

AI-03697 Cycling Pre-Flight Checklist

Owner	Ⓜ Rigel Arcayan
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Create a pre cycling (50 miles) medical, physical, bike check which I can use as a template. I've been cycling since 1999 and I just want a formal and professional checklist.

Here's a formal, professional pre-ride checklist tailored for a 50-mile cycling session. It's structured so you can reuse it as a repeatable template.

PRE-CYCLING CHECKLIST (50-MILE RIDE)

Rider: _____

Date: _____

Start Time: _____

Route/Location: _____

Weather Conditions: _____

1. MEDICAL READINESS CHECK

1.1 General Health Status

- No fever, illness, or infection symptoms
- No unusual fatigue or sleep deprivation
- No dizziness, chest pain, or shortness of breath at rest
- No musculoskeletal pain that could worsen with exertion

1.2 Cardiovascular Readiness

1. Resting heart rate within normal personal baseline: _____ bpm
2. Blood pressure (if measured): _____ / _____ mmHg
3. No irregular heartbeat or palpitations

1.3 Nutrition & Hydration

1. Pre-ride meal consumed (2–3 hrs prior)
2. Adequate hydration status (urine light-colored)
3. Electrolytes prepared
4. No signs of dehydration (dry mouth, headache)

1.4 Medications & Medical Needs

1. Required medications taken (if applicable)
2. Emergency medical info/ID carried
3. No medication side effects affecting performance

2. PHYSICAL READINESS CHECK

2.1 Warm-Up Status

1. Dynamic warm-up completed (5–10 min)
2. Muscles feel responsive (no stiffness)

2.2 Mobility & Flexibility

1. Neck mobility checked
2. Shoulders and upper back loose
3. Hips and hamstrings flexible
4. Ankles and knees moving freely

2.3 Strength & Fatigue Check

1. No residual soreness from previous ride/workout
2. Core engaged and stable

3. Grip strength adequate

2.4 Mental Readiness

1. Focused and alert
2. Route reviewed and understood
3. No cognitive distraction or stress impairing judgment

3. BIKE SAFETY CHECK (ABC + FULL SYSTEM)

3.1 A – Air (Tires)

1. Tire pressure within recommended PSI: _____
2. No visible cuts, cracks, or bulges
3. Valves secure and caps present

3.2 B – Brakes

1. Front and rear brakes functioning properly
2. Brake pads not excessively worn
3. No brake rub or delay in engagement

3.3 C – Chain & Drivetrain

1. Chain clean and lubricated
2. Gears shift smoothly
3. No skipping or slipping

3.4 Wheels & Frame

1. Wheels true (no wobble)
2. Quick releases/thru-axles secured
3. Frame free of cracks or damage

3.5 Cockpit & Controls

1. Handlebars secure

2. Stem tight
3. Saddle height and position correct
4. Pedals and cleats functioning properly

4. EQUIPMENT & GEAR CHECK

4.1 Personal Gear

1. Helmet (properly fitted)
2. Cycling shoes secured
3. Gloves, sunglasses, appropriate clothing

4.2 Repair & Emergency Kit

1. Spare tube(s)
2. Tire levers
3. Mini pump / CO₂ inflator
4. Multi-tool
5. Patch kit

4.3 Nutrition & Hydration Supplies

1. Water bottles filled
2. Energy bars/gels packed
3. Electrolytes included

4.4 Navigation & Communication

1. Phone fully charged
2. GPS device / cycling computer ready
3. Emergency contacts accessible

5. ENVIRONMENT & ROUTE CHECK

1. Weather verified (wind, rain, temperature)

2. Route hazards reviewed (traffic, terrain)
3. Daylight conditions adequate / lights ready
4. Traffic laws and local conditions considered

6. FINAL GO / NO-GO DECISION

1. All critical checks passed
2. Any issues identified resolved or mitigated
3. Ride adjusted if necessary (distance/intensity)

Decision: GO MODIFY NO-GO

7. OPTIONAL POST-RIDE NOTES (for continuous improvement)

- Performance observations: _____
- Issues encountered: _____
- Adjustments for next ride: _____

How to Use This Template

- Treat this like a pilot's pre-flight checklist—consistent, disciplined, non-negotiable.
- Over time, you can personalize thresholds (HR, PSI, nutrition timing).
- For a 50-mile ride, this ensures risk reduction, performance consistency, and longevity.

If you want, I can convert this into a printable one-page version, or a Notion / Excel tracker where you can log trends over time.

Here is your **cleaned, properly formatted one-page checklist** (ready for printing):

PRE-CYCLING CHECKLIST (50-MILE RIDE)

Rider: _____

Date: _____

Start Time:

Route: _____

Weather: _____

MEDICAL

1. No illness symptoms
 2. Resting HR _____ bpm
 3. BP _____ / _____
 4. No chest pain / dizziness
 5. Hydrated
 6. Pre-ride meal completed
 7. Medications taken
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PHYSICAL

1. Warm-up completed
 2. No unusual soreness
 3. Mobility OK
 4. Alert and focused
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BIKE

1. Tires inflated
2. Brakes working
3. Chain lubricated
4. Gears shifting
5. Wheels secure
6. Frame intact

7. Cockpit tight
-

GEAR

1. Helmet
 2. Shoes
 3. Repair kit
 4. Water
 5. Nutrition
 6. Phone / GPS
-

ENVIRONMENT

1. Weather checked
 2. Route reviewed
 3. Lights if needed
-

FINAL DECISION

- GO MODIFY NO-GO
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If you want, I can **re-generate the PDF with this exact cleaned formatting** (tighter spacing, perfect margins for printing, even landscape version for a clipboard).