



Maintenance Regime

A regular regime of simple maintenance will make your bike last longer and make cycling more enjoyable:-

Weekly - Check tyres, brakes, lights, handlebars and saddle. Make sure tyres are fully inflated.

Monthly - Clean and oil chain, clean wheels and check tread, check brake pads and cables, check gears running smoothly (if not, seek advice from your local bike mechanic). Make sure you wipe oil off wheel rims or brake pads.

Yearly - Take bike to bike mechanic for a service. This is relatively cheap and could save you money in the long run. Belhaven Bikes at Rigg Service Station is our local bike shop.

Punctures - These don't happen very often, but if you don't want to repair a puncture during your journey, always carry a spare inner tube and a tyre lever. Alternatively lock the bike somewhere out of the way, phone a taxi to get you home, and work out how to pick your bike up later!

Toolkit

For local everyday cycling it is not necessary to carry a toolkit as you'll never be far from home, but for the simple maintenance regime described above and more adventurous journeys, it may be advisable to have:

- A pump
- An old toothbrush
- Lubricant/grease
- Old cleaning rags
- Puncture repair kit
- Tyre levers
- Allen keys/screwdrivers
- Spanner
- Baby wipes - ideal for cleaning oily fingers.

Sustaining Dunbar run bike maintenance courses and cycling training sessions for all levels, from beginners to advanced, contact dan@sustainingdunbar.org for details.