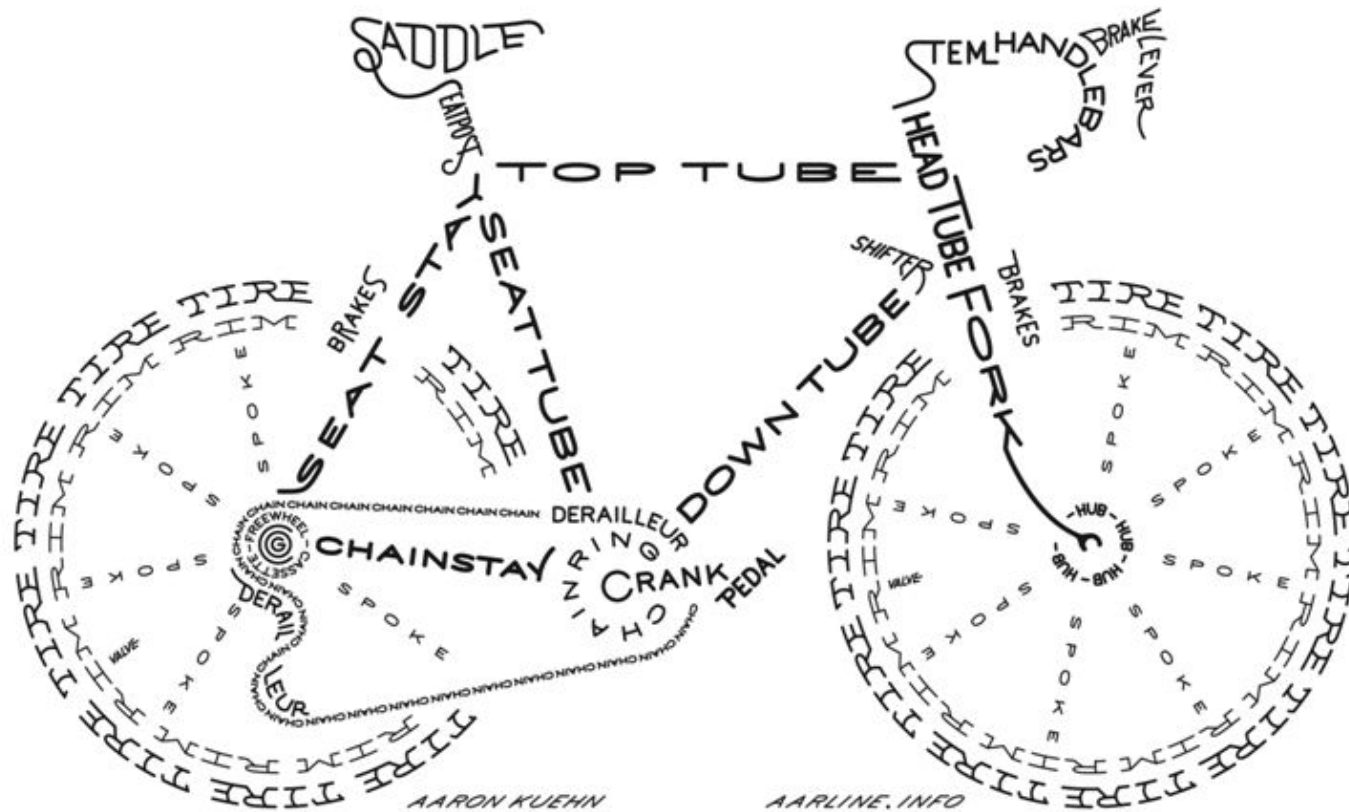




Basic Bike Maintenance

The basics you need to know to keep your
bike in tip top shape!

Anatomy of a Bicycle



Learning your ABCs



Bike mechanics, like any new skill, takes time to learn. It's good to start with the basics

The ABCs

A - Air



Regularly

- Using a pump, inflate tires to recommended pressure listed on the tires' sidewall.



- Check for damage to the tire tread and sidewall. Are there sharp objects embedded in the tire?

B - Brakes



Regularly

- Check the brakes. Do they brake effectively?
 - Check brake pads for wear.
 - Check brake pad adjustment. Do the pads rub the tire or dive into the spokes?



C – Chain, Cranks, Cassette



Regularly

Oil your chain

1. Clean chain



2. Lubricate chain



3. Remove excess oil



The more you know...



Once you get the hang of those basic maintenance routines, there are many topics you can learn about

- Wheel truing
- Bearings - overhauling and adjusting
- Brake and derailleur adjustments
- And more!

You can take our Intro to Mechanics workshops or come by the shop to learn more!



How to Use The Bike Kitchen

Steps to using the shop:



1. Check in at the front desk
2. Grab a stand
3. Work away! Use any of the tools in the main area (not from behind the mechanics counter). If you aren't certain how to use a tool, always ask
4. When you're done, tell the greeter how long you used the shop for and they will charge you the correct rate

Shop rates:



1. On your own - \$7.50/hour
2. With help - \$15.00
3. We do the work for you - ask for an estimate

We prorate shop time, so if you don't work a full hour you won't be charged for it (min. charge \$2).

Members: free shop time on Fridays

Freebies:



- Air and oil: located just to the left inside the front door
- Flat fixes: use the stand by the sign-in board to fix your flat.
- Our two cents: Advice is free. Ask us questions - we'll happily provide our expertise.

