



## **TIP OF THE WEEK # 4**

### **🚲 PRE-RIDE CHECKS**

***Before a ride, it is important to verify if the bicycle is well-maintained. Here is a list of items of recommended checks :***

- A) Check tire pressure**
  
- B) Check that the chain does not slip**
  
- C) Check the brakes**
  
- D) Check the lights and reflectors;**
  - 1) Rear red reflector**
  - 2) Red reflector on rear wheel spokes**
  - 3) Front white reflector**
  - 4) Amber pedal reflectors**
  - 5) Yellow reflector on front wheel spokes**

### **Lubrication**

*Metal parts that rub against each other change shape, known as wearing out. When the parts are coated with a microscopically thin layer of oil or grease, they no longer rub against each other. They rub against the lubrication, which can't wear out. Since oil and grease have no shape to begin with, they can't change shape. Metal parts rubbing against each other also cause friction which makes the bicycle harder to ride. Lubrication reduces friction.*

*Oil and grease are almost the same thing. Grease is oil that is so thick it cannot drip. Grease not only makes a good lubricant, but is great for keeping parts from becoming stuck together over time due to electrolytic action or corrosion. Chain lube is a special oil which is less likely to attract dust than other oils. If you use conventional oil on a chain, it has to be cleaned more often than if you use chain lube. Use grease on ball bearings, and the threaded portion of nuts and bolts. Use grease on the inserted portion of handlebar stems and seatposts. Grease cable inner wires when installing new cables. Use grease within coaster brakes. Use oil on brake and derailleur pivots, pawls and ratchets (freewheels and planetary gear sets).*