



Bike Maintenance Checklist

Keep your bike running smooth—and stay safe—with regular preventative care. You can do daily checks yourself, but consider going to your local bike shop for more complex repairs and regular tune-ups.



BEFORE EVERY RIDE

1. Check tire pressure. The correct psi will be printed on the sidewall.
2. Check tires for cuts or debris, and spin each wheel to ensure it's not out of "true."
3. Check that bolts, screws, and quick-releases are tight.
4. Squeeze brake levers to make sure they respond. Bounce mountain-bike suspension to make sure it's working.

AFTER EVERY RIDE

1. Using a dry shop rag, wipe off any debris from your drivetrain, and dry any components if the ride was wet.
2. If you had a minor mechanical on the ride, make the repair now.
3. Restock your seat bag if you used a tube, CO2 cartridge, or cash reserves.

ONCE A WEEK

1. Clean and lube your drivetrain. Ask your shop for recommendations on degreaser & lube.
2. Wipe any dirt and lube buildup from pulleys and chainrings.

ONCE A MONTH

1. Thoroughly clean your bike and check your frame and components for cracks.
2. Lube the chain, pulleys, and brake pivots.
3. Check for loose spokes by squeezing them; there should be consistent tension.
4. Lube mountain-bike suspension.

ONCE A SEASON

1. If worn, replace bar tape, cleats, and chain.
2. Adjust balky shifting, and replace cables if stretched, frayed, or worn.
3. Check brake pads for wear and replace if worn below the grooves.
4. Bleed mountain bike disc brakes.

ONCE A YEAR

1. Get your bearing systems checked: hubs, bottom bracket, headset, and pedals.
2. Check cassette and chainring teeth for wear. If they're looking more like a shark fin than a diamond, it's time to replace. Best to replace the chain and rear cassette at the same time.

More Tips at [RoadID.com/SafetyCenter](https://www.roadid.com/SafetyCenter)