

2015-16 VBT LEADER BASIC TECHNICAL SKILLS

Leader Candidate Name:

Date:

PART I - All VBT Trip Leader Applicants must be able to do the following list. Please place your initials in each box to confirm you are able to perform each skill listed below and return this document with your application

Remove both wheels, change flat tires & reinstall wheels on both hybrids and road bikes.

Remove and install both pedals. Tighten to proper torque.

Adjust saddle fore and aft positions, saddle tilt and saddle height (identify max height). Proper torque on seat post quick release.

Basic understanding of how to adjust a rear derailleur.

Demonstrate maximum stem height, in line with front wheel and tighten properly.

Adjust stem angle 30/40 degrees on a hybrid and 10/20 degrees for a road bike.

Rotate handlebar positions.

Install & adjust brake pads to proper alignment to rim.

Brake lever adjustments.

Basic knowledge of bicycle anatomy

Essay: Please answer the essay questions below using as much detail as needed

1. In what position should the rear derailleur be before removing or installing the rear wheel and why?
2. When replacing a flat tire tube what should you do to ensure the replacment tube will not again puncture?
3. How do you align a new brake pad with the rim and what are some tricks to quiet noisy or squealing brakes?

PART II - All VBT Trip Leaders must be able to perform these skills before going on tour

Leader Candidate Name:

Date:

Remove and install chain using power link

Remove and install new derailleur cable

Identify a loose or tight headset.

Properly adjust front and rear derailleur.

Demonstrate proper bike lubricating technique.

Demonstrate proper bike cleaning technique.

Return bike to "Comfort Zone".

Remove and install mirror on road and hybrid bikes.

Demonstrate the proper fitting of helmet and guest on bike.

Demonstrate the proper van and trailer loading technique.

Demonstrate the proper van and trailer driving technique.