

CCCTS Fraser Valley (FV) Chapter

Bicycle Maintenance Tips

"Nothing compares to the simple pleasure of a bike ride."

Before a Ride

Pump tires to proper inflation

Frequently inspect tires for cuts and/or imbedded road debris. If you discover damage, replace the tire right away. Don't risk having an accident caused by a tire blowout just to get a few more kms of tire life

Bring 2 tubes on each ride (make sure they are the right size), **a pump** that works and/or a CO2 cartridge

Ensure your bike is not damaged and is in good working order😊

Bike Maintenance

Keep a log of distance ridden so you know when to replace tires and chain

Clean your bike and clean/oil the chain especially after riding on wet or dusty roads

Replace the chain when needed - either monitor chain wear (using a gauge) and replace when needed or replace the chain based on km. travelled (e.g., after 4,000 km). Failure to replace a worn chain has serious consequences – excessive wear on the crank and/or cassette necessitating expensive replacements or having the chain break while on a ride

Avoid cross chaining (when you are in your front big ring and small cassette ring) as it stresses the chain and can damage

Check tire tread wear periodically. Most tires have a tread wear indicator. Ensure the new tire is installed so that it rotates in the proper direction (shown on the tire sidewall)

Check for frayed cables and loose spokes

Safety Suggestions

Use a mirror – either one that is attached to your helmet or to your handlebar

Use lights (front and back) to increase your “visibility” to other cyclists and drivers

If bike maintenance isn't your thing, contact your local bike shop for regular and annual tune ups