

## IS YOUR BIKE AS FIT AS YOU ARE?

You have been training for the ride, but what about your bike? Can it keep up with you? Not sure? Then you should give your bike a thorough tune-up, or get your friendly bike shop to help you. If your bike is as well prepared as you, there will be less likelihood of mechanical problems occurring, so you can relax and enjoy the ride!

### Here is a list of items that you need to check on your bike:

- All the bearings
  - Wheel bearings, front and rear
  - Headset
  - Bottom bracket
  - Pedals
- Drive train
  - Chain (has it stretched - i.e., worn – beyond its limit?)
  - Chain rings
  - Cogs
    - If any one of the drive train components is suspect the other components need to be carefully assessed also. Worn drive train components can lead to poor gear shifting, or the chain slipping.
  - Cranks and chain ring bolts should be tight
- Gears
  - Derailleurs
  - Cables
    - Replace any frayed cables, or any cracked or broken cable outers
  - Shifters
    - Gripshift style (twist) shifters need to be cleaned and lubricated from time to time
- Brakes
  - Pads
    - Not too worn, properly aligned (disc brake pads wear too)
    - Pads (rim type or disc) not dragging
  - Cables – as for gears above
  - Hydraulic discs – should not be spongy
- Wheels
  - Check for buckles, large or small
    - Buckled wheels will also affect braking performance
  - Check for broken or loose spokes
- Suspension
  - Performing correctly, without leaks, rattles, or backwards and forwards play
- Accessories (racks, lights, drink bottle cages, etc.) should be tight, not broken, and with all the correct fixings.

### Spares and tools that you should bring with you include:

- Spare tubes of the correct size for your wheels and tyres
- Patch kit and tyre levers
- Bicycle pump
- Basic tools (Philips and flat screwdrivers, Allen keys or spanners) or a multi-tool

Talk to your bike shop about the need to take any special tools specific to your bike.

With a well-prepared bike you should be able to enjoy a trouble-free ride.