



## **Bike Maintenance for Women**

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### **1. Bike Anatomy**

### **2. Pre-Ride Safety Check**

- ◆ Headset (moves freely, doesn't creak, isn't loose)
- ◆ Brakes (position, pads, check front & back)
- ◆ Tires (holes, snags, wear and tear)
- ◆ Wheels (true, round, and dished – spokes tensioned)

### **3. Road-Side Repair**

- ◆ What to have in your Saddle Bag
  - ◆ extra tube (in plastic bag with a touch of baby powder)
  - ◆ patch kit
  - ◆ tire irons (two or three)
  - ◆ pump or CO2 inflation system
  - ◆ optional: tweezers, tire boot (dollar bill, piece of old tire, energy bar or gel wrapper), cell phone (just in case all else fails!)
- ◆ Derailleurs (how to adjust with barrel adjusters)
- ◆ Brakes (barrel adjusters, quick release, elbow grease)
- ◆ Changing a Flat in Twenty Easy Steps (see outline on reverse)
  - ◆ Terminology:
    - ◆ Quick Release (QR)
    - ◆ Wheel - the frame of the wheel (with the spokes, rim & hub)
    - ◆ Tire - the outside covering
    - ◆ Tube - the small insert with a stem that you inflate
    - ◆ Rim - the edge of the wheel
    - ◆ Bead - the edge of the tire
    - ◆ Stem - the valve that extends from the tube, through the rim of the tire, into which you insert air or CO2

### **4. Cleaning your Bike (demo)**

- ◆ Frame
- ◆ Chain
- ◆ Cassette (simple green, toothbrush, rag)
- ◆ Lube (wet in wet conditions, dry in dry conditions)

1. Do's and Don't's:
  - ◆ Don't panic!
  - ◆ Don't litter (take old tube, CO2 cartridges, etc with you).
  - ◆ Don't rest your bike on the derailleur or upside down.
2. If it's a rear flat, shift your rear derailleur into the highest gear (smallest cog on the cassette) and turn the pedals to move the chain into this gear.
3. Release the brake (don't forget to re-engage the brake at the end of this process).
4. Open the Quick Release to remove the wheel from the bike.
5. Check the outside and the inside of the tire to see if you can determine what caused the flat. Not only should you check visually, but also run your hand over the tire to see if you can feel anything.
  - ◆ If you find an object, remove it through the outside of the tire (don't push it into the tire).
  - ◆ If you don't find anything, don't panic!
  - ◆ If you find a large gash in the tire (large enough that the tube could squeeze through when inflated), boot the tire by placing your "boot" on the inside of the tire at the area of the gash.
6. Open the Stem and press it (if it's a presta) to release the rest of the air.
7. Release the bead from the rim using your tire irons:
  - ◆ Place one tire iron under the rim of the tire (near the valve stem) and hook it onto a spoke.
  - ◆ Place a second tire iron under the rim a few inches from the first.
  - ◆ Use the second tire iron to loosen the bead from the rim.
  - ◆ Run the second tire iron all the way around the rim to completely loosen the bead (just on one side).
8. Pull the tube out of the tire, beginning opposite the stem.
9. Once the tube is out, run your finger around the inside of the tire to feel any object that might have caused the flat (the bloody finger test).
10. Look at the tube to see if you can determine the cause of the flat (snake bite or hole). If you can see the cause, slightly inflate the tube and listen for an air leak. When you find the hole, note the location and check this area on the tire to find the object that caused the flat.
11. Get out your spare tube, and slightly inflate it, then close the valve (presta).
12. Insert the new tube, beginning at the stem, and working your way around the rim.
13. Re-set the bead (use tire irons if necessary), then check all the way around the bead to make sure the tube is completely encased in the tire (to prevent snakebite or pinch flat).
14. Re-open the valve and re-inflate the tire to full tire pressure.
15. Re-mount the wheel on the bike, making sure that the tire is aligned in the center of the brakes (not rubbing on one side).
16. Close the Quick Release.
17. Close the brake.
18. Spin the wheel to make sure it's aligned properly and that the brakes aren't rubbing against the rim.
19. Re-pack your tool bag (taking everything with you).
20. Get back on your bike and enjoy your ride!