

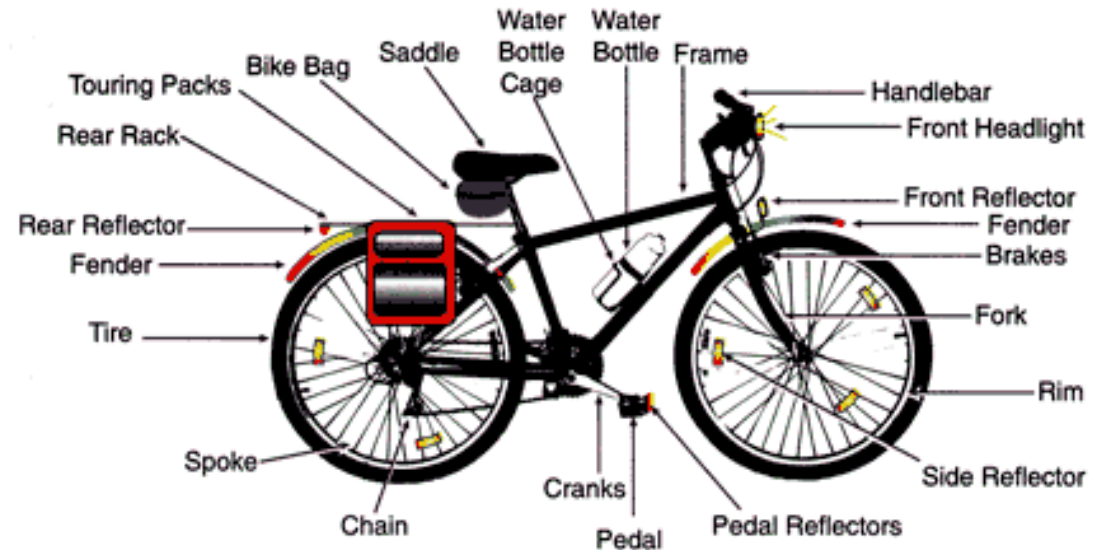


Cycle of Hope & Spirit of Hope



Bike Maintenance

- Get to know your bike
 - Identify the components
 - Understand how they work
 - Be comfortable with basic cleaning
 - Watch our Facebook page for tips
 - Be able to make minor adjustments
 - Bring along basic tools and supplies to facilitate repairs



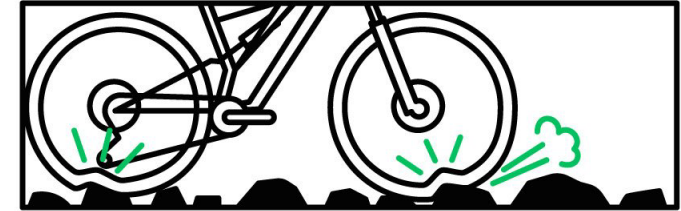
Bike Repairs – Drive Train

- ABC Checklist:
 - **Air** – Make sure your tires are inflated and rolling smoothly
 - **Brakes** – Ensure that your brakes are functioning properly
 - **Chain & Crank** – Make sure that your crank is tight and the chain is clean & properly lubricated
- Check to ensure your wheel quick releases are locked!

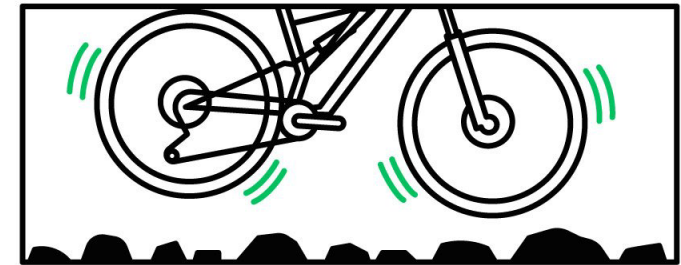


Tire Pressures

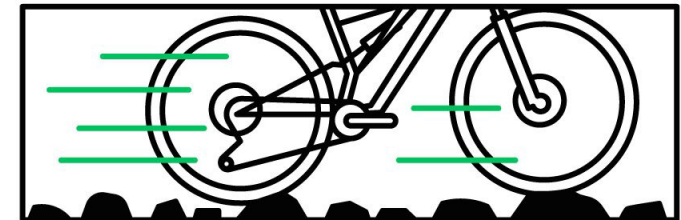
- Tire pressure too Low:
 - Increased rolling resistance, pinch flats and more wear
- Tire pressure too High:
 - Harsh, bumpy ride and less traction
- The right tire pressure can make a huge difference in your ride experience
 - Benefits include: comfort, better grip and performance



