

SPECIALTY COURSES

BIKE MAINTENANCE 101



2017

Objective

This 4-6 hour course is for individuals who wish to learn more about the basics of the bicycle, recognize mechanical issues, how to fix the problem, and terminology that relates to the bike. Basic information will also be taught in Level's 1 thru 4.

*It is recommended that participants have their own basic bike tools to use throughout the instruction.

Bicycle Adjustment and Fit

- Frame size
- Seat post height
- Saddle angle, fore/aft
- Handlebar and stem positioning
- Crank arm length

ABC Quick Check

- Air
- Breaks and Bars
- Chain and Cranks

Repairing a Puncture

- Disaster Prevention
- Causes of Punctures
- How to Repair a Puncture

Break Adjustments

- Different types of breaks
- Break cables
- Replacement

Chain and Gear Maintenance

- Age of the chain
- How to clean the chain, chain-rings, and cogs.