

Bicycle Maintenance

A GUIDE FOR STUDENTS

You already know to check your tires, brakes, chain, quick releases and your entire bike *before riding* (that's the ABC Quick Check!). Here are some tips to keep your bike rolling smoothly.

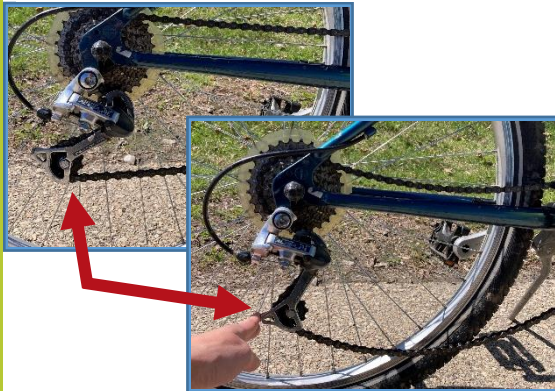
FIX A SLIPPED CHAIN

Learn how to put the chain back on your bike and prevent it from slipping again.

Materials needed



Your bike with a chain!



HOW TO PLACE THE CHAIN BACK ON

1. Lift up the rear of the bike and pedal the wheels with one hand to see if the chain secures back in place.
2. If not, then push the rear derailleur forward to loosen up the chain. The derailleur is what moves (“derails”) the chain from the chainring and sprocket. It sticks out below the cassette (the part with all of the sprockets!). *Check out the other side for help finding the derailleur.*
3. Place the chain back on the chain ring.
4. Let go of the chain and/or push the rear derailleur back in place.
5. Repeat step 1.

PUMP YOUR TIRES



Air Pump



Tire



HOW TO PUMP YOUR TIRE

1. **Check your tire's PSI range**, which you can find in small lettering on the side of your tire. These numbers (40 to 70 psi, for example) tell you how much air to pump into your tire.
2. **Find the tire valve**, which sticks out of the tire, pointing into the center of the wheel. Test which end of your pump snugly fits over it.
3. **Attach the pump to the valve**, and lock the pump lever.
4. **Pump your tire**, pumping up an
5. **d down until the PSI is within the tire's range.**

MAINTAIN YOUR CHAIN

Keep your chain clean and running smoothly.

Materials needed

- Clean, lint-free cloth
- Oil-based bicycle lubricant

PHOTO PLACEHOLDER:

Photo of a chain or appropriate bike lubricant

HOW TO PLACE THE CHAIN BACK ON

1. Flip your bike upside down, resting on the handlebars and seat
2. Grab the chain between the cloth
3. Pedal the wheels so the chain advances
4. Lightly lube your chain using an oil-based lubricant, **not** WD-40
5. Run the chain through the cloth again.

BIKE ANATOMY

