

How to: check your gears



A roll-out is what is used to check whether a bike is within the set regulations. The maximum gear restriction is the distance the bike travels in a straight line through one full revolution of the cranks when set in the biggest available gear. Please note: Always have a go at a roll out rather than just relying on the charts. Tyres (width and height of side wall) and wheels do vary slightly in size and this can affect the distance along with tyre pressure. Performing a roll out is straightforward and requires only basic equipment.



Equipment Needed:

- A 10m metal tape measure
- Flat surface of at least 8m
- Duct/duck tape to hold the tape measure in place
- Narrow marking tape and marker pen to write on the tape or chalk to mark out the start and various age category limits.
- If rolling out on grass you can drive tent pegs into the ground as marker points and run string between them for a straight line.
- A kerb-line if available is also a useful straight line.

Performing a roll out:

- **Lay a straight line** of tape out to 8m
- **Mark the distance** for the relevant categories out and make sure they are easily distinguishable
- **Ensure your bike** is in its highest gear configuration (both front and rear derailleur) and that the gears are engaged correctly
- **Make sure** the chain is engaged in the smallest possible rear sprocket and take all the slack out of the bike
- **Inflate the tyres** to racing pressure.
- **Position the bike** at the starting point on the rollout, ensure that the crank is in bottom dead centre position and aligned with the zero/start point on the measure
- **Standing almost astride** the front wheel holding the bars, lift the bike onto the back wheel and roll the bike backwards, ensuring to stay tight against whatever you have as your straight line (tape, kerb or string)
- **Stop the bike** once the crank has completed a full revolution and the crank is back at bottom dead centre
- **If the bike** is on or within the correct distance for the age group concerned the bike has passed - if not the bike will need further adjustment
- **Watch a roll out** on our video here: