



## Tour de Cure Regular Bike Maintenance Checklists

It's critical to keep your bike in optimal condition from a safety and mechanical perspective. As our kilometres increase, training on a serviced bike will help you get stronger and faster. It'll also make your training more efficient, make riding easier, and ensure your bike lasts longer. This means regularly servicing your bike and cleaning it after every ride.

### Remember TBG!

**TYRES:** No holes or nicks, there needs to be plenty of rubber and not 'squared off'

**BRAKES:** Firm not spongy

**GEARS:** Lubricated and change gear well, not clunky

If your bike fails any of the TBG tests or it's all a funny language to you, then take your steed to your local bike shop and they'll fix you up.

A bike service is compulsory two weeks before Tour, bike shops are busy, it's worth making the call to book the appointment now. Your bike shop will need to complete the checklist at the bottom of this info sheet. You will also need to purchase a spare derailleur hanger for tour, these are specific to your bike and you may need to order, please look into this now.

### MANAGING FLATS

Punctures are a fact of life in cycling, and we all need to be ready to deal with them quickly and safely. All participants must carry their own spares and CO2 canisters – not hand pumps. Ride Leaders can help you replace a flat tube, so carry your own spares, and learn from them so you can be self-sufficient. It's about timing and safety too. We start our rides early for a reason - the sooner we are back riding, the less traffic and hazards we have to manage as the rest of the world wakes up.

### To Tube or not to Tube, that is the question!

A message from a TDC on-road mechanic – "Definitely NOT TUBELESS! Very messy and hard to fix if they go, changing 4 flats in a morning is not fun" If you get a flat with tubeless on tour, your bike will go on the roof of the car until we can get you to the next stop with the off-bike mechanic. Please save your tubeless for another ride and get regular tyres and tubes fitted for tour. You want bike mechanics to be your friends! Not sure which tyres to get? Recommend 28mm for comfort if you have enough clearance. Alternatively they suggest Continental 4 seasons 25mm or Continental 5000s.

### Minimum must haves on every training rides:

A spare tube, 2x tyre levers, 2x 16g CO2 canisters, 1x CO2 Inflator.

Here's some easy-to-follow maintenance you can carry out on your bike either before/after every ride or periodically.

### Each ride

- Check tyres aren't flat/soft (thumb test or use pump gauge)
- If it's wet – wipe down and lube chain immediately after you finish (see instructions next page)
- Be aware of any changes to your bike (eg poor gear shifting, rattles, new noises) and get a bike shop or mechanic to fix it before it becomes a bigger problem

### At least weekly

- Pump tyres (preferably every 2-3 days) : suggested 25mm to 90psi, 28mm to 80psi
- Wipe down & lube chain (unless you haven't been riding - see instructions next page)
- Check wheels are done up tight (quick release or thru axle)



- Check that brakes work **At least monthly**
- Wipe down the frame thoroughly (use a bike cleaner spray like Krush or Muc Off)
- Clean chain – preferably using a chain scrubber with citrus degreaser & re-lube (see instructions next page)
- Check chain for wear (use a chain wear gauge, change chain if >75% worn)
- Check that brakes are fully on before the levers are at the handlebar & aren't spongy (use barrel adjustor to tighten rim brakes if needed, or get disc brakes bled at your bike shop)
- Check brake pads for wear (disc brake pads should have a least a fingernail width of brake material, rim brake pads should still have vertical slots clearly visible)
- Check tyres for wear (profile should be rounded, not flat at the top of the tyre)
- Check gear/brake cables aren't frayed
- Check wheel hubs, pedals & crank spin easily & don't wobble
- Check wheels aren't warped/buckled and that all spokes are evenly tight
- Charge etap/Di2 batteries
- Check that handlebar end plugs are in place and that bar tape isn't overly worn
- Check the cleats on your shoes aren't worn down
- Check your helmet doesn't have any cracks or other damage
- Check your saddlebag/toolkit contents (in particular that the CO2 canisters aren't used – kit should have a spare tube, 2xCO2 canisters, CO2 head, tyre levers, small multitool)

## Cleaning & Lubing Chains

- A clean drivetrain – goes faster, shift gears more smoothly, lasts longer & looks better!
- Use oil based or wax based lube (eg Rock & Roll Gold) – avoid 'wet' lubes (unless you like cleaning your chain frequently)

### Lube & wipe down chain weekly

- Wipe down the chain with a rag to get dirt/old lube off
- Hold the lube bottle over the chain (use a spoke to steady your hand over the chain)
- Squeeze the bottle gently while rotating cranks to apply lube to all the chain (approx 4 crank rotations)
- Spin the cranks a few more times to work lube through the chain links
- Thoroughly wipe off excess lube using a rag (very important to stop your chain picking up dirt!)

