GCTri Bike Maintenance/ Tire Changing Clinic

3/21/16

Guest Speaker : Andrew Reimann, UCI certified bike mechanic, VonHof Cycles

Basic Bike Care

1. Show your chain some love
   1. Use ProTowels to wipe down dry/rusty chains or over-lubed dirty chains -> always wipe degreaser off the chain with a dry rag -> apply chain lube at rear wheel (should be in small cog in back and big ring up front) using reverse pedal action -> always wipe off excess chain lube with dry rag so it doesn’t attract dirt
   2. Chain care should be done at least once a month
   3. If there is extra dirt between the cogs, pipe cleaners work nicely to remove the dirt
2. Take care of those tires
   1. Inspect tires for excess wear prior to all rides. Defects to the sidewalls will require a new tire to avoid blowout. Major defects to rubber that makes contact with the ground will need a new tire to avoid blowout.
   2. Always pump tires prior to every ride. Invest in a pump with a pressure gauge on it. Rubber tubes are porous and will lose some pressure. Inflate between 100-115 psi depending on conditions/body weight/preference.

Tire Changing

1. Open the brake so tire can clear
2. Loosen quick release enough so axel fully clears the lawyer tabs of the dropout and remove wheel
3. Use tire lever to “peel” tire bead over the rim
4. Remove tube (opposite the valve stem first, finish at the valve stem last)
5. Locate puncture cause by matching hole in tube with debris on tire
6. Debride the tire of debris
7. Open new tube – (provide just a little bit of air to give it shape)
8. Insert new tube (start by placing valve stem in first, then tuck tube into tire)
9. Start tucking in the tire bead with tube inside, and work around the rim
10. Inflate tire – be sure to open valve stem (First apply a little air to be sure you don’t have a pinch of the tube, then fill completely); close valve stem after full
11. Place wheel back on the fork or rear dropout, tighten quick release
12. Close the brake and make sure wheel is centered

Tire Changing Equipment (on the road)- minimally you need

1. Bike seat pack to hold equipment (otherwise place in jersey pockets)
2. 1 replacement tube (most likely 700 x 23-25 presta valve).
3. 2 tire levers
4. Mini hand pump or CO2 inflation system (trigger & 2 cartridges)