

BIKE MAINTENENCE – 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.