

Mountain bike maintenance tips

A big asset for many, it's worth looking after your new mountain bike to ensure it performs well and is safe to ride at all times. We recommend carrying out these periodic maintenance suggestions and basic checks prior to riding your bike. Detailed maintenance suggestions tailored to your bike can be found in the owner's manual/handbook supplied.

Please read your owner's manual before riding your new bike. It's full of useful tips and will guide you through adjusting the brakes to your personal preference as well as advising you on how to avoid problems with your bike.



BEFORE EACH RIDE

- **Ensure your tyres are inflated** to the suggested pressure (pressure guide is on the tyre sidewall) and that the tyre is not torn.
- **Test your brakes.** Do not ride your bike if both brake pads do not contact the rim or disc adequately. Adjust your brakes as per the manual if required.
- Check that **wheels are secure** and there is no play. Tighten the quick release or thru-axle if required.

USEFUL TOOLS AND EQUIPMENT:

- Allen/hex keys
- Flat head and Philips screwdrivers
- Torque wrench
- Pump
- Lubricant, grease & degreaser
- *Tools and lubricants are available to purchase on our website*

MONTHLY

- **Check your brake pads** for wear. Worn out brake pads can become completely ineffective and therefore highly dangerous. Rim brake pads should be replaced when the groove pattern in the friction material has worn smooth. Disc brake pads should be replaced when there is less than 1mm of friction material remaining.
- **Fully clean, degrease and lubricate your drivetrain.** This will lower pedalling noise and prevent any premature wear. The drivetrain includes chain rings, cranks, cassette, derailleurs and chain.
- **Tighten all bolts to the suggested torque levels** as stated in the owner's manual. Start from the front of the bike and work your way to the rear. While doing this, check for play in the parts & components, in particular the headset, bottom bracket and rear suspension linkage if applicable.
- **Inspect frame, wheels, brakes and tyres** for signs of wear, especially cracks. It's best to clean your bike before doing this.
- **Check for gear & brake cable stretch.** Common signs include gears not shifting correctly and brakes not being as sharp as they used to be. Use the barrel adjusters on the cable housing to tighten the cables appropriately, if your bike has hydraulic brakes they may need bleeding. See the owner's manual for further brake & gear adjustment tips.



For non-hydraulic brakes a barrel adjuster is situated at the top of the brake caliper, screw the adjuster to tighten the cable.



To adjust the rear mech/derailleur, screw the barrel adjuster on the end of the cable housing.

IF YOU HAVE ANY QUESTIONS ABOUT THIS OR ANY OTHER ASPECT OF YOUR CYCLE THEN PLEASE CONTACT US:

01792 583000 MON-FRI: 8:30AM - 5:30PM, SAT: 9AM - 1PM OR EMAIL US AT: SALES@WHEELIES.CO.UK



LIVE HELP [AVAILABLE ONLINE](#)

EVERY 6 MONTHS

- **Grease parts and components** such as the seatpost, wheel bearings and bottom bracket bearings. This will prevent creaks and help your bike to run smoother.
Please note: carbon fibre parts, components and frames require carbon gel rather than grease.
- **Inspect drivetrain* for wear;** a key sign of drivetrain wear is your chain slipping while riding, especially under power. If the teeth on your chainrings and cassette are worn, it's best to replace these. We also advise using a chain wear tool to see if the chain has stretched, if so, it's best to change the chain for optimum pedalling efficiency.
** Includes cranks, chain, chainrings, cassette and derailleurs.*
- **Replace brake and gear cables** if required. This is generally needed if cables have frayed or do not move freely through the cable housing. If the housing is damaged this may also need replacing. Hydraulic disc brakes often only require a bleed, inspect the brake hoses and connections to ensure no fluid is leaking, if this is the case, do not use your bike until the leaking part has been replaced.

ANNUALLY

- Replace bottom bracket and drivechain if excessively worn.
- Replace handlebar grips if worn.

CLEANING

- We recommend **cleaning your bike regularly**, especially after wet or muddy rides and during the winter months as salt-water and dirt build-up can cause premature wear to parts and components. If using a hosepipe avoid aiming the water jet directly at fork seals & bearings, as this can cause them to become misaligned and force dirt & water into them - it's best to point the hosepipe downwards.
- **Never clean your bike using a pressure washer** as the bearings can easily be damaged.

KNOW YOUR BIKE

