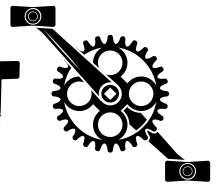




# SPRING BIKE CHECKLIST



## Get Your Bike Ride-Ready!

- Give it a bath.
- Check your tires for wear, cracks, and debris.
- Add sealant if they're tubeless, and give them a good spin!
- Test your brakes. Do you need new brake pads? Are they worn down, dried out, or cracked?
- Clean and lube your chain
- Tighten up any loose bolts, like the ones on your water bottle cages.
- Take a short test drive

## Refresh Your Saddlebag

- Co2 and pump
- Spare tube and self-adhesive patches
- A couple of dollars (a dollar bill can double as a tire boot)
- Multi-tool
- Tire level/chain tool with a master link
- Compressed camping towels and First Aid items
- Emergency gel
- Spare battery

## Adjust Your Cycling Shoes, Cleats, and Helmet

- Check the bolts on your cleats to make sure they haven't come loose.
- Put on new cleats or adjust their positioning if needed.
- Make sure your cycling shoes still fit well and feel good!
- Check your helmet to make sure it isn't expired, cracked, or broken.
- Adjust the straps so that it fits just right.

## Sort Your Cycling Kits

- Make sure kits all fit well and don't have holes.
- Repair or replace any that are in bad shape.

## Order Your Favorite Ride Snacks

## Do Some Strength Training

## Charge Up Your Cycling Computer and Lights

- Update your bike computer and charge your bike lights.
- Check out your routes - do you need some fresh places to ride?

## Sign Up for Races and Events

- Check out [bikereg.com](http://bikereg.com) for major events
- Check in with your local cycling group on [meetup.com](http://meetup.com) and Facebook
- Check in with your riding pals and see how they're doing

## Practice Good Sleep Habits Now

## Set New Goals and Dream Big

