

MID SCL-Quest Week Bicycle Check List Form

Seal Beach Bicycle Ride Thursday, July 9

The Quest Week: Seal Beach Bicycle Ride is a fun and doable bicycle ride for middle school age students. This is not a race. We have had students of all skill levels complete this ride. As long as your child's bicycle is in good working condition and is adjusted to fit them properly they will have a wonderful time. The ride is about 16 miles.

We start at Grace First Church and carefully make our way along the Carson Rd. sidewalk to the San Gabriel River Bike Path. Once we are on the bike path it is an easy and direct ride to Seal Beach. In Seal Beach we carefully ride along the shoulder of the road to our destination at Seal Beach Pier.

During the ride we have at least five leaders riding with the group. They are dispersed throughout the group of riders. Several leaders will have materials to repair a flats on the road. We have one driver waiting at the church with the church van in case of an emergency. The van has bicycle racks. Around lunch time the driver will bring the lunches to Seal Beach in the van.

To ensure that your child has a good experience please take the time to do a basic check of his or her bicycle. Sign this form and turn it in before Thursday, July 9.

To take part in this event each participant must turn in a completed form.

- Tires: Check tires for severe cracks, inflate tires. Check for slow leaks and ensure that tires will hold air pressure
- Seat Height: check for comfortable seat height, adjust accordingly, at the bottom of the pedal stroke the knee should be slightly bent
- Chain: check to make sure chain is clean and lubed
- Derailleur: If your child's bike has multiple gears make sure the derailleur(s) is properly adjusted and is functioning.
- Brakes: If the bike uses hand brakes make sure the brake pads do not rub or stick
- Water Bottle: Bring a water bottle! If the bike doesn't have a water bottle cage wear a backpack and place a water bottle in the backpack. Do not try to attach a water bottle to the bike or handlebars with wire, improper clamps, etc...This is very dangerous. A water bottle is crucial in the hot summer sun.

I have checked my child's bicycle and verify that it is in good operating condition for the bicycle ride.

Parent's/Guardian's Signature:_____ Date:_____