

Mountain Bike Maintenance

Is It For Me?

If you want to be able to look after your bike so that it runs just like when you bought it new from the shop then this is the perfect course for you.

There are no pre-requirements for this course – only you and your bike are needed. The course is suitable for MTB's, Touring bikes, Road bikes and Cyclocross bikes.

This course does not qualify you to work or maintain other bikes other than your own.

Aim

This one day course is designed to give you the skills to clean, maintain and inspect your bike so that it works for you when you are out riding. We will train in a relaxed atmosphere and on your own bike throughout. We will also have plenty of chances to discuss and share ideas and experiences.

We hope to not only train and inspire you but to give you the confidence to tinker around with your own bike.

Course Content

You will be in a group of no more than 6 with one instructor. Meeting your instructor in the morning provides an opportunity to discuss people's experience and knowledge so that the syllabus can be modified to suit peoples needs.

During the course we will look at –

The Safe Cycle and Identifying faults, Tools needed, Setting up Gears and Brakes, Changing tyres and tubes, Adjusting headset, Adjusting wheel hubs, Truing wheels and Cleaning and Maintaining your bike.

The level of the course enables you to be able to adjust, rather than assemble components on their bicycle.

Detail of what is covered includes:

- Head sets: we will look at adjusting the height and reach of the handlebars and the tightness of the headset bearing rather than removing and exchanging the head set completely or replacing the bearings.
- Brakes: including pad/block and cable replacement and proper alignment.
- Gears: stop screws, gear wire tension, rear mech hanger alignment and rear cassette and chain removal.
- Hubs: including tightening the bearings
- Wheels: truing and spoke replacement (only as part of the braking function for rim brakes)
- Tool Kit: what is needed for simple home mechanics
- Cleaning and Maintenance: how to wash your bike, what with and then how to lubricate it effectively

There will be a chance to discuss any mechanical problems in addition to the above throughout the day.

What Will I Need?

Glenmore Lodge has a well equipped workshop with work stands and tools which you are able to access and use throughout the course.

It is useful, but not essential, that you bring your own bike on which to work.

If you have any bike tools already then please bring these along. It is also useful to bring along any tools that you would take out biking with you.

We can also sell you replacement cables, cable outers and ferrules so you can replace those on your bike if you wish. If you want to bring along your own replacement cables / cable outers and brake pads / blocks then please do so.

We will supply work stands for you to use whilst working on the course but if you have your own then you are more than welcome to bring it along.

We can also supply a workshop apron for you to wear whilst working on your bike.