



TIPS FOR BIKE CHECK

In order for each competitor to be eligible to race, their bike must meet certain safety standards. We have included a list of what the bike check volunteers will be looking for, so that the parent or competitor will ensure that the bike will pass bike check before race day.

We highly recommend taking your bike to a shop for a tune up before the triathlon. At the very least, please ensure you check the bike for the following, and correct any problems before race day. The bike is the competitor's (and parents') responsibility and we only CHECK for obvious problems that would endanger the competitor or others. This list is not exhaustive and other safety checks may be performed. Please help us ensure race day goes smoothly for everyone.

Important Note: We will be enforcing the bike check rules consistently and rigorously. If a competitor's bike fails to pass, and is deemed unsafe by the bike mechanic, **they will not be allowed to race using that bike.** There is no appeal process to the Race Directors, or to OAT. There are no race fee refunds if the competitor's bike fails the safety check.

Repairs may or may not be available on site.

Please note: AERO BARS AND/OR CLIPLESS PEDALS ARE NOT ALLOWED

BIKE CHECK LIST

1. Check handlebars for tightness. They should not twist in the stem.
2. Stem must be tightly bolted on with no spin movement.
3. Brake levers should be on tight with no movement.
4. Brake levers should not be able to touch the handlebar when brakes are applied.
5. Brakes must not touch the rim when released.
6. Brakes must be tight enough to lock the wheels.
7. Saddle and seat post must be tightly secured. They should not move with moderate force.
8. Wheels should be straight and have no play in the hub. (No lateral movement)
9. Tires should not have any holes or excessive wear (cracks ,etc)
10. Quick releases should be properly done up and secure.
11. Handlebars must be plugged or covered.
12. Kick stands should be removed or taped up to bike out of the way.
13. Everything should be on securely and there should be no unnecessary accessories.

If you have any questions about your child's bike ability to pass through bike check, please take it to a professional bike shop and ask. Don't be refused entry into the race.

HELMET CHECK

All competitors must wear approved helmets on the bicycle course.

The chin strap must be snug enough to only allow two finger widths between the chin and the strap. This will be checked before the race. Chin straps must be fastened before removing the bike from the bike rack.

Chinstraps must remain fastened until the bike has been returned to the bike rack.