

## CYCLE MAINTENANCE GUIDE

	Every ride	Monthly/250 miles	Quarterly/1250 miles	Half yearly/2500 miles	Notes
Frame, etc	Bounce the bike to check for rattles - tighten up components as required	check for cracks/signs of stress check lights and batteries	as left plus:- check pedals, cranks and bearings check any accessories	as left plus:- check frame, forks, headset and seat post/saddle	
Wheels & Tyres	A - air in the tyres	check and adjust tyre pressures check tyre wear - replace when worn	as left plus:- check rim wear and replace when worn check and adjust: wheel running true/alignment spoke tension	as left plus: check bearings for signs of wear check rims for signs of damage	Using a quality tyre will reduce the incidents of punctures. Note the type of rim wear markers
Brakes	B - brakes functioning	check alignment of brakes on rims check lever pull and adjust check brake pad/block wear and replace as required oil pivots	as left plus:- check cables for signs of wear	as left plus:- change cables if required	
Transmission	C - chain and transimission	clean chain clean derailleur parts clean front sprockets re-oil parts	as left plus:- check chain stretch & change if required check cassette & chain rings for wear check cables for signs of wear	as left plus:- change cassette if required change chain rings if required change cables if required	Chain wear tool recommended Regular cleaning of chain will reduce wear significantly; Lack of cleaning will induce more frequent changes of chain, cassette and chain rings

After the ride:

Wipe down/clean.  
If it was a wet ride, dry & lubricate chain

Always carry:

spare tube, tyre levers, pump, hand wipes/rag, multi-tool