

Marshall County High School
416 High School Road
Benton, KY 42025

Coach Jayson 270.703.4281

Coach Brent 270.564.3306

Marshall County Mountain Bike Team

Pre-Season Bike Checklist

(To be completed by your local bike shop)

- _____ Frame check for cracks / wear
- _____ Brake pad check
- _____ Brake rotors check
- _____ Brake levers and shifter lever check
- _____ Shifting and gear changing check
- _____ Stem bolts check
- _____ Seat Post clamp check
- _____ Chain wear / replacement check
- _____ Front & Rear cassettes wear check
- _____ Wheels – bearings good - truing / balance check
- _____ Tires – good shape ~ need replacing
- _____ Bottom bracket service
- _____ Fork and Shock service ~ air pressure check
- _____ General overall bolt tightening check

Bike Shop Initials _____ MC Rider Initials _____ Coach Initials _____

Date _____