



All participants in the

Indian Valley Family YMCA Youth Triathlon

are required to have their bicycle in proper working order before attending the event. Please take your participant's bicycle to your local bicycle store and have them fill out the checklist below.

- Handle bars and stem tight
- Seat tight
- Axle nuts tight on wheels
- Brakes in proper working order
- Proper amount of air in tires
- Bottom bracket bearings adjusted properly
- Head set bearings adjusted properly