



2024 Inspection Information

The American Lung Association recommends you tune-up your bike in early spring for training, then do your inspection. The sponsoring bike shops for the Trek Across Maine will begin offering free bike inspections to registered trekkers after March 1, 2024.

We would like to encourage you to use one of our sponsoring bike shops! If you are located out of the State of Maine you may visit your local bike shop to complete the inspection.

Cycle Mania

info@cyclemania1.com

65 Cove St, Portland ME 04101
(207) 774-2933

REI

jjandai@rei.com

90 Rock Row, Suite 100, Westbrook ME 04092
(207) 591-2160

Ernie's Cycle Shop

bjw207@yahoo.com

105 Conant Street, Westbrook ME 04092
(207) 854-4090

Sidecountry Sports

shop@sidecountrysports.com

481 Main Street, Rockland ME 04841
(207) 701-5100

Gorham Bike & Ski

dave@gorhambike.com

693 Congress St, Portland ME 04102
(207) 773-1700

The Rusty Crank

service@rustycrank.com

14 Maine Street, Suite 0102A, Brunswick ME 04011
(207) 844-8392

L.L.Bean

sclark2@llbean.com

57 Main St, Freeport ME 04032
(207) 552.7670



Bicycle Inspection Sheet



You are **required** to have your bike inspected by a certified bike shop. You must bring this sheet with you when you drop off your bike for inspection and have it **SIGNED and STAMPED** by the bicycle mechanic.



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Return form to:

Mail: ALAME, 122 State Street, Augusta, ME 04330

Fax: 207-626-2919

TREKKER NAME _____

BICYCLE MAKE AND MODEL _____

E-Bike? Please indicate class (pedal assist only): _____ Class I _____ Class III
(Throttle driven class II are prohibited from the Trek Across Maine)

Note: If your bicycle is a tandem, please write all participant names and trekker numbers above.

STEERING

- Stem bolt tight
- Levers and shifters attached
- Grips, tape and end plugs okay
- Headset adjustment okay
- Cables and housing inspected

WHEELS AND BRAKES

- Wheel secure in dropout
- Bearings adjusted properly
- Tire inflated and checked for seating and wear
- Wheels true, round and tensioned
- Brakes adjusted
- Brakes centered

BOTTOM BRACKET

- Bearings adjusted
- Crank bolt tight
- Pedals secure and adjusted

SHIFTING

- Chain checked
- Derailleur adjusted
- Shifting okay
- Frames and welds checked
- Seat rail and attachment checked

HELMET

The Trek Across Maine requires all participants to wear a helmet while cycling. Helmets should be no more than five years old and need to fit properly. Do the “Eyes, Ears, Mouth Test” each time you go cycling.

- Eyes.** Looking up past your eyebrows, you should see the very edge of the helmet.
- Ears.** The straps should meet right under your earlobes.
- Mouth.** When buckled, the strap should be loose enough so you can breathe and insert two fingers between it and your chin, but tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

Inspector Name: _____

Store: _____

Date: _____

Store return address stamp or label (with name):

**Not valid unless stamped or labeled by shop.
Call Gale at 207-624-0302 with questions.**