

# Anchor House ‘Ride for Runaways’

## Mechanical Checklist

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Dear Shop Manager,

Your customer, \_\_\_\_\_ will be participating in this year’s Ride for Runaways. This is a week long, 500 mile road ride that endures all kinds of weather and terrains imaginable.

We have *recommended* a complete and thorough overhaul, rather than a tune-up, so your customer’s bike will be prepared for the rigors of this ride. It would be greatly appreciated if you and your staff gave this bike extra special attention during the overhaul process.

Attached is a guideline checklist to help ensure all details are covered in this process.

We thank you in advance for all your help in ensuring a smooth ride for everyone.

The REI Technical Team

Bike Manufacturer and Model: \_\_\_\_\_

Mechanic Sign-off: \_\_\_\_\_

### Frame

- Inspect for excessive wear or damage (Please note any major blemishes)
- Welds - inspect for cracks
- Carbon fiber - inspect for cracks

### Drivetrain

- Disassemble, clean, inspect cranks for excessive wear or damage
- New Chainrings installed (if needed)
- New Cassette installed (if needed)
- New Chain installed (if needed)
- Chain - lube
- Chain length - check
- Final adjustments - make as necessary
- Drivetrain - test

### Bottom Bracket

- New Bottom Bracket or new Bearing - install (if needed)
- Final adjustments - make as necessary
- Bottom Bracket - test

### Headset

- Inspect for excessive wear or damage
- Bearing - replace and pack with grease (if needed)
- Handlebars tighten (bolts - lube and torque)
- Final adjustments -make as necessary
- Headset System - test

### Shift Levers

- Inspect for excessive wear or damage
- All pivot points - lube
- Shifter levers - test

### Front Derailleur

- Inspect for excessive wear or damage
- All pivot points - lube
- New cable (highly recommended)
- New cable housing (highly recommended)
- Cables - pre-stretch
- Final adjustments - make as necessary
- Shifting system - test

### Rear Derailleur

- Disassemble, clean, inspect for excessive wear or damage
- All pivot points - lube
- Pulleys - inspect for wear and lube
- New cable (highly recommended)
- New cable housing (highly recommended)
- Cables - pre-stretch
- Final adjustments - make as necessary
- Shifting system -test

## Wheels

- Rims - clean and inspect for cracks, excessive wear or damage
- Nipples - inspect for wear
- Spoke tension - test
- Trued
- Dished
- Hubs - Bearings - replace and pack with grease (recommended)
- Quick Release levers - inspect and lube
- Final adjustments - make as necessary
- Wheel system - test

## Brake System

- Clean and inspect for excessive wear or damage
- New Brake pads (recommended)
- New Cables (highly recommended)
- New Cable housing (highly recommended)
- Pivot points - lube
- Final adjustments - make as necessary
- Brake system - test

## Pedals

- Clean and inspect for excessive wear or damage
- Pivot points - lube
- Check cleats for excessive wear
- Pedal system - test

## Computer

- Bracket and wiring inspect for loose, exposed, or frayed wires
- Replace battery (recommended)
- Computer system - test

## Saddle

- Saddle height - mark before removing
- Seat post - lube

- Binder bolt - lube
- Seat bolt - lube
- Final adjustments - make as necessary
- Saddle - test

*Following manufacturer specifications, please use a torque wrench on the following:*

- Crank Bolts
- Chainring Bolts
- Pedals
- Seat post Bolts
- Stem and Handlebar Bolts
- Brake Fixing Bolts
- Derailleur Fixing Bolts

**Comments:**

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