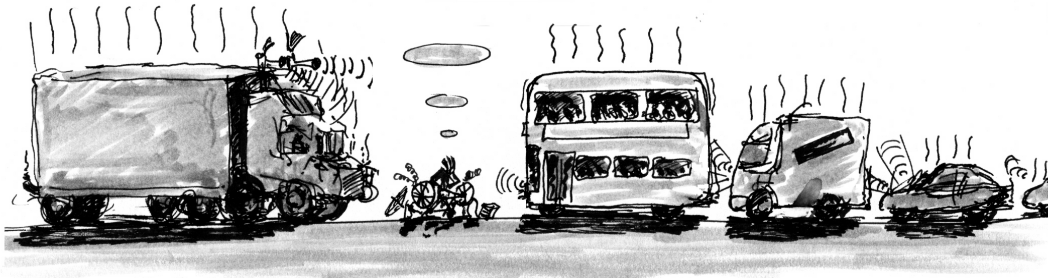





Cycle Maintenance (made easy)

NOT THE BEST PLACE TO BREAK DOWN...



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	Tip	Frequency
Brakes Lights	Check brakes work. Check lights work & are clean.	Daily
Chain 	Clean first, then add a drop on each chain link, finally wipe down to stop any drips. (Use Teflon based 'dry' or 3-In-One oil.) (Keep oil away from wheel rims !)	Weekly
Tyres 	Remove any sharp objects that have got stuck in tyre, and check fibres are not coming through tyre wall.	Weekly
	Pump up tyres nice and hard - so you can only just squash with fingers.	Weekly
General	Check all nuts are tight, & touch up any scratches.	Weekly
Other	Hey, this is the easy guide, see full maintenance document at www.lcc.org.uk/Documents/Maintenance.pdf	Monthly, six monthly, & yearly.

Latest Ealing cycle news at www.ealingcycling.org.uk .
Join up at www.lcc.org.uk and follow links to membership.

Ealing Cycling Campaign is an autonomous branch of London Cycle Campaign. (Charity number 1115789)