### Clean chain & cassette monthly (depending on weather – more if wet, less if dry)

- Spray/scrub cassette with citrus degreaser &/or bike wash, then wash off with a hose/squirt bottle
- Method 1 – spray chain with citrus degreaser, wipe down with rag
- Method 2 (preferred) – use a chain scrubber with citrus degreaser, then with water in the scrubber
- Wash off chain with a hose/squirt bottle
- Wipe down & dry chain & cassette with a rag
- Apply lube (as per above)

### Which products to buy?

Here are some examples of products to keep your bike in peak condition!

- Oil based lube – Rock & Roll Gold ~\$15 120ml bottle (also acts as a degreaser so cleans as well)
- Wax based lube – Squirt ~\$15 120ml bottle (best for mountain biking)
- Chain Scrubber – eg Park Tools Cyclone or BBB Chain Cleaner ~\$50
- Bike Wash – Krush Rapid Wash or Muc-Off ~\$20 1L bottle
- Citrus Degreaser – eg Supercheap Auto 'Trade Direct Citrus Biodegradable Degreaser' 5L ~\$32 delivered (or at bike shops \$50 for 1L!)

*Please note TDC is not connected to these brands or suppliers.*



## Bike Service Checklist

Bike service is required two weeks before tour. Call four weeks before to book in and order your spare derailleur hanger. **Print out and get your bike shop to tick off** - then upload this checklist to the TDC Hub before tour <https://hub.tourdecure.com.au/>

1	New Tyres (no excuses)	Wheels & tyres
2	New brake pads and brakes centred & adjusted	
3	Wheels not buckled & spin freely with good clearance, spokes not damaged	
4	Wheel hubs & bottom bracket run smoothly & no excessive play	
5	Head set & stem tensioned firmly, quick releases, handlebars, shifters done up tightly & don't move	Frame & Components
6	Bike frame is clean, handle bar tape is properly wrapped, bar ends in place	
7	Bell installed & working	
8	Seat post tightened and seat is not damaged or broken	
9	Pedals clean and not damaged	
10	Chain, chain rings, cassette and derailleur pulleys clean (this means properly cleaned not wiped!) and freshly lubed.	Drivetrain
11	Chain preferably new but no more than 75% worn and correct length	
12	Gear and brake cables are not cracked, frayed or damaged	
13	Gears change correctly (Front and rear)	
14	Rear derailleur limit set to prevent derailleur going into spokes	

Rider's Name: \_\_\_\_\_ Bike Make & Model: \_\_\_\_\_

Mechanic's Name: \_\_\_\_\_ Bike Shop: \_\_\_\_\_

Bike Shop Address: \_\_\_\_\_ Date of Service: \_\_\_\_\_

### Rider Equipment Check – A Must on Tour

15	Cleats – new (no excuses)
16	Rear (Derailleur) Hanger – Show me you have one and it goes in your day bag
17	Lights – front & rear (either on bike or in day bag)
18	Chargers for all those with Electronic gearing
19	Helmet in good condition. Refer to <a href="https://www.productsafety.gov.au/standards/bicycle-helmets">https://www.productsafety.gov.au/standards/bicycle-helmets</a> Look after your lid. Recommendation to replace helmet every 3-5 yrs regardless of condition.

Top Tip: Our mechanics keep us on the road everyday, however, with all the bikes they have to keep spinning it's important for you to bring a **small cleaning kit** to be able to maintain your own bike every night.

**Chain oil | Wet wipes | Toothbrush/ small scrubbing brush | Small rag | Small multi-tool kit | Cable ties | Small pliers** Did you get the message it needs to be small! This forms part of your 8kgs baggage. See Rider Packing List or Support Crew Packing List on the Resources section of the TDC tour website