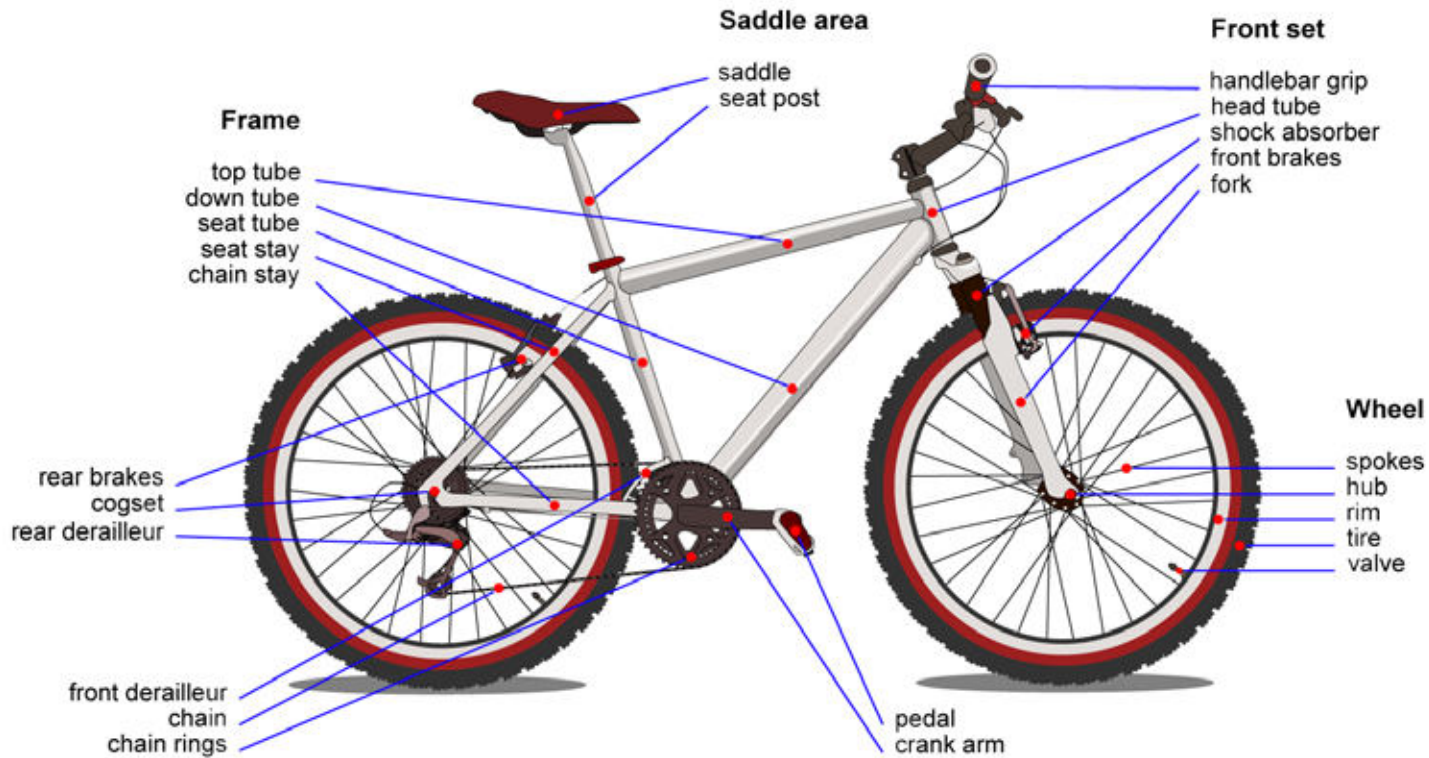


BIKE CARE

KEEPING YOUR BIKE IN WORKING ORDER



Know your Bike



Tyre levers



Tools of the trade

You need a simple set of tool to keep your bike in working order.

Flat and Phillips head screwdriver.

Allen key set

Wrench Set

Chain oil and a tin of WD40.

Rags - Old towels, T-shirts, underwear. These all make the perfect bike cleaning rags.

Old toothbrush

Save your old toothbrushes for scrubbing the hard-to-reach gears and parts of your bike.



Looking after your bike

Cleaning your bike routine

You will need:-

- A bucket filled with clean water and dish soap
- A soft sponge
- A toothbrush
- Chain lubricant
- A stiff bristle brush
- A dry rag
- Access to a hose

Concentrate on the Chain

Pay extra attention to the chain since the chain causes the most frequent problems and needs the most cleaning. First, get out your chain lube and toothbrush. Then, brush out the links. After you do a once-over with the brush, get out your chain lube and apply to the links. Once you're finished, wipe off any excess lubricant with a rag.