Too little



Too much



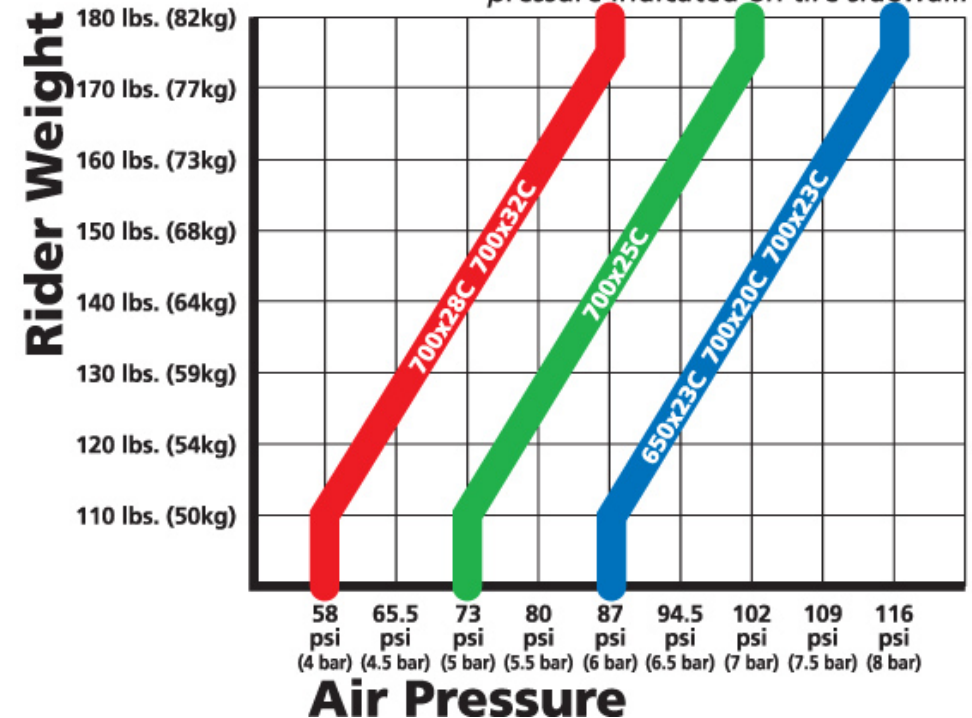
Just right

Check your Tire Pressures

- The right pressure is based on the tire specifications and rider weight.
 - This chart is a good guide for road tires. Do not exceed the manufacturer's specifications shown on the sidewall of the tire
 - Always check the pressures at the same temperature as you will be riding.

For riders above 180 lbs., inflate to maximum pressure indicated on tire sidewall.

For riders below 110 lbs., inflate to minimum pressure indicated on tire sidewall.



Good Resources

- Tire Pressures
 - [Silca Pro Tire Pressure Calculator](#)
 - [SRAM Tire Pressure Guide](#)
 - [Trek – How to Pump your Tires](#)



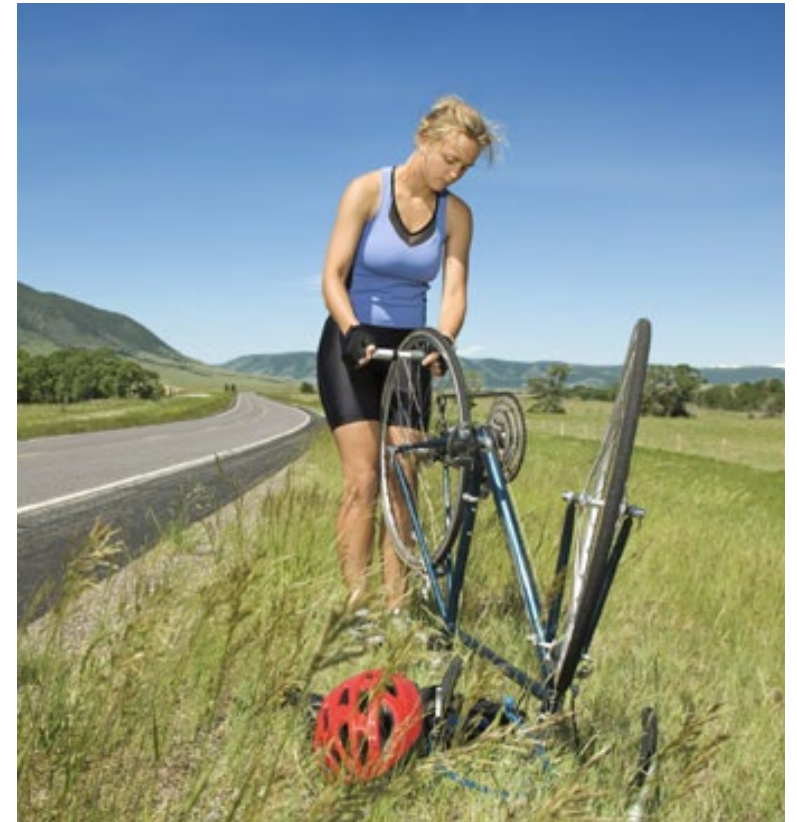
What to Carry With You on Your Bike

- Basic bike safety kit:
 - Tire levers
 - Spare tube(s)
 - Patch kit (optional)
 - Cycling multi-tool
 - Tire pump or CO2 System
 - Chain lubricant (optional)



