**BIKE**

*References*

<https://www.levelninesports.com/learn-center/bike-gear-education/bike-parts-glossary>

**Frame**: The bike frame is the tubing (usually metal or carbon) to which every other bike part is attached. They come in a variety of sizes and designs. Taller people require a larger frame than shorter people.

**Bottom bracket:** These connect the brake levers to the brakes themselves. Cables are used to control mechanical brakes. Hoses are used with hydraulic disc brakes.

**Brake cable front:** A metal cable enclosed in part by a metal and plastic housing that is used to connect a control a brake to the device, it activates.

**Brake cable rear:** Cables are used to control gear shifting on bikes with geared drivetrains. They consist of two parts: an inner cable of braided stainless-steel wire and an outer cable housing, and work by transmitting force using a combination of tension on the inner cable and compression to the housing.

**Brake front:** devices used to stop or slow down a bicycle. Rim brakes and disc brakes are operated by brake levers, which are mounted on the handlebars. Band brake is an alternative to rim brakes but can only be installed at the rear wheel. Coaster brakes are operated by pedaling backward

**Brake lever:** a lever for actuating a bicycle brake.

**Brake rear or drum break:** A drum brake is a hand-lever-operated hub brake with brake shoes that press against the inside of a cylindrical drum. Drum brakes were once the most common type for motor vehicles, though disc brakes are now more common.

**Chain:** The chain connects the crankset and chainring to the rear cassette, so when you pedal, the bike actually moves. When the chain is moved up a level or down a level on the cassette and chainring assembly (switching gears), you get more or less resistance in pedaling. In order to work properly, the chain should be compatible with the chainring, cassette and size of frame.

**Crankset:** Pedals are attached to crank arms, and a pair of crank arms makes up a crankset. Often, cranksets are sold with the spider and chainring. "Integrated cranksets" are those that have the spindle attached.

**Fork:** The fork assembly consists of the steerer tube, which is inserted through the head tube of the frame, and two posts, which hold the front wheel.

**Handlebar**: The straight or curved tube you use to control the front wheel.

**Headset:** Headsets help keep the fork secured to the frame, and they provide the ball bearings for smooth steering. When used with regular, non-quill stems, they can also cap off the steering tube.

**Pedals:** These small platforms allow you to propel the bike with your feet. They are attached to the crank arms. Basic pedals are flat platforms. Pedals for more advanced riders have toe clips or cleats designed specifically for bike shoes.

**Rims:** The main piece of a wheel, the rim holds the tire and tube, and connects to the spokes.

**Saddle:** In more common terms, this is the bike seat.

**Seat clamp:** This clamp keeps the seatpost from sliding around inside the seat tube. Most seat clamps today are quick-release, meaning you don't need a wrench or any kind of tool to loosen and tighten the clamp.

**Seatpost:** Saddles connect to seatposts, which are inserted inside the frame's seat tube. A seatpost allows you to adjust the height of the saddle.

**Stem:** Connects the steering tube (on top of the fork) to the handlebar. A regular bike stem clamps onto the steering tube. A quill stem is inserted into the steerer tube. Both clamp around the middle of the handlebar.

**Wheels**  
• **Road bike tires** are thinner and have less tread than mountain bike tires. They are typically 700cm in diameter and are designed for riding on asphalt and cement.

• **Mountain bike tires** are wider and feature aggressive tread. They are usually 26 inches in diameter, and some are 29 inches. They are designed for riding on rugged mountain trails.

• **Hybrid/commuter** tires usually fit a 26-inch rim but don't feature the aggressive tread that a regular mountain bike tire would. They are designed to adapt your mountain bike for the road.

Videos

<https://www.youtube.com/watch?v=1Ci9RhvWCqg>