

Bike & Color: \_\_\_\_\_ Race # & Name \_\_\_\_\_

Check-in by: CJ CH TJ SB

Work by: CJ CH TJ SB

QC : CJ CH TJ SB

SEE BACK FOR MORE INFORMATION

1	<b>ASSEMBLE</b>			<b>2 USA TUNE</b>		
3	<b>FRONT Derailleur</b>	Limits	Indexing	Height & rotation	R&R	
4	<b>FRONT shift lever</b>	R&R cable/hous'n	Lube lever / cable	Lever R&R		
5	<b>Fr. CHAIN HOLDER</b>	Adjust / align	Install	R&R	Fabricate details on back	
6	<b>REAR Derailleur</b>	Limits	Indexing	Clean / lube	J-wheel R&R G T	Overhaul
		R&R	Hanger align	Hanger replace		
7	<b>REAR shift lever</b>	R&R cable/hous'n	Lube lever / cable	Lever R&R		
8	<b>REAR CHN Tensioner</b>	Adjust / align	Install	R&R	Fabricate	
9	<b>Fr. Brake Caliper</b>	Pad adjust	Pad R&R	Caliper O'haul	Caliper R&R	Bleed
10	<b>Fr. Brake lever</b>	Housing R&R	Cable R&R (bleed)	Lube: lever / cable	Align / secure lever	
11	<b>Rear Brake Caliper</b>	Pad adjust	Pad R&R	Caliper O'haul	Caliper R&R	Bleed
12	<b>Rear Brake lever</b>	Housing R&R	Cable R&R (bleed)	Lube: lever / cable	Align / secure lever	
13	<b>FRONT TIRE</b>	Air PSI:	Tube R&R	Rim Strip	Tire R&R	
14	<b>FRONT WHEEL</b>	TRUE kgf:	HUB adj.	HUB O'haul	Build (see back)	
15	<b>REAR TIRE</b>	Air PSI:	Tube R&R	Rim Strip	Tire R&R	
16	<b>REAR WHEEL</b>	TRUE kgf:	Cog R&R	HUB O'haul / freehub R&R	HUB adj.	Build (see back)
17	<b>CHAIN</b>	R&R	Lube	Add Links	% wear:	
18	<b>CHAINRING</b>	R&R	Secure chnring bolts	Align bent teeth	Align bent chainring	Install plate
19	<b>BOTTOM BRACKET</b>	Secure	R&R	Adjust	Overhaul	
20	<b>CRNKARM</b>	Secure ft. lbs:	Tap pedal thread	R&R		
21	<b>PEDALS</b>	R&R	Adj. bearing	Lube release	O'haul	Adj. release
22	<b>HEADSET</b>	Adjust	Overhaul	R&R		
23	<b>STEM</b>	Secure	Align	R&R		
24	<b>BARS</b>	R&R	Plug ends	Trim off:	Secure binder	
25	<b>GRIPS</b>	R&R	Secure/glue	Trim off:	Safety wire	
26	<b>BAR ENDS</b>	R&R	Secure @ angle:		Grip R&R	
27	<b>Front Suspension</b>	Clean slider externally	Overhaul	Tune details on back		
28	<b>Rear Suspension</b>	Air psi:	Secure / ck pivots	Chg. Oil w:	O'haul	Tune details on back
29	<b>SADDLE &amp; POST</b>	R&R saddle	R&R post	Secure rail	Secure post	Lower/ raise: