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Daily (or before every ride):

- Inflate tires to appropriate pressure for on road riding (or proper off road pressure). Weekly inflation is often sufficient, more often doesn't hurt!
- Squeeze both brake levers to ensure functioning brakes (levers should not come too close to grips).
- Ensure stem is tight by holding front tire between legs and trying to turn handlebars.
- Spin pedals backwards to make sure the bicycle freewheels properly and the cranks do not have any play.
- Listen for a squeaky chain (often sounds like a chirping noise), apply lube as necessary.
- Spin front and rear wheels to make sure there's no wobble, no tire bulges and no rubbing sounds.
- Make sure quick releases at wheel hubs are tight (and seat if that's quick release, too).
- Visually check to ensure pedals are fully threaded into the crank arms.
- Wiggle the wheels sideways to check for play in the wheel hubs.
- Ensure accessories such as racks, baskets, handlebar accessories, etc are not loose.

Monthly (or every 250 - 500 miles):

- Using an old towel or stiff bristle brush, remove as much dirt from the chain as possible, then re-lube. Depending on the type of chain lube you use and your riding frequency and riding conditions, you may need to clean and lubricate the chain more than once a month or more than once at a time to remove excess contaminants.
- Inspect cables and housing for frayed cable ends and bent, damaged or blown out housing.
- Inspect hydraulic brakes for hose damage or fluid leaks.
- Inspect tires for unusual wear or bulges, which may indicate imminent tire failure.
- Check chain wear using a chain wear tool (or ask your local bike shop to check for you!).
- Lubricate derailleur pulleys / pivot points.
- Remove excess dust and dirt from the frame using a soft bristle brush or frame cleaner spray and a rag.
- Check all fasteners (nuts, bolts, screws, zip ties, etc) to ensure they're not loose and for proper torque.
- Check brake pads for wear.
- Check brightness of lights and replace batteries as necessary.

Every 6 months:

- If you ride a lot, consider a tune-up from your local bike shop.
- If your drivetrain (chain, cassette, crankset) shows excessive dirt, deep clean the drivetrain, or again, visit your local bike shop for a drivetrain cleaning.
- If you use a patch kit, make sure your patch kit glue isn't dried out.
- Service suspension components (if applicable).
- Inspect accessories such as racks, pumps, etc for wear or damage.
- Check tires and other rubber components for dry rot / cracking.
- Inspect frame and fork for any excessive rust or cracking (paint cracks indicate possible structural issues).

Yearly:

- If you didn't need a tune-up at 6 months, now is probably the time!

Things to remember:

- Bicycles stored inside require less maintenance.
- Bicycles ridden in the rain or snow require more maintenance.
- Bicycles ridden off road require more maintenance.
- Do NOT use WD-40.
- If anything feels odd, stop riding your bicycle and inspect it or bring it to a shop for professional attention.
- If you crash your bike, have it inspected before riding it again.
- WD-40 IS NOT LUBE.