

4 Cleaning

Cleaning

Monthly

The frequency that you use your bike can determine how often and the degree in which you clean the bike. Riding in wet and mucky conditions will mean more regular cleaning and maintenance, whereas mainly riding in dry, clean conditions can result in less frequent and shorter maintenance sessions.

Clean Bike – Using a rag, soft brushes and warm soapy water, thoroughly clean the entire bike, concentrate on moving parts and ensure the bike is lubricated afterwards.

Wheels & Tyres – Starting at the valve, spin the wheel inspecting the tyre for glass/thorns etc, also check for wear/cracks in the tyre; finally check the tyre pressure. Check that the wheel spins true, not touching the brake pads or frame, check that the spokes are tight by squeezing together.

Handlebars & Stem – Twist from side to side to check for tightness.

Saddle – Twist from side to side and up and down to check for tightness.

Frame – Inspect frame for cracks, dents and corrosion. If found do not use and seek professional assistance from a respected bike shop.

Gears – Spin pedals to go through all ranges of gears, check for positive gear selection and smooth running chain

Pedals & Cranks – Spin pedals and cranks backwards and rock from side to side to check for tightness. Pedals and cranks should spin freely but not rock side to side.

Brakes – Rock bike forwards applying front brake, rear wheel should lift, repeat process rocking bike backwards whilst applying back brake, front wheel should lift. Spin wheels and check for pads not binding, rubbing on tyres or dropping below rim.

Oiling/Lubricating

Only once your bike is clean should you lubricate the moving parts, applying oil to a dirty bike will attract more dirt and cause parts to work less efficiently and wear out quickly. Equally, not applying lubrication once you have cleaned your bike will result in poor gear shifting a noisy ride and excess wear.

Lubricant can come in mainly two forms, spray can or fluid bottle.

Wet fluid oil is used for winter conditions. Dry oil for summer conditions.



Spray Oil can be used all year round and can be easier to use.



Leave the oil to soak in for a few minutes before using a cloth or rag to wipe away excess oil.



Please turn over

Cleaning

Cleaning

Spending a small amount of time each month cleaning your bike will help keep your bike running smoothly, saving you money on replacement parts and allowing you to check the bike for worn parts. Specialist tools and products can make the job easier, however an equally good job can be achieved using everyday items and tools.

The most important parts of your bike to clean are the gears, chain, cogs and chainrings. For these parts a mild degreaser will save you time and provide a better result. Alternatively use warm soapy water, ensure that you rinse the bike well after cleaning as soaps and detergents contain salt which will corrode your bike.



Clean Frame

Use a wet soft brush or sponge to work the detergent and water into the dirt. Rinse through the sponge/brush and work in clean water to rinse the frame



Clean Drive Chain

Use a wet coarse brush to work the detergent and water into the dirt. Check the gaps between the cassette cogs for debris and dirt accumulated on the jockey wheels. Rinse through the brush and work in clean water to rinse the moving parts.



Clean Chain

Spray plenty of degreaser onto a cloth/paper towel and immediately cup the cloth in your hand and lightly grip chain, carefully rotate pedals backwards, passing the chain through your hand, firm enough to grip the chain and clean but light enough to allow the chain to move and not snag the cloth/paper towel. Rotate your wrist slightly to access the top and sides of the chain. Repeat as necessary. Spin chain to dispel any water/detergent.



Oil Chain

Allow chain to dry, then squirt/drip oil onto the chain above the cassette, whilst spinning pedals backwards, only apply oil for roughly 10 seconds, then continue to spin pedals. Wipe off excess oil.