If you choose to enter the Cooloola Triathlon, then you must ensure that your bicycle is safe and roadworthy. If you arrive on the day and you bike is found to be unsafe and therefore unroadworthy, then you WILL NOT be allowed to compete. To avoid disappointment, have your bike checked before race day.

Things to check:

- **BRAKES** – It is important that both front and back brakes are in good working order. Make sure brake rubbers are tight. Bikes with foot brakes should be checked.
- **CHAIN** – Make sure this is well lubricated and tight with sprockets in good order.
- **HEADSET** – There should be no looseness or clunking in this area and headsets should be firmly secured.
- **TYRES** - Correct tyre pressures should be used with tyres having good tread on them. Tyres that are cut or with little tread should be replaced.
- **WHEELS** - Should not be buckled and should be secured.
- **GEARS** – Make sure these are set correctly and lubricated.
- **FRAME** – Check for cracks and damage.
- **SEAT** and **SEATPOST** - Should be tight. Check that the seat height is correct and comfortable for the rider.
- **HANDLEBARS** – Should be tight and at a comfortable position for riding.
- **HELMET** – All bike riders must wear an approved helmet that fits securely. The strap must be properly adjusted. Caps cannot be worn underneath helmets.
- **SHOES** - Must also be worn when riding.

*By doing a simple safety check prior to race day you may prevent an unnecessary accident or being denied entry of your bike into the race.*

An orientation and training session is hoped to be organised. Please contact Mr Anthony Schofield (Gympie West SS) for details of this.

Students may wish to bring their bikes along, so that their set-up can be checked during the session. A training program for individuals and teams will also be discussed at this time.

Students are again invited to take their bike to Pedal Power (Race Sponsor) to have it checked before the Cooloola Triathlon. They are offering special rates for competitors. Competitors are reminded to make sure their bike is roadworthy. Bikes that do not pass the safety inspection upon check in will NOT be permitted to race!