

Title:

Quick Tune-Up For Spring Bicycle Riding

Word Count:

496

Summary:

For those of us who put our bikes away for the winter, the time has come to dust them off and

~~Chain~~

If you have been using an oil-based lubricant, consider switching to a wax-based product. The

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Article Body:

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If you've been using oil-based chain lube, whether you want to switch to wax or not, you should

~~Derailleur Components~~

Lubricate the pivot points using a good petroleum-based lube. I use Tri-Flow. Next, lubricate

~~Brakes~~

Again, lubricate the cables. Use either petroleum- or wax-based lube depending on how dusty the

Check the pads: is there plenty of rubber; do the pads hit the rims evenly? If using fluid-act

~~Wheels~~

Spin the wheel slowly checking for true. The wheel should not wobble at all. If it wobbles a l

Check tire pressure, which is bound to be low after a winter of storage. Inflate to the manufa

Now give the bike a once-over. Is the seat adjustment still a good fit? Is there excess play o

From this once-over, you will be able to determine whether it is time for a major tune-up. Thi

Whether you do the major tune-up yourself or take the bike to a reputable bicycle shop, every

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