

BICYCLE MAINTENANCE

BICYCLES ARE HARD. YOU, YOUR FRIENDS AND EVERYONE IN PORTLAND, OREGON, HAS ONE. OUR POST-OIL FUTURE HAS TWO WHEELS. AND IT'S OUR JOB TO KEEP THEM SPINNING. WITH JUST A FEW TOOLS AND LITTLE PATIENCE, YOU'LL BE WELL ON YOUR WAY TO ENSURING HUMANITY CAN STILL GET FROM POINT A TO B. **AND HERE'S HOW.**

TOOLS OF THE TRADE

METRIC ALLEN KEY WRENCH SET

You need a simple set that also includes a flat and Phil-Tips head screwdriver. Keep everything tight and your bike will feel safe and secure.



CHAIN LUBE

Get a bottle of simple all-purpose chain lube from your local bike shop. Lubed bikes are easy-going bikes. Don't use household grease or oil.



RAGS

Old towels, T-shirts, underwear. These all make the perfect bike cleaning rags.



OLD TOOTHBRUSH

Save your old toothbrushes for scrubbing the hard-to-reach gears and parts of your bike. Your bike will love this. It's like scratching behind a dog's ears.



PUMP

A pump will let you keep your tires running. Remember, feed your tires! A portable (mini) pump is handy as well, since you can take it with you.



TIRE LEVERS

Tire levers are simple plastic levers for prying (caressing) your tire off the rim to fix a flat. Carry two with you for roadside flat fixes.



ADJUSTABLE WRENCH

If your wheels are held on with a nut rather than a quick-release skewer, you'll need an adjustable or crescent wrench to remove your wheels.



SPARE TUBE & PATCH KIT

Check the side of your tire for its tube size. A patch kit will let you repair small holes in your tubes. Happy tubes are essential to a bike's (and your) well-being.



EVERY FEW WEEKS REMEMBER TO:

CLEAN AND LUBE YOUR CHAIN

Think about it. The chain is the component that binds your power to the bike's motion. So treat it with love. It doesn't take very long and it'll make your bike quieter, easier to ride and longer lasting.

1. With a rag, grab the bottom half of the chain (affectionately) as you spin the pedals backwards—squeeze tight and get as much grease and dirt off as possible.
2. Drip a trickle of chain lube (think of this like massage oil; I'm serious) onto the clean chain as you spin it backwards for a few revolutions.
3. Let the chain sit for a few minutes, then lightly wipe off.

CLEAN AND OIL YOUR DERAILLEUR

If your bike is a single-speed or has an internally geared hub, you can ignore this! Otherwise, drip a tiny bit of chain lube (this stuff is like bike candy) onto the bearing of the derailleur's two tiny gears. Wipe any extra off. Smile. Your derailleur loves you. It's going to run nice and smooth.



CHECK YOUR TIRE PRESSURE

Riding with too little air means your bike is less efficient—you're working too hard! Also, an underinflated tire is much easier to flat. So feed your tires—they eat air!

MOUNTAIN BIKE ROAD/RACING BIKE TOWN/HYBRID BIKE

40 PSI

100 PSI

60 PSI

TEST YOUR BRAKES

If you can squeeze the brake lever all the way 'til it touches the handlebar, your brakes are too loose. And your brakes are symbols of control in an otherwise chaotic world that rushes nowhere without aim. So tighten them up!



EVERY FEW MONTHS YOU SHOULD PROBABLY:

WASH/RINSE/DRY YOUR BIKE (WHICH IS TO SAY LOVE YOUR BIKE)

1. Don't use a hose with a spray nozzle—the high-pressure water can penetrate the bearings. Instead, sprinkle your bike with indirect spray or water from an open hose end.
2. Scrub off dirt and debris from the frame, chain, chain rings, cassette and rims.
3. Use a toothbrush to scrub at grease and dirt in between the teeth of your gears.
4. When you're done, dry the excess water to prevent any rust from forming.

Smile. Your bike loves you.

CHECK TIRES FOR WEAR

Slowly rotate your tires while looking closely at their rolling surface and sides for big cuts, tears, or spots where the rubber is worn thin.

REPLACE BATTERIES

Replace the batteries in your lights. If you ride often at night, they will wear out. Keep them fresh to stay visible after dark.

CHECK YOUR WHEELS

Riding on potholed streets can really beat up your wheels. Look closely at where the rim passes the rubber pads of your brakes. If there's a lot of wobble, you may want to visit your local shop to get your wheel straightened out.



RAISE THE BAR

Here are a handful of ideas to take your bike mechanic skills to the next level.

TAKE A CLASS:

It's a great way to get hands-on practice working on your bike. It's like marriage counseling but only for your bike.

UPGRADE YOUR "CONTACT POINTS":

Your saddle, grips and pedals are the three places you touch your bike. Making sure they're in good condition can make a big difference. It's all about intimacy and communication.

ADD BLING:

You can add accessories like a rack, bell or lights to your bike to make it safer, more useful, and give it some personal style. Try thinking about your bike before you think about yourself.

FENDERS ARE A LIFESAVER:

If you ride in even occasionally wet weather, fenders are an easy addition that will spare you from showing up to work with a soggy, filthy strip up your back from tire spray.

