



MAINTENANCE COURSES

LEVEL I - TRAIL COURSE

Aimed at the novice rider. Looks at basic bike set up and trail maintenance so that riders can ride safely and get home if they encounter a problem. Course content includes:

Pre-ride checks

Bike set up (Saddle, suspension, tyre pressures, brake levers, types of pedal)

How to set up V brakes / check brake pads

Essential trail maintenance kit to carry

How to get out of trouble:

How to mend a puncture / tube replacement

How to split a chain

Basic gear indexing

Post ride cleaning and lubrication:

How to wash / where to and not to hose

Chain cleaner and degreasing

Where to lube

Bolts to check / tighten

Depending on time available, candidates can work on their own bikes afterwards under instruction / discuss their particular set up.

Bikes and tools supplied. **Approximate time:** 2 hrs. **Cost:** £45.00. **Places available per course:** 6

LEVEL II - INTERMEDIATE

Aimed at the more experienced rider who wants to be able to undertake fundamental maintenance and assumes a basic knowledge as Level 1. Course content includes:

Drive train maintenance

How to check chain wear

Chain removal and replacement

Gear and brake cable replacement & routing

Types & length of bottom brackets

Bottom bracket removal and replacement

Cassette removal and replacement

Front & rear mech removal and replacement
Gear set up and indexing

Depending on time available, candidates can work on their own bikes afterwards under instruction / discuss their particular set up.

Bikes and tools supplied. **Approximate time:** 3-4hrs. **Cost:** £99.00 **Places available per course:** 6

LEVEL III - ADVANCED

Aimed at the cyclist who is looking to carry out the vast majority of their own maintenance and who has a full home workshop as specialist tools are required to carry out some of the work described. The course assumes that participants have the knowledge from Levels 1 & 2. Course content includes:

Types of headset
Headset removal and replacement
Wheel hub strip, clean and rebuild
Free hub removal and replacement
Wheel truing
Spoke replacement
Hydraulic brake bleeding and set up

Depending on time available, candidates can work on their own bikes afterwards under instruction / discuss their particular set up.

Bikes and tools supplied. **Approximate time:** 3-4hrs. **Cost:** £65.00 **Places available per course:** 4

10% Discount for combined courses