

## BIKE MAINTENANCE CHECKLIST

### Before Every Ride:

- Check tire air pressure
- Check brakes and cable tension
- Be sure bolts/quick releases (QR) are tight:
  - Seat binder bolt/QR
  - Seat fixing bolt (on seat post)
  - Hub axle bolts/QR
  - Stem binder bolt
  - Handlebar binder bolt

### After Every Ride:

- Inspect tires for glass, gravel shards, and cuts on tread and sidewall
- Check if wheels are true (straight)
- Clean the bike's mechanical parts as necessary
- Lubricate the chain as necessary

### Every 3 Months:

#### *Minor Tune Inspection*

- Brake and gear adjustment
- Clean and lubricate chain
- Inspect and lubricate all cables and housing
- Inspect brake pad condition
- Inspect cones/hubs
- Inspect headset and bottom bracket
- True wheels (straighten)
- Ensure all bolts/quick releases are tight

### Annually:

#### *Major Tune Up (Minor Tune Plus)*

- Inspect frame and suspension
- Remove all components from frame; inspect and clean
- Overhaul hubs, bottom bracket and headset
- Replace shifter/brake cables and housing\*
- Bleed brakes
- Re-assemble and tune all components
- Replace chain\*

## BE PREPARED FOR YOUR RIDE

In order to get the most out of your cycling experience it is important to be prepared for anything that the trail or road might throw at you. Here are some essential items that help encourage safety, performance and comfort.

- Proper cycling apparel
  - Moisture wicking jersey
  - Cycling chamois/short
  - Cycling socks
  - Gloves
  - Sunglasses
  - Helmet
  - Clipless shoes/pedals
- Hydration pack
- Spare tube / patch kit
- Multi-tool
- Tire levers
- Mini-pump
- Cycling computer
- Nutritional performance supplements
- Zip ties
- Spare quick link for your chain
- Trail maps
- First-aid kit
- Bug spray
- Sun block

To ensure that you are properly prepared for the ride, talk with a Sport Chek employee and have them set you up with everything you need and need to know for The Complete Experience.

**CHEK**  
ADVICE»

# BIKE CLINICS



\* Additional charges may apply