Bicycle Maintenance Guide

**Todd Downs, Editors of Bicycling
Magazine**



Bicycle Maintenance Guide:

The Bicycling Guide to Complete Bicycle Maintenance & Repair Todd Downs, Editors of Bicycling Magazine, 2010-09-28 The fully revised and updated sixth edition of the best selling guide to bike maintenance from the world's leading authority on cycling Whether they own the latest model or a classic with thousands of miles on it beginner and experienced cyclists alike need a guide that will help them get their bikes out of the shop faster and keep them on the road longer For more than 20 years The Bicycling Guide to Complete Bicycle Maintenance Repair by Todd Downs has done just that With troubleshooting sections to quickly identify and correct common problems 450 photographs and 40 drawings to clarify all the step by step directions so even the complete neophyte can get repairs right the first time and Web sites and phone numbers of bicycle and parts manufacturers this is truly the ultimate bicycle repair and maintenance manual Now better than ever the newest edition contains the latest information on component kits and carbon fork specifications [The Bicycling Guide to Complete Bicycle Maintenance & Repair for Road & Mountain Bikes](#) Todd Downs, 2005 A guide to bicycle maintenance and repair covers frames wheels chains gear shifts tools adjustments and safety *Bicycling Essential Road Bike Maintenance Handbook* Todd Downs, 2014-02-18 Cyclists will never fear the unknown landscape of bicycle repair on the road with this condensed edition of the perennial Rodale favorite The Bicycling Guide to Complete Bicycle Maintenance and Repair by Todd Downs This edition features a compact trim size that fits easily in a kit bag or pocket and is packed with information on maintaining and repairing bicycles that is suited for any traveling cyclist This portable handbook distills the core fundamentals and serves as a guide to repairing and maintaining one's bike focusing specifically on instructions with step by step photos troubleshooting tips links to videos and helpful sidebar material The book is clearly organized from front of bike to back with color coded page tabs serving as a visual table of contents to key bike areas so that readers can find quickly and efficiently the information they need This stunning reference book is the perfect troubleshooting guide for every cyclist beginner or intermediate and will provide a welcome relief to any cyclist faced with unexpected issues on the road

Sloane's New Bicycle Maintenance Manual Eugene Sloane, 2010-06-15 Eugene A Sloane one of the leading authorities on bicycles and bicycling has completely revised and expanded his invaluable Bicycle Maintenance Manual adding all new information on equipment tools and the latest in bicycle technology With more than 250 photographs many of them detailing step by step processes such as installing a chain mending a flat and building a wheel Sloane's New Bicycle Maintenance Manual is a must for cyclists of all levels of experience The combination of illustrations and Sloane's extremely accessible instructions makes tasks like adjusting brakes removing derailleurs and painting a frame projects you can take on at home The dozens of topics covered also include tires tubes and valves cranks chainwheels and chains handlebars and stems wheel alignment and lacing touring maintenance seats seatposts and more **Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair** Bicycling], Bicycling Magazine, 1986 Photographs drawings and instructions describe how to do

basic repair and maintenance *The Complete Idiot's Guide to Bike Maintenance and Repair* Terry Meany, Terence Meany, 2001 Describes the parts of a bicycle and how they work basic maintenance procedures the proper tools to use and how to handle roadside emergencies and repairs *Zinn & the Art of Road Bike Maintenance* Lennard Zinn, 2023-10-24 Zinn all bottom bracket systems cone and cup through press fit all brake systems including caliper V brake cantilever and disc all headset stem handlebar and fork systems wheelbuilding for all bikes including cyclocross and disc brake wheels special sections on cyclocross throughout including troubleshooting maintenance service repair and equipment selection updated and expanded torque tables complete illustration index and complete subject index **Bike Maintenance Guide** Ava Thompson, AI, 2025-01-25 Bike Maintenance Guide reimagines routine bike care as an essential skill that boosts safety extends your bike's lifespan and strengthens your cycling experience Blending Crafts Hobbies detail with Sports focused practicality the book emphasizes how proactive maintenance prevents costly repairs reduces environmental waste and enhances performance It demystifies topics like chain lubrication tire pressure optimization and brake alignment through clear explanations of forces and material science no prior mechanical knowledge required A standout insight reveals that proper chain care can slash drivetrain wear by up to 70% while sections on biodegradable lubricants and tire recycling tie individual efforts to broader sustainability goals The guide's hands-on approach shines in its step-by-step tutorials from a 10 minute post ride checklist to seasonal storage tips Unique tools like the customizable Maintenance Matrix help riders balance care routines with their schedules and local climate Diagrams case studies and troubleshooting flowcharts simplify complex concepts such as adjusting brake pads mid ride or repurposing household items for emergency fixes Chapters build from basic tool setups to advanced techniques culminating in cost benefit analyses showing how regular upkeep saves hundreds annually Balancing empirical data with accessible language Bike Maintenance Guide appeals to eco conscious cyclists and practical tinkerers alike Its focus on road mountain and hybrid bikes ensures broad relevance while sports physiology insights like how smooth drivetrains reduce rider fatigue bridge mechanics and performance More than a manual it's a manifesto for sustainable self-reliant cycling proving that small informed actions keep wheels turning safely and efficiently for the long haul **The Bicycling Guide to Complete Bicycle Maintenance & Repair** Todd Downs, Editors of Bicycling Magazine, 2010-09-28 The fully revised and updated sixth edition of the best selling guide to bike maintenance from the world's leading authority on cycling Whether they own the latest model or a classic with thousands of miles on it beginner and experienced cyclists alike need a guide that will help them get their bikes out of the shop faster and keep them on the road longer For more than 20 years The Bicycling Guide to Complete Bicycle Maintenance Repair has done just that With troubleshooting sections to quickly identify and correct common problems 450 photographs and 40 drawings to clarify all the step-by-step directions so even the complete neophyte can get repairs right the first time and websites and phone numbers of bicycle and parts manufacturers this is truly the ultimate bicycle repair and maintenance manual Now better than ever the

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Milson, 1997 Designed to help cyclists get the most from their bikes by making them more self reliant and skilled in
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Reviewing **Bicycle Maintenance Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Bicycle Maintenance Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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