

Bike Maintenance

Ideally you should have your bike tuned up at a bike shop prior to your ride, but here are some common problems you can check for yourself:

Brake Shoe Wear

Check the pads are wearing evenly and are not overlapping the rim. Make sure they are centered on the rim.

Headset

Hold the front brake tight and rock the bike back and forth. If you feel a slight movement, the headset is loose.

Bottom Bracket

Hold the cranks by the ends and wiggle. If you feel any side movement, then the bottom bracket is loose.

Gear Adjustment

Make sure the derailleurs are set properly and won't over shift the chain into the spokes.

Cable Tension

There should be no slack in the gear cables when the derailleurs are in the rest position.

Wheel Trueness

Spin the wheels on the bicycle and use the brake shoes as a gauge. A wheel within one millimeter of true is fine and perfectly rideable.

Hub Cones

Remove the wheels from the bicycle and remove the skewers. Hold the ends of the axle and wiggle. If you feel any movement, the cones are loose.

QR Adjustment

Check to make sure the quick release skewers are tight and locked back.

Tire Wear

Look for cuts and bald spots. Check for cracks in the sidewalls. In the case of tubular tires, pressure test the gluing.

Spares

You should have: tire levers, a spare tube and pump. In the case of tubular tires, have a spare tire and a pump.