

Bike Station Clinic Series

Maintenance Checklist, April 2007

<input type="checkbox"/>	Tires
<input type="checkbox"/>	Remove the wheel/tire
<input type="checkbox"/>	Troubleshoot the leak
<input type="checkbox"/>	Patch or replace the tube
<input type="checkbox"/>	Replace the tire
<input type="checkbox"/>	Chain
<input type="checkbox"/>	Lube and dry chain
<input type="checkbox"/>	Check tension
<input type="checkbox"/>	Brakes
<input type="checkbox"/>	Check cable and housing integrity, replace as necessary
<input type="checkbox"/>	Check brake pads
<input type="checkbox"/>	Align brake calipers
<input type="checkbox"/>	Adjust cable tension
<input type="checkbox"/>	Drivetrain
<input type="checkbox"/>	Check cable and housing integrity, replace as necessary
<input type="checkbox"/>	Check gear cog integrity
<input type="checkbox"/>	Troubleshoot noises, errors
<input type="checkbox"/>	Set limit screws, front and rear derailleur
<input type="checkbox"/>	Adjust cable tension, aligning front and rear derailleur
<input type="checkbox"/>	Hubs
<input type="checkbox"/>	Disassemble front and rear hubs
<input type="checkbox"/>	Clean, repack hub components
<input type="checkbox"/>	Reassemble hubs
<input type="checkbox"/>	Adjust bearing pressure (loose bearing hubs only)
<input type="checkbox"/>	Headset
<input type="checkbox"/>	Remove handlebar/stem assembly
<input type="checkbox"/>	Disassemble headset
<input type="checkbox"/>	Clean, repack headset components
<input type="checkbox"/>	Reinstall handlebar/stem assembly
<input type="checkbox"/>	Pedals
<input type="checkbox"/>	Remove pedals
<input type="checkbox"/>	Clean and grease crank threads
<input type="checkbox"/>	Reinstall pedals
<input type="checkbox"/>	Wheels
<input type="checkbox"/>	Inspect rim truing, manually (use stand or brakes)
<input type="checkbox"/>	Inspect spoke tension manually
<input type="checkbox"/>	Adjust nipples for spoke tension
<input type="checkbox"/>	Tentative: Crank/Bottom Bracket
<input type="checkbox"/>	Loosen and pull cranks
<input type="checkbox"/>	Disassemble bottom bracket (highly specialized tools required)
<input type="checkbox"/>	Clean, repack bottom bracket components
<input type="checkbox"/>	Reassemble bottom bracket
<input type="checkbox"/>	Reinstall crank arms
<input type="checkbox"/>	Tighten crank arms