



# Pre-Ride MTB Check

*A Library Survival Guide*

## LISTEN AND FEEL FOR LOOSENESS IN YOUR BIKE



### 'DROP TEST' YOUR BIKE

Pick bike up off the ground a couple of inches and drop to the ground (while holding on to the handlebar), let bounce. Listen for excessive looseness and rattling--isolate issues and address.



### TORQUE & TWIST YOUR BIKE

With both tires on ground, twist and torque bike back and forth, feeling for looseness in wheel hubs--isolate issues and address.

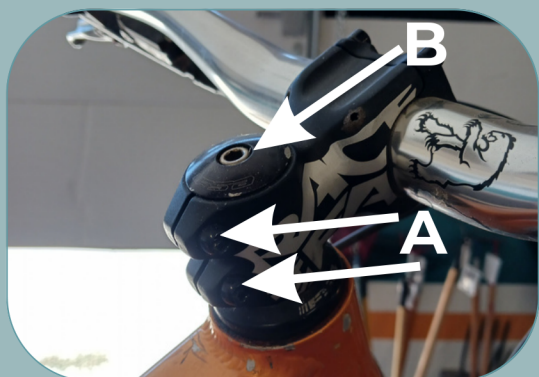


### CHECK HEADSET FOR PLAY

Apply front brake and wrap other hand around headset and headtube while pushing bike fore and aft--feel for looseness and tighten as appropriate.



#### TIGHTEN HEADSET--THREADLESS



For loose threadless headsets: Loosen stem bolts (A), tighten top cap (B), then align stem, handlebars, and front wheel and tighten stem bolts (A)

#### TIGHTEN HEADSET--THREADED



For loose threaded headsets: Loosen locknut (C) while securing race (D) in place, finger tighten race (D), then tighten locknut (C). The stem bolt (E) adjusts stem height/alignment.

## OTHER 'CHECKS'!!



### CHECK TIRE PRESSURE

Either do a pinch test or check tire pressure with a gauge. Generally, you can run lower pressures in a tubeless system, higher if running inner tubes!



### CHECK FOR TIRE SEALANT

Remove wheel and shake it at head level--listen for sloshing. If no sloshing is audible, then remove valve core and add sealant!



### CLEAN & LUBE DRIVE TRAIN

Apply degreaser to the entire drivetrain (every component the chain touches including the chain itself); wipe off excess or better yet, clean with soap and water, then let dry. Apply lube to chain; wipe off excess.



Don't get degreaser or lube on your brake pads or rotor! Cover them with a rag and be cautious!



### CHECK BRAKE PAD WEAR

From above the disk brake caliper, look at both brake pads and the brake rotor. If the thickness of the pads are less than a dime's think about getting new ones before your next ride. Remove brake pads if you can't see the pads while inserted into caliper. Rim brakes usually have a wear marker that you want to stay above.



MORE

DERAILLEUR & SUSPENSION CHECKS



CHECK THE STRAIGHTNESS OF DERAILLEUR

Is the derailleur cage straight and parallel to the cogs of the cassette? If not, either bend the derailleur hanger or cage straight!



ARE THE GEARS INDEXED CORRECTLY?

If your bike isn't shifting well, your shifter may not be indexed correctly. Adjust the index by turning the barrel adjuster!



The barrel adjuster is a bit counter-intuitive. Loosening the adjuster will lengthen the cable housing which will tighten the cable. Soooo...

...turning barrel adjuster counter-clockwise...

...will tighten r.derailleur cable (pulling derailleur towards the next easier gear)

SET THE SAG ON YOUR SUSPENSION (PLUS COMPRESSION & REBOUND)



SET SAG

Sag is the amount of shock compression under your body weight only (and whatever else you may be carrying with you!). Shoot for a 25%-30% sag--i.e., 25%-30% of the stanchion should be compressed under just your body weight.



Need more sag?  
Release air from shock/fork 10 psi at a time.

Need less sag?  
Pump air into shock/fork 10 psi at a time.



ADJUSTING COMPRESSION & REBOUND

Blue dials on your bike's suspension adjust the compression. Red dials on your bike's suspension adjust the rebound. Set the rebound to fastest speed w/o lifting your tire off the ground (front). You might adjust the compression multiple times on a ride--feel it out and experiment with it!



= (-) = Less Damping = "Open", "Fast" & "Plush"



= (+) = More Damping = "Closed", "Slow" & "Stiff"

ADDITIONAL CHECKS--BONUS!!



CHECK FOR CHAIN 'STRETCH'

Using a "chain checker" gauge, check for excessive wear of chain. Remember, if the chain checker indicates .5 or greater, it's time to get a new chain!



FANNY PACK/BACKPACK

Don't forget to bring helpful tools and sustenance! Here are some things that will help when life slings you a turd of a day on the trail:



Small bike pump



Multi-tool



Tire plugs & spare tube



Tire levers (2)



Snacks and H2O

