



Recyclebikes

www.recyclebikes.co.uk

Cycle Maintenance Course

Open Evening 10 September 6-9 p.m.

Find out what the course is about and how to get on it.

**Drop in and meet the tutors, check out the facilities,
discuss your needs and your bike(s) needs!**

What is it? It is a practical course in bike maintenance and repair. Participants will normally work on their own bike (or bikes).

Contact 0114 250 7717 (9-5 Mon to Fri) or email info@recyclebikes.co.uk to express an interest – or visit www.recyclebikes.co.uk - we will get back to you.

When is the course to be held? The course consists of 6 two-hour evening sessions 7-9 p.m. over 6 continuous weeks. We plan to run the course (depending on numbers enrolled) twice before the end of 2008 and at least once and may be twice before the end of March 2009.

Wednesdays 7-9 p.m. Sep 17, 24, Oct. 1, 8, 15, 22

Tuesdays 7-9 p.m. Nov 4, 11, 18, 25, Dec 2, 9

Thursdays 7-9 p.m. Jan 8, 15, 22, 29, Feb 6, 13 (provisional)

Mondays 7-9 p.m. Feb 23, Mar 2, 9, 16, 23 (provisional)

Where will the course be held? In the training cycle mechanic workshop at

Recycle Bikes, 62-68, Thirlwell Rd, Sheffield, South Yorkshire S8 9TF

Contact **0114 250 7717 (9-5 Mon to Fri)** or email info@recyclebikes.co.uk or visit www.recyclebikes.co.uk

Class size. Minimum of six and a maximum of eight participants

Course fee. The course fee is £55 payable in advance.

Recyclebikes will supply tuition, tools and equipment, degreasers and lubricants, detergents, barrier creams, and gloves. There will be a minimal charge for tea and coffee.

Participants will be entitled to purchase spare parts and any tools they want at a discount whilst enrolled on the course.

CTC members may be entitled to a subsidy towards the course fee from CTC. Check with your local CTC section.

Course content

- Week 1. Personal health and safety with bike maintenance, cleaning and quick-lubing a bike, basic safety check of a bike, making minor adjustments, puncture repair
- Week 2. Brakes, maintenance and adjustments of all aspects of brakes, disassembly and assembly of brakes and brake cables (hydraulic brakes are not covered)
- Week 3. Gears, maintenance and adjustments of rear and front gears, disassembly and assembly of front and rear gears and gear cables (hub gears are not covered)
- Week 4. Hubs and bearings, maintenance and adjustments of all aspects of headset bearings, and front wheel hubs and bearings (servicing suspension forks is not covered)
- Week 5. Chain removal and servicing, rear wheels, assembly and disassembly of freewheels/cassettes and servicing of rear wheel hubs and bearings, bottom bracket servicing
- Week 6. Spokes and replacing spokes, truing a wheel and time to catch up on any of the above not yet experienced and/or practised.

Who is teaching it? Mick and Fiona are qualified teachers, experienced cyclists in urban and off-road cycling and have expertise and qualifications in bike maintenance.

Attendance at the course will be certificated and each participant is invited to keep an individual profile of cycle maintenance skills demonstrated during the course.

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