

PHILIPS

sense and simplicity

Bike to Work Day Getting your bike ready

Simon Kozin

ECS

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Things to check before you ride your bike

- Chain well lubricated, though not gummed up with accumulated gunk
 - If gunked up clean it!
- Brakes functioning and not rubbing
 - Adjust tension with barrel adjusters
 - Adjust balance with spring tension screw
- Wheels true and well tensioned
- Tires in good condition - not dried, cracked, split, blistered, ripped, gashed, etc...
- Tires properly inflated
- Nothing loose or hanging down where it could get caught on spokes, chains or gears
- Wheels installed correctly (quick release properly tightened) and straight

Things to check during a test ride

- Is your bike adjusted correctly
 - Slightly bent knees at lowest point of pedal rotation
 - Handle bars within comfortable reach without putting excessive weight on your hands
 - Saddle position and angle comfortable
- Drive train shifting smoothly
 - Stays in gear
 - Chain not jumping around
 - Drive train not clicking
 - Clicking or jumping chain likely means your derailleur(s) need adjustment – bring it to a bike shop or learn how to do it yourself.

Safety

- Helmet fits correctly (sized)
- Helmet adjusted correctly
 - Stays on top of head does not slide back
- Bright clothes
- Lights and reflectors in low light conditions
- Eye protection
- Gloves

Tools and accessories

- Tools:
 - Bike pump
 - Tire levers
 - Hex wrenches
 - Tools to remove wheels if not installed with quick release
 - Extra tube and patch kit (learn how to use the patch kit)
- Accessories:
 - Recommended chain lubes: Tri-Flow (very good general purpose lube), Boeshield T9 (my favorite), Prolink chain lube
 - Clean your chain with a chain cleaning machine (Pedros, Park, etc)
- References:
 - Park tool repair info: <http://www.parktool.com/blog/repair-help>
 - Chain wear: <http://sheldonbrown.com/chains.html>