

Bike Maintenance Checklist

Before Every Ride:

- Check tire air pressure
- Check brakes and cable tension
- Be sure bolts/quick releases 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*

* Additional charges may apply

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 of the most essential items that unfortunately are sometimes overlooked.

- Hydration pack
- Spare tube / patch kit
- Multi-tool
- Tire levers
- Mini-pump
- Nutritional snacks
- Zip ties
- Spare chain quick link

CHEK
ADVICE»

BIKE CLINICS

