

## BIKE MAINTENANCE

I love to ride my bike, but like everything, a little maintenance will keep it running as sweet as a nut. Before you ride, especially if you haven't ridden for a while, a little inspection and TLC is in order.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Do these maintenance steps for two bicycles and get them ready for the coming spring.

LEVEL E

PERIOD 3

TASK 1

- Check the tires. Are they pumped up correctly? Or are they soft and need air? Also, check that the tires are in good condition, not too worn and no bulges or dangerous damage. Check for rocks, thorns, or nails that may be stuck in the tread. If the tires need extra air, inflate them to the recommended pressure (the recommended pressure will be written on the tire). Be careful not to over inflate the tire, as this can become dangerous.

- Oil the chain. A chain can get rusty, and if that happens, it won't work effectively. That means you are putting in a lot of pedal power but not much of your effort is going into the wheels. To oil the chain, I tip my bike upside down and then pedal while applying oil to the chain. I usually use an all-purpose oil, although you can purchase one specifically for bicycles chains, just make sure you don't make a mess.

- Make sure the brake levers work well. Apply a little oil if they need it, and check your brakes to make sure they work.



Okay, now you should be ready to hit the road with a rig that is running as well as the day you first got it. Do the steps above and you have your Nugget my friend. I'll see you blazing down the trail soon.