



BICYCLE MAINTENANCE RESOURCES

The following links will be helpful in developing your bicycle maintenance knowledge and skill.

The best way to prevent maintenance and prolong the life of your bicycle components is to do the ABC Quick Check and clean and lubricate it properly. Check out these links to learn more:

ABC QUICK CHECK

<https://bikeleague.org/content/basic-bike-check>

<http://www.pedbikeinfo.org/bicyclesaferjourney/abcquickcheck.pdf>

BIKE WASH

<https://www.youtube.com/watch?v=B2sKhSDrugE>

<https://www.youtube.com/c/gmbntech/search?query=bike+wash>

<https://www.youtube.com/c/gcntech/search?query=bike+wash>

Below are links to repairing and maintaining specific bicycle components:

FLAT TIRES

<https://www.youtube.com/playlist?list=PLGCTGpvdT04SCKR3pm1OsC5mUF9dapUuz>

CHAINS

<https://www.youtube.com/watch?v=vSLnA14hKkl>

Lubricating

https://www.youtube.com/watch?v=MuwS_nSevy4

<https://www.youtube.com/watch?v=X1Vze17bhgk>

<https://www.youtube.com/watch?v=1x0baWOzPzw>

Sizing & Replacement

<https://www.youtube.com/watch?v=gXd-3UnqoaM&t=2s>

<https://www.youtube.com/watch?v=VdUQKVMPF5I&t=255s>

<https://www.youtube.com/watch?v=O0YibMDWBAw&t=8s>

SHIFTERS & DERAILLEURS

https://www.youtube.com/watch?v=B37TW_YVC8E&list=PLGCTGpvdT04TINwuGy2pd_y8wt-oLfuij&index=1

Front Derailleurs

https://www.youtube.com/watch?v=yDjIRu4CnjI&list=PLGCTGpvdT04TINwuGy2pd_y8wt-oLfuij&index=2

https://www.youtube.com/watch?v=ZNG7g83II-s&list=PLGCTGpvdT04TINwuGy2pd_y8wt-oLfuij&index=4

https://www.youtube.com/watch?v=vcc5-ry4fA0&list=PLGCTGpvdT04TINwuGy2pd_y8wt-oLfuij&index=6

Rear Derailleurs

https://www.youtube.com/watch?v=DQmmEvt0rxs&list=PLGCTGpvdT04TINwuGy2pd_y8wt-oLfuij&index=3

https://www.youtube.com/watch?v=UkZxPIZ1ngY&list=PLGCTGpvdT04TINwuGy2pd_y8wt-oLfuij&index=5

https://www.youtube.com/watch?v=kkL1vze6M4A&list=PLGCTGpvdT04TINwuGy2pd_y8wt-oLfuij&index=7

BRAKES

Rim Brakes

<https://www.youtube.com/playlist?list=PLGCTGpvdT04Re5yrxKOVg1yjuoILLGDwZ>

Disc Brakes

<https://www.youtube.com/playlist?list=PLGCTGpvdT04TW0Qi4wpGxYB2TuzJok9I5>

This is a great resource for additional bicycle maintenance questions:

<https://www.parktool.com/blog/repair-help>