



Maintaining to Save Money and Time



A well-maintained bicycle is certainly more reliable, safer and easier to ride than one that has been neglected.

You don't need to spend a fortune to get the tools you need to keep your bicycle in good working order. All you need is a basic kit to include a set of fixed spanners, allen keys, screwdrivers, a tyre lever and some lubricant. With these on hand, regular maintenance can be divided into weekly, monthly and six monthly tasks. Unlike a car or motorbike, you don't need to be a qualified mechanic to be able to successfully check and undertake most bicycle maintenance tasks. It is mainly a case of knowing what to check for and both carrying out and following through with the checks on a consistently regular basis.

Weekly Checks

- Check that both tyres are properly inflated. Using your Cyclaire bicycle pump with its pressure gauge will allow you to easily and quickly check what pressure your tyres are and get them back to the required pressure, if necessary.
- Check that the brake or gear cables are not beginning to fray.
- Put a small amount of special bicycle lubricant to gears, brake pivots, brake levers and gear levers. Avoid getting this lubricant on the rims though as will adversely affect the brakes effectiveness.

Monthly Checks

- Investigate to see whether the tyres for splitting or worn tread and replace if need be.
- Check the wheels by lightly pulling the spokes to ensure there are no loose ones.
- Review whether the rims are straight. If one or both is slightly buckled then
- If your bicycle is fitted with traditional rim brakes, carefully check the pads to ensure that there are no signs of wear, making sure they are positioned to only make contact with the rim and not with the tyre.
- Squeeze the brake levers hard and see that they should finish about 20 mm from the handlebars. If they are too soft or hard, then the cable tension will need to be adjusted.
- Check for any other rattles by conducting a drop test – lift the entire bicycle five centimetres off the ground and allow it to drop lightly on its tyres.

Six Monthly

- The crucial chain should be thoroughly cleaned and lubricated every six months or so.

FOR ORDER PLACING & ENQUIRIES – CONTACT JUST4OZ

Mob : +61 0432 581370

Email : info@just4oz.com

Web : www.just4oz.com.au

Company : Just4Oz Pty Ltd

ABN : 75 659 533 234

PUMP TECHNOLOGY – INNOVATIVE & AWARD WINNING



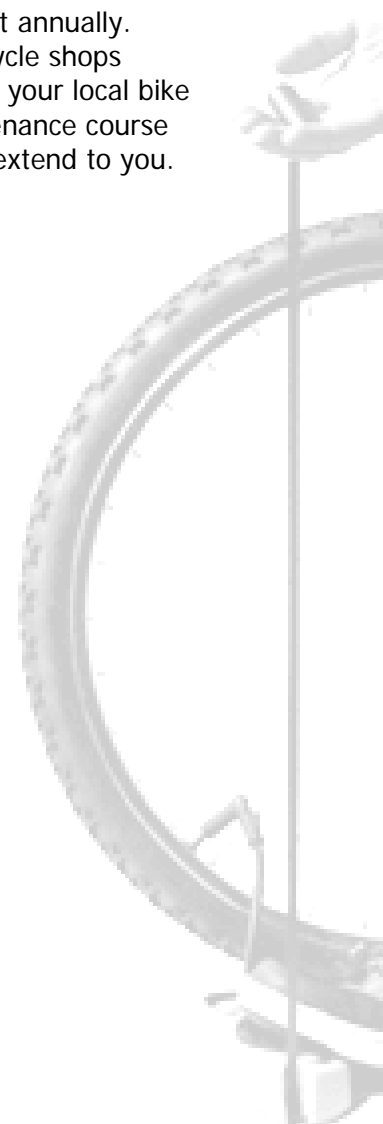
Don't just hump it ... PUMP IT ... hard and fast



General Checkpoints

- New bicycles, in particular, require constant adjustment because they go through a settling process. This usually means that cable stretching and gear misalignment is likely to occur after the first few rides.
- Regardless of age, however, all bicycles need to be regularly tested for looseness in the handlebars, pedal axles and bottom bracket.

It is highly recommended that a full service of the gear mechanism be carried out annually. This is a task that probably is best left to a qualified bicycle mechanic. Many bicycle shops employ full-time technicians who can do such servicing for a small fee so contact your local bike dealer to see whether they can assist. Also some retailers will run bicycle maintenance course so, again, get friendly with your local shop to see what support they are able to extend to you. Courses may also be available through your local bicycle user groups.



FOR ORDER PLACING & ENQUIRIES – CONTACT JUST4OZ

Mob : +61 0432 581370

Email : info@just4oz.com

Web : www.just4oz.com.au

Company : Just4Oz Pty Ltd

ABN : 75 659 533 234