






 **SAFE RIDES START WITH SMART HABITS.** Use this checklist to keep your bike dialed, your gear reliable, and yourself visible on every ride. Small steps. Big impact.

BEFORE EVERY RIDE (60-SECOND CHECK)

-  **TIRE PRESSURE** – Check with a gauge.
Road: 70–100 PSI | Gravel: 30–50 PSI | MTB: 18–35 PSI
-  **BRAKE TEST** – Squeeze levers, roll forward, test front & rear. Listen for issues.
-  **WHEELS SECURE** – Check quick releases or thru axles are tight and fully secured.
-  **SPIN THE WHEELS** – Look for wobbles, rub, broken spokes, or debris.
-  **DRIVETRAIN CHECK** – Shift through gears. Listen for skipping, hesitation, or noise.
-  **VISIBILITY CHECK** – Lights on (front & rear), bright apparel, reflectors.
-  **HELMET CHECK** – Proper fit, level, snug. Replace if damaged or 3–5+ years old.

EVERY SEASON (3–6 MONTHS)

-  **DRIVETRAIN INSPECTION** – Check chain wear and cassette/chainring wear.
-  **BRAKE SYSTEM SERVICE** – Bleed (hydraulic) or replace cables (mechanical).
-  **SUSPENSION SERVICE (MTB/GRAVEL)** – Service forks and shocks.
-  **VISIBILITY GEAR UPDATE** – Replace dim lights or faded gear. Stay seen.

EVERY 3–5 YEARS

-  **REPLACE HELMET** – Even without crashes.
-  **INSPECT CARBON COMPONENTS** – Check for damage. Replace if in doubt.
-  **REPLACE SHOES/CLEATS** – Worn shoes affect control, comfort, and safety.

MAINTENANCE TRACKER

LAST CHAIN REPLACEMENT _____
 LAST CASSETTE REPLACEMENT _____
 LAST TIRE INSTALLATION _____
 LAST TUNE-UP _____
 LAST HELMET PURCHASE _____
 BIKE PURCHASE DATE _____



WEEKLY

-  **CLEAN THE BIKE** – Dirt hides problems. Wipe down and inspect while cleaning.
-  **LUBRICATE CHAIN** – Use the right lube for conditions. Wipe off excess.
-  **INSPECT TIRES** – Check for cuts, glass, embedded debris, and wear.
-  **CHECK LIGHTS & ELECTRONICS** – Charge lights, computer, radar, and batteries.

MONTHLY

-  **CHECK ALL BOLTS** – Use a torque wrench. Stem, bars, seatpost, cranks, rotors, cleats.
-  **INSPECT BRAKE PADS** – Replace before they get too thin.
-  **CHECK CABLES & HOUSING** – Look for fraying, corrosion, or sticking.
-  **INSPECT CLEATS & PEDALS** – Replace if worn or engagement feels inconsistent.

EVERY YEAR

-  **PROFESSIONAL TUNE-UP** – Full inspection, bearings, headset, BB, wheel truing, torque check.
-  **REPLACE WORN TIRES** – Rubber ages. Don't wait for a problem.
-  **REPLACE BAR TAPE OR GRIPS** – Improve control, comfort, and confidence.
-  **REASSESS HELMET** – Technology improves. Replace older helmets.

ROAD RIDE ESSENTIALS

Don't leave without these.

- | | | | |
|---|--|--|--|
| <input type="checkbox"/>  HELMET | <input type="checkbox"/>  FRONT LIGHT | <input type="checkbox"/>  REAR LIGHT | <input type="checkbox"/>  ID / EMERGENCY INFO |
| <input type="checkbox"/>  FLAT KIT | <input type="checkbox"/>  PHONE | <input type="checkbox"/>  NUTRITION & HYDRATION | <input type="checkbox"/>  WEATHER APPROPRIATE |

RIDE SMART. RIDE SAFE.

- Ride predictably and follow traffic laws.
- Claim your space on the road.
- Be visible: lights on, bright kit, stay alert.
- Assume drivers don't see you.

