your backpack)
- Multi-tool**
- Tyre levers**
- Patch Kit**
- Chain Breaker** (spare chain link/speed link is also useful)

## GENERAL BIKE SAFETY

- Bike Frame** – No structural damage or corrosion to bike frame, handle bars and seat posts
- Tyres & Pressure** – No big cuts or damage to tyre casing. Optimal tyre pressure for your particular tyres and the day. Most previous competitors have run on quite a high pressure due to dry, fast conditions
- Seat Post** – Tight, with no damage. Don't be the person having to bike the course without their seat!
- Handle Bars** – Must be tight and have handle bar bungs
- Overall Bike** – No excessive play in bottom bracket, head sets, wheel sets or suspension mechanisms
- Additional** – Ensure bottle cage/s are firmly screwed in, pump secured with velcro strap (or in your backpack) and repair kit is securely fastened. Bits falling off your bike is a good way to go down and to bring others down too.

**Bike & Gear in great condition helps ensure you have a great day!**