



The  
**BIG BIKE**  
Revival

we are  
**cycling**  
UK



Department  
for Transport

# Free Dr Bike cycle repair event

**Bike health checks delivered at your workplace to keep you cycling safely and inspire you to cycle to work.**

**We're fixing bikes by providing 'M-checks' and Minor Repairs that may include any of the following:**



## Brakes

Calliper and cable adjustment, cable and pad replacement



## Gears

Indexing, adjustment and cable replacement



## Chain

Check for wear, lubricate if required



## Tyres

Puncture repair/tube replacement, inflated to recommended pressure (PSI)



## Other

- Check all nuts and bolts are correctly torqued
- Headset and bottom bracket check
- Check bar plugs and cable end caps, and replace if missing



## Time

Maximum of 30-minutes time spent on your bike

[cyclinguk.org/bigbikerevival](https://cyclinguk.org/bigbikerevival)

[#BigBikeRevival](https://twitter.com/BigBikeRevival)