

16. Reflectors:

- Front, rear, wheels and pedals

15. Cables:

- Replace rusted or seized cables
- Crimp caps on cable ends

14. Steering:

- Check loose play by rocking bike with front brake applied
- Tighten bar and stem bolts

13. Brake calipers:

- Grease stiff pivots
- Replace cracked, brittle or worn pads
- Center pads
- Check cable tension

12. Rims

- True to ~1 mm

17. Grips/Bar Tape:

- Replace if worn, gooey, filthy, etc. Use compressed air (no knives or liquids)

18. Brake levers:

- Should snap back when released
- >20 mm clearance when squeezed

1. Frame and Fork:

- Check for bends & cracks
- Tear down if defective/damaged

2. Seat:

- Replace or add seat cover if worn or torn

3. Tires:

- Recycle if worn, cracked or showing cords
- Reseat if wobbling

4. Hubs:

- Adjust loose cones
- Inject grease if stiff
- Check lug nuts or skewers for torque

5. Derailleurs:

- Replace if broken
- Straighten if needed
- Adjust cable tension & stops

6. Spokes:

- Check for loose or broken spokes

7. Inner Tubes:

- Replace if flat
- Valve stem perpendicular to rim

11. Cranks:

- Wiggle crank arms to check for play
- Check for worn (hooked) chain rings

10. Pedals:

- Replace if cracked or bent

9. Kickstand

- Add if needed
- Ensure mounting bolt is tight

8. Chain:

- Measure; replace if stretched or badly rusted
- Lube (tenacious oil)

