

TOP

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## TIPS FOR BICYCLE MAINTENANCE

**1. A clean bike is a happy bike**  
You'd be amazed how a good clean will rid your bike of maintenance gremlins. Washing your bike with soapy water will keep the bike running smoothly and components will last longer.

**2. Keep tyres inflated**  
You'll find the recommended pressure level on your tyre (usually a min and max number followed by PSI). To test if the tyre is fully inflated squeeze the walls of the tyre - there should be very little 'give'. Fully pumped up tyres will help prevent the bike getting punctures and make for a faster ride.

**3. Bald tyres are bad**  
Removing debris such as glass and stones from your tyres means you are less prone to punctures. Check the tread and sidewalls for any excessive wear or cracks.

**4. Oil your chain**  
Check your chain every now and then and apply a drop of oil - specifically to each of the little 'rollers' that are located between the chain links. Oil when it feels dry (or starts squeaking!). Use a proper bicycle chain oil and wipe off excess oil.

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## 5. Tighten your brakes

Tighten your brakes when the brake levers start to come all the way to the handlebar grips. Turn the barrel adjuster (this can be found on the brake lever body or caliper) anticlockwise to tighten them.

## 6. Replace worn brake pads

Check the condition of your brake pads and replace them when they have worn to the limit mark or the grooves on the pads have disappeared.

## 7. Wheel well being

The rim sidewall should be flat without deep scour marks or ridges. Look out for loose spokes. Check that the wheel quick release or axle nuts are done up correctly. If these are loose then your wheel could fall off!

## 9. Toolkit pack

Carry a puncture repair kit (plus an inner tube), a pump and a small multi-tool or spanner.

## 10. Learn to fix it

Having the maintenance skills to repair your bike is extremely satisfying. Why not take a maintenance course and learn how to do it yourself?

## 8. A noisy bike is an unhappy bike

Don't ignore any clanking, creaking or clanging, get it checked as soon as you can. The noise won't go away and it will probably get worse!

To book a maintenance course, call

0207 232 4390  
or go to

[www.cycletraining.co.uk](http://www.cycletraining.co.uk)

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