

Mountain Bike Pre-ride Checklist

1. Wheels

- Tire pressure
- Spoke tension
- Thru-axle/Quick release check
- Rotor Bolt check
- Sealant

2. Drivetrain

- Crank/pedal check
- Chain lube check
- Derailleur hanger check
- Clutch
- Derailleur mounting bolt check

3. Frame and bolts

- Shift/brake lever mounting bolt check
- Stem faceplate bolt check
- Stem steertube bolt check
- Linkage bolt check
- Caliper mounting bolt check
- Seatpost clamp bolt check
- Saddle mounting bolt check

4. Suspension

- Suspension

For more information go to

<https://cripplecreekbc.com/pages/mountain-biking-pre-ride-checklist>