



## TOP 5 TIPS FOR GETTING YOUR BIKE READY

### FROM OUR MECHANIC

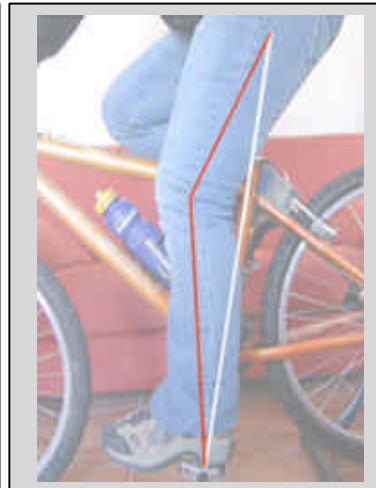
1. Make sure you have a comfortable saddle, and padded cycling shorts are a must. A saddle that is too high can cause damage to the knees, whilst a saddle that is too low can add a lot of unnecessary hard work.

#### How to check your saddle is the right height

Sit on your bike with your heel on the pedal. Make sure the crank is a straight line from the saddle all the way to the pedal. (See the white line)

With your heel on the pedal, your knee should be slightly bent.

If not, raise or lower your saddle accordingly. (See the red line)



2. Chain - Make sure your chain is well lubricated. Also check that it is not worn out. How old is your chain? Can you pull it more than 2mm away from the front chain wheel? (See picture below). If so then I would recommend you replace it before the ride. A chain snapping at the wrong moment may cause injury.

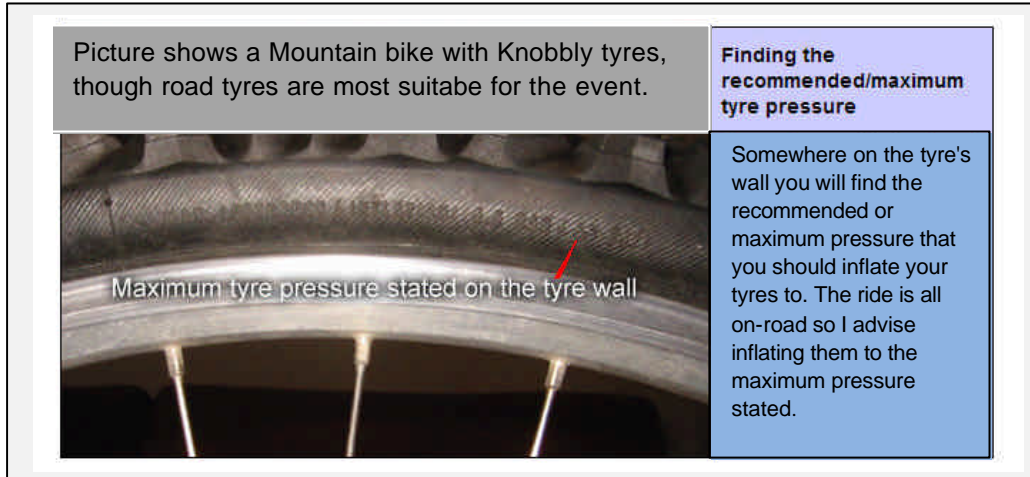


#### How to check your chain for wear

Holding your bike still, pull the chain away from the cog using your finger and thumb. If you can pull it much more than 2mm, it may be wise to replace the chain.

When replacing the chain it is often necessary to replace the rear cogs at the same time.

3. Tyres - Check your tyres for cracks in the tread as they tend to pick up sharp objects that work their way further into the tyre eventually causing punctures. Tyres should also be pumped to the correct pressure. (See details below)



4. Wheels - If you have had the bike for some time and it has been put through its paces it is worth checking the spokes. Wheels that have been repaired often have some spokes over tightened which means they could snap and the wheel will become buckled, most likely leaving it fit for nothing but the skip.
5. Brake pads. Make sure your brake pads have plenty of wear left on them. Disc brakes should be checked for leaks from the pipes or the reservoir. Disc brakes can also become ineffective. This is normally due to brake fluid leaking onto the pads, requiring them to be replaced.

*If you are in doubt about dealing with these jobs yourself or your bike has other problems – please take it to a qualified mechanic for a checkup and service.*