

# ROAD BIKE MAINTENANCE SCHEDULE

<b>ON-PAVEMENT RIDING</b> average riding 10-30 miles		10 RIDES	50 RIDES	100 RIDES	200 RIDES
<b>CHECKUP</b>	Inspect Tire Pressure	Inflate to 100 – 130, based on rider weight, conditions, and style. Check before each ride.			
	Inspect wheel true	✓			
	Inspect nuts and bolts		✓		
	Inspect and tighten cranks			✓	
	Inspect chain stretch		✓		
	Inspect wear of chainrings				✓
	Check wheel skewers for tightness	✓			
<b>CLEANING</b>	Lube and clean chain	Based on riding conditions. You want a quiet, relatively clean chain with some oil to reduce wear on other parts			
	Degrease drivetrain		✓		
	Lube cables – brakes and gears			✓	
	Grease nuts and bolts			✓	
	Grease bearings				✓
<b>REPLACEMENT</b>	Replace cables and housing				✓
	Replace chain*			✓	
	Replace cassette*				✓
	Replace tires			✓	
	Replace grips / bar tape			✓	

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