Clean the Frame

Use your soft sponge and bucket of soapy water to soap up the frame..Cleaning will also help you spot small damage if it exists.

Small Details

Finally, look over the smaller details of your bicycle rims, and spokes. Use the toothbrush to clean smaller spots and crevices and the sponge to go over broader areas. Afterwards, rinse everything off with the hose and make sure no soap or residue is left.

Check your tyre pressure

Riding with too little air means your bike is less efficient-you're working too hard! Also, an under inflated tyre is much easier get a 'flat tyre'.

Check tyres for wear. Slowly rotate your tires while looking closely at their rolling surface and sides for big cuts, tears, or spots where the rubber is worn thin.



Mountain bike 40 PSI, Racing Bike 100 PSI, Town/hybrid 60 PSI

Test your brakes

If you can squeeze the brake lever all the way till it touches the handlebar, your brakes are too loose. So tighten them up!



Replace batteries

Replace the batteries in your lights. If you ride often at night, they will wear out. Keep them fresh to stay visible after dark.

Check your wheels

Riding over potholed streets or up and down kerbs can really beat up your wheels. Look closely at where the rim passes the rubber pads of your brakes. If there's a lot of wobble, you may want visit your local shop to get your wheel straightened out.

Contact points

Your saddle, grips and pedals are the three places you touch your bike. Making sure they're in good condition can make a big difference to comfortable travel.

Flat tyre

If you're a beginning cyclist, you'll soon discover that knowing how to change a flat is an essential skill to master.

Take your tyre off

Release the rest of the air by pressing the center of the air valve. Then press the sides of the tyre to break the seal between the wheel rim.

Using tyre levers gently prise the tyre off the wheel. When removed you can release the inner tube.

Check your tyre for damage

As you take off the bicycle tube, be on the lookout for damage. Small items like a nail or a tiny piece of glass could be the cause of your flat. Check in between the treads and on the sidewalls of the tyre - remove the offending item from the tyre. The flat could also be caused by a broken valve which would appear cracked or worn. Inflate your tube and check for escaping air. To make this easier, put the tube in water and watch for escaping bubbles that indicate a hole.



Fix/Replace the tube

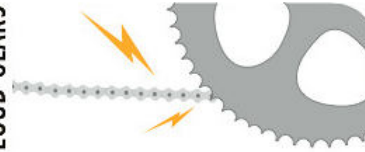
Repair the hole using a patching kit. Clean the area around the hole, roughing the surface with sandpaper, applying glue, and then attaching a tyre patch.

Slowly inflate your tyre

As you do this, check to see that both sides of the rim are staying put. To make sure everything's in place, go around the tyre once more with your fingers and pinch the tyre inwards. If your fingers press into the tyre easily, keep inflating your tyre until you reach the desired resistance.

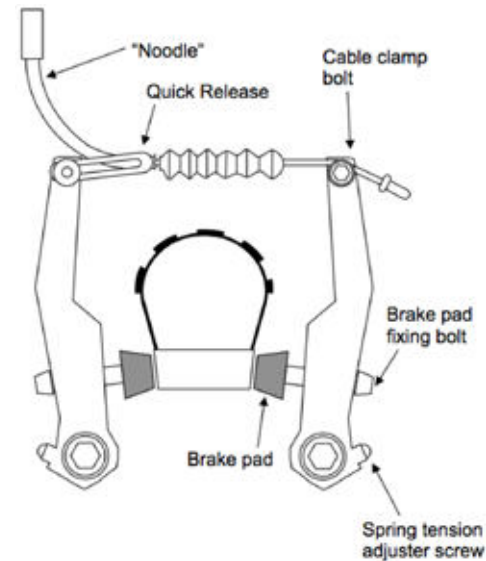


LOUD GEARS



- * Loud, grinding or squeaky gears are often the result of poor chain maintenance.
- 1 Clean the chain using a rag and de-greaser or a chain cleaner. Reapply chain lube to the chain.
- 2 Also clean and re-grease chain rings.
- 3 Test ride the bike. If gears are still loud or are not switching properly, it may be best to see a bicycle specialist at your local bicycle shop. Derailleur adjustments are subtle and finicky.

Other simple repairs



To adjust the pad alignment, loosen off the bolt that holds the brake pad post and push the brake arm in so that the brake pad touches the rim and then tighten down the fixing bolt.

BRAKE SQUEAKS



- * Squeaky brakes occur when brake pads are worn or aligned improperly.
- 1 Examine the brake pads. If they are worn past the grooves they need to be replaced. Purchase new pads and follow directions for installation.
- 2 If brake pads aren't worn, clean the wheel of debris and residue. Test ride.
- 3 Still squeaking? Your wheel may be unbalanced. You can do this yourself, but it is a subtle process. Seek advice from a bike specialist.