

## DIY Bike care

Keeping bikes in tip-top condition is The Bike Repair Man's thing. Regular servicing keeps bikes working well and bikes that work well are much more fun! A few essential DIY tips for looking after your bike:

### Show it the love

Just like you, your bike needs a little love and care. It's easy to keep it well cleaned and lubricated, do it on a regular basis. Use a recommended bike cleaner and follow the instructions. Don't just wash the frame. That's not the important part...

Focus on the drivetrain - the chain, front chainrings and rear sprockets (cogs), not forgetting the jockey wheels (small cogs) of the rear derailleur mechanism: they can get very clogged up. Use a degreaser and a rag and wipe all these parts clean. Once all is clean and dry then it's time to re-lubricate the chain. Afterwards wipe off the excess lube from your chain. That last part is vital. Happy cycling!

### Tyres

Check your tyre pressures regularly. Road bike pressures are usually set high (80-120psi). Mountain bikes have lower pressures: 35-50psi. You should ensure the ride is firm, but comfortable. Check the tyre sidewall for the recommended pressure range.

### About chains

The chain on your bike is the main component taking all the strain of your exertions and translating them into movement. Over time all chains wear. They elongate and by becoming longer they become "worn-in" with the rear sprockets (cogs) and the front chainrings.

A chain-checker, measures and reveals the extent of the wear on your chain. Look after your chain and it will last well, change it at the right time and the other parts of the drivetrain will be fine. When wear on the chain means it has to be replaced, it may be that the rear wheel sprockets also need to be replaced; new chains and old sprockets are often a recipe for slipping, jumping gears.



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