

Cycle Maintenance Community Skillshare

Transition Walthamstow 27 Mar 2013

We were treated to 90 minutes of invaluable maintenance skills, tips and tricks by Paul Holloway, who is a CYTECH trained mechanic and runs a local bike repair business (*PedalPoint is based in Walthamstow Village: <http://www.pedalpoint.co.uk/>*).



He was supported by Tom Jordaan who has been training in bike repairs at [Forest Recycling Project](#).

We covered a range of basic checks to reduce the risk of problems such as

- checking tyres monthly and removing grit / other objects embedded in the rubber,
- checking spoke tension,
- ensuring derailer stops are correctly set (to prevent the chain coming off and mangling the spokes)
- checking axles, bottom bracket, pedals and forks to ensure the bearings are not too tight or loose
- checking brakes are correctly aligned and adjusted
- adjusting gears

We also gleaned loads of tips such as

- how to clean a chain (and to use a dry lube - unlike a wet oil it does not attract dirt)
- use tyres reinforced with Kevlar, or fit a puncture resistant tyre liner (but ensure the liner is fitted properly and file down any sharp edges)
- have a couple of spare inner tubes, so that when you fix a puncture you're not refitting the newly repaired tube (to give the patch glue plenty of time to set)

Some of the resources that Paul & others suggested – click on the links

- [The Ultimate Guide to Bicycle Maintenance: Magbooks](#)
- [Sustrans basic bike maintenance briefing sheet](#)
- [Park Tools repair help & education](#): excellent online repair guide
- [Ben Brangwyn Dr Bike](#) (Transition Town Totness)
- [Sheldon Brown's Bicycle Technical information](#).
- [Apollo, Wood Street](#): Cleaning supplier - Low cost degreaser Selden Selpen S Degreaser
- Bike stand suppliers: [Park Tool](#), [Decathlon](#)



