

EXCELERATION TRI CLUB MAINTENANCE CLINIC

Pre-race/Post ride bike cleaning, inspection and adjustments

Bike Washing:

- a clean bike is a happy bike
- helps you see potential problems (worn parts, cracks)
- components last longer (drivetrain, brake pads)

Basic wash kit:

- bucket
- dish soap
- degreaser
- sponge, brushes
- rags

Lube:

- wet, dry, spray
- applying chain lube - put it on, wipe off excess

Bike Inspection:

Tires - cuts, cracks, wear

Wheels - true, spoke tension, hub play and smoothness, rim wear, QR's tight, pressure set

Brakes - smooth feel, pad wear, cable and housing in good shape, not rubbing, end caps

Gears - smooth operation, proper adjustment, check for wear, hanger alignment, end caps

Controls - bar tape, end plugs, headset adjusted

Full bolt check

Brake Adjustment:

- cable tension and barrel adjusters
- pad wear
- pad alignment (toe in) and squealing

Rear Derailleur Adjustment:

- hanger alignment
- low limit and high limit screws
- cable tension to fine tune gears (cable stretch)

Flat Tire Fix

- find the cause!

