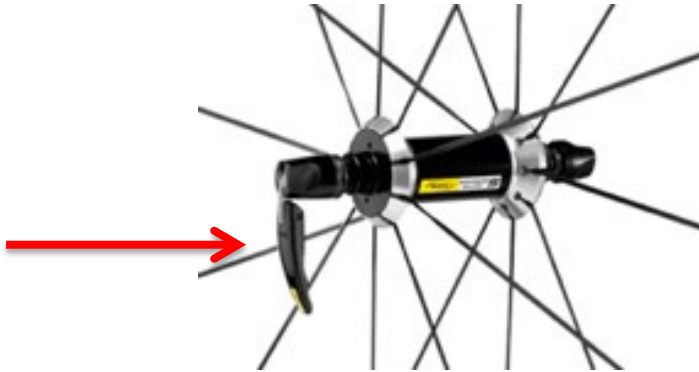


Bike Checks at Transition

- 1) Most important, make sure that the wheel skewers are tightened correctly. Give them a pull and make sure they are pushed tight!



- 2) Check brakes are working correctly. Pull both to see action.



- 3) Check bar ends are plugged.



Bar end plugged or taped.

- 4) Check tyres are not soft. Recommended tyre pressure is stamped on the sidewall of your tyre.