

MOUNTAIN BIKE MAINTENANCE SCHEDULE

OFF-ROAD RIDING average riding 10-20 miles		10 RIDES	25 RIDES	50 RIDES	100 RIDES
CHECKUP	Inspect Tire Pressure	Pump to 30 – 45 psi based on rider weight and trail conditions. Check before every ride.			
	Inspect wheel true	✓			
	Inspect nuts and bolts	✓			
	Inspect and tighten cranks	✓			
	Inspect chain stretch		✓		
	Inspect wear of chainrings			✓	
	Check wheel skewers for tightness	✓			
CLEANING	Lube and clean chain	Based on riding conditions. You want a quiet, relatively clean chain – dusty is okay, but it parts should move freely.			
	Degrease drivetrain		✓		
	Lube cables – brakes and gears		✓		
	Grease nuts and bolts			✓	
	Bleed disc brakes			✓	
	Grease bearings				✓
REPLACEMENT	Replace cables and housing			✓	
	Replace chain*			✓	
	Replace cassette*				✓
	Replace tires			✓	
	Replace shock seals and fluid			✓	
	Replace grips / bar tape				✓

* Replacement of drivetrain will be sooner if regular lubing and cleaning is not maintained.