



Random Safety Checks will consist of the following at each event;

RIDERS PLEASE

Be aware it is the race managements aim to check at least one bike per team at random every week. So please take up the **FREE AVANTI PLUS** offer and get your gear a free safety check prior to each event.

List that will be checked at each event is;

Handle Bars

The handle bars connect to the stem on the bike. The check will be to make sure the stem bolts are tight against the handle bars by placing hands on the brake hoods and pushing down with body weight to make sure they do not move.

Stem

This connects to the forks steerer tube. The check will be made by placing the front wheel between the legs and placing the hands on the brake hoods and twisting them either way. No moving should occur

Brakes Work Correctly

The brakes are very important part of stopping, 3 things will be checked. 1. Brake levers do not travel too far when pulled in. 2. Brake pads are not completely worn down. 3. Inner/Outer cables are in good looking order.

Seat & Seat Post

The seat must be connected to the seat post tightly and the seat post must be tight in the frame. To check these place hands on the seat and turn left & right and up and down. Not movement should occur.

Lights

Please check the race rules regarding lights

Wheels & Quick Releases

Your wheels need to be in good working order, nice and straight and go round without hitting the brake pads. To check these lift the bike and spin the wheels. The quick release must be 'closed' not screwed up, they work on a basic cam system, to tighten correctly hold the quick release, screw the nut on the other end in until finger tight then to finish off 'close' the quick release, if it does not close all the way, unscrew the nut slightly until the quick release closes correctly.

Cleats on your shoes

The cleats on your shoes wear out very quickly if you walk around in them, they can be worn down in one day if you walk around enough. Most cleats have 'wear marks' on them so as you wear the cleats down a different colour dot comes through, when you see these please replace the cleats as soon as possible. The most common result of not changing worn cleats is a rider 'pulling their foot' which basically means the riders foot comes out of the pedal at a time which is not normally required and normally ends up with the rider crashing. This is something we do not want to happen so checks will be done by looking at the cleats on each foot.

Helmets

Your helmet **MUST** fit correctly, we do not want to see helmets sitting forward or back on your head if we see this we will assist in fixing them, but please be aware if the helmet is not correctly fitted the rider will not be permitted to start the event.

If you have any questions please call either;

Race Manager – Troy Campbell – 021 508 877 or please visit your local **AVANTI PLUS** Dealer who is more than happy to give you a **FREE** check of the above things.



 **Waitakere**

Cnr Lincoln Rd & Universal Dr, Henderson
Phone: 09 837 0680
Email: waitakere@avantipluscycles.co.nz
Website: <http://www.avantipluscycles.co.nz>

 **Cycle City, Manukau**

45 Cavendish Dr, Manukau
Phone: 09 262 1043
Email: steve@cyclecity.co.nz
Website: <https://www.cyclecity.co.nz>

 **Mt Eden**

66 Mt Eden Rd, Mt Eden
Phone: 09 630 1201
Email: mteden@avantipluscycles.co.nz
Website: <http://www.avantipluscycles.co.nz>

 **North Shore**

133 Wairau Rd, Off Currys Lane, North Shore
Phone: 09 444 3638
Email: northshore@avantipluscycles.co.nz
Website: <http://www.avantipluscycles.co.nz>

 **Waipuna, Mt Wellington**

25 Levene Place, Waipuna
Phone: 09 570 8912
Email: shop@avantiplus.net.nz
Website: <http://www.avantiplus.net.nz>