Bike Repairs – Steps to Fix a Flat

- Remove the wheel from the bike
- Remove the tire from the wheel
- Remove the tube & inspect
- Repair or replace the tube
- Reinstall the tube
 - Partially inflated helps
- Reinstall the tire & inflate
- Mount the wheel on the bike





What to Carry With You on Your Bike

- Basic bike safety kit:
 - Identification
 - Carry an old driver's license
 - Emergency contact information
 - Click here to purchase a [ROAD ID](#) bracelet and receive **20% off**
 - Just in case money
 - Mostly for ice cream...
 - Small package of sunscreen
 - Travel-size from Shoppers Drug Mart



Other Great Accessories


- Loud Bells
 - Great for getting the attention of people on bike paths
 - Look for simple and obnoxiously loud
 - Cost: \$20 to \$30

Product	Price	Quantity	Total
 <p>Knog Oi Bike Bell Black, Large (Fits Handlebars 23.8mm-31.8mm - Drop Style) Stock Status: In Stock Available In: Woodcock Cycle Works No Air Shipping</p>	\$25.99	<input type="text" value="1"/>	\$25.99
 <p>Incredibell Ring-O-Ring Bell Silver Stock Status: Special Order Item (7-14 business day wait) Available In: Warehouse 5 No Air Shipping</p>	\$18.99	<input type="text" value="1"/>	\$18.99


Other Great Accessories

- Lights
 - Great for adverse weather, early mornings and evening rides
 - Look for at least 100 lumens strength and long battery life
 - Cost: \$35 to \$200

Product



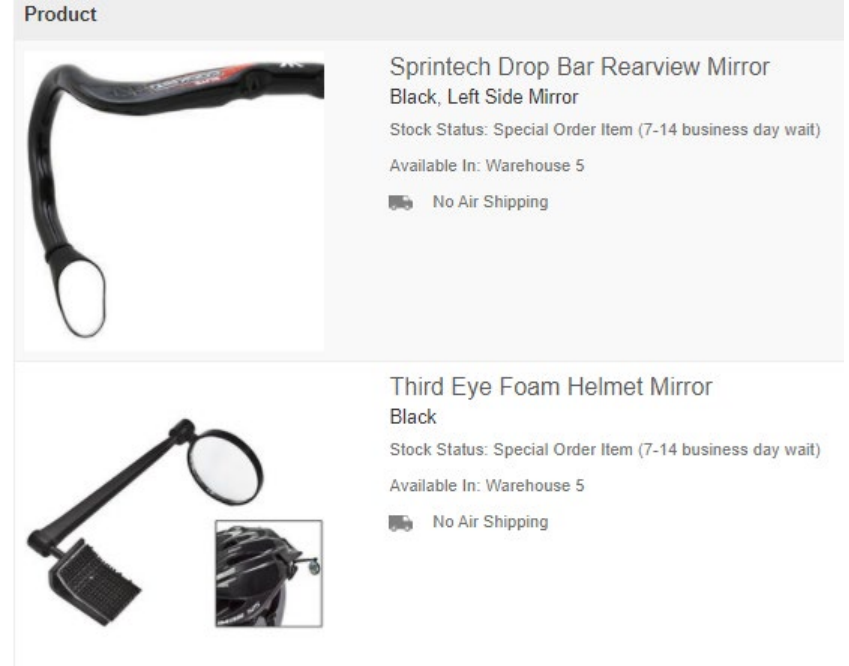
Gemini Lights Juno 100 Road
Black
Stock Status: In Stock
Available In: Woodcock Cycle Works
No Air Shipping



Gemini Lights Atlas 500 Road
Black
Stock Status: In Stock
Available In: Woodcock Cycle Works
No Air Shipping

Other Great Accessories

- Mirrors
 - It is always good to be aware of your surroundings
 - There are a couple of types: Bike-mounted and Helmet-mounted
 - Helmet-mounted provides the most stable images
 - Cost: \$20 to \$50



Have repair questions?

- Our designated bike mechanic, John is happy to help.
- Common questions include:
 - What is a pre-ride check and what should I look for?
 - Are my brakes adjusted properly?
 - How do I change / repair a tube?
 - Are my tires worn out?
 - What kind of tire should I choose for long rides?





Any Questions?

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every gift makes a difference