BIKE MAINTENANCE – OVERVIEW

A structured approach to help you keep your bike fit for the road and easier to ride

Purpose of sessions:

• to help you to be proactive and recognise problems
• Help you to carry out minor repairs
• Look at the mechanics of a bike and encourage you to carry out more advanced repairs

What can I learn?

• Do your own safety check
• Adjust handlebars, saddle, brakes, gears etc
• Adjust and repair bearings

Where?

• The Big Local Bungalow, Derwentwater Road, Teams, Gateshead NE8 2HQ
  If you’re arriving by car please park next door at the Teams Social Club.

When?

• Dates to be confirmed
  1. 11/03/22 - Safety Check – identifying issues before each ride.
  2. 18/03/22 - Contact Points – maintaining and adjusting.
  3. 25/03/22 - Wheels Tyres and brakes – fixing punctures, maintaining brakes and wheels.
  4. 01/04/22 - Drive Train – maintaining and adjusting the chain and gears.
  5. 08/04/22 - Servicing bearings – recognising problems and maintaining efficiency of bearings.

What do I need?

• Nothing!
  Your bike may be helpful for you to see what we’re talking about.

A notepad and pen might also be useful.