



Bike Maintenance Tips

All cyclists are responsible for keeping their riding equipment in good working order. If you are new to cycling or have never given regular bike maintenance much thought, this brief checklist is the first place to start. Get into the habit of checking your bicycle equipment before every ride. Small adjustments can make the difference between a successful finish and a bad experience. Check off each of the items on this list before you ride.

Check your wheels for worn tires, loose spokes, warped rims and proper inflation.

Check your handlebar for looseness at the headset and stem.

Check brakes for cable tightness, worn pads and alignment of the pads with the rims.

Check your saddle for seat post bolt tightness and proper fit.

Check your chain looseness and bad links; clean regularly. Lubricate with bicycle chain lube.

Check the derailleur for worn cogs and adjustment.

Check that your gears change smoothly and look for worn cogs.

Check your pedals and cranks for tightness.

Check your shoes for tight cleats and straps and buckles in good repair.

Check your helmet for proper fit and worn straps.

We also strongly recommend that your bike be checked by one of our [Official Bike MS Ride bike shops](#) before the ride. There will be mechanical support throughout the ride but they will only be on hand to fix routine maintenance problems.