

Learn Your Bike Curriculum

Instructor: Mike Rogers (former AS Bikes & REI bike mechanic)

3/4 **Session 1** Basic Repairs, diagnosis, tools...

Maintenance (weekly, monthly, yearly).

Tools for home bicycle repair, bike parts...

3/6 **Session 2** Tires, rims, fixing flats...

Types of tubes, tires, rims

Rim Wear and damage

Seating a tire

3/11 **Session 3** Hubs, Bearings, Bottom bracket...

How hubs work and how they wear

Bearings: hubs, freewheel, headset, bottom bracket, pedals

Replace bearings: Dis-assembly & Reassembly

3/13 **Session 4** Wheels & how to true

How wheels work and how they wear

Types of spoke patterns and 'aero' wheels

Using a truing stand to heal rim 'kicks'

Replace a broken spoke

3/18 **Session 5** Power! Get down with the Drive Train

Torque As a concept

Freewheels, Cassettes & Cogs

Chains and Cogs; gear ratios

Cranks and Chain rings

Replace a "stretched" chain

3/20 **Session 6** Shifters and Derailleurs

Why Derail?

Types of set-ups

Derailleur housing runs & torque

How they work, how to adjust

3/25 **Session 7** Brakes!!! Faster Bikes, Quicker Stops

Brake cable housing runs & torque

Ways to Stop – Types of brakes

Troubleshooting

Adjusting Brakes

3/27 **Session 8** Bike Fit, Ergonomics, Control & Speed

How well does your bike fit you? How to choose different types of bikes, fits & styles? Do you know the crucial adjustments for your reach, leg extension, and pedal stroke?

Sizing bike frames

Bike Fit & related adjustments

Please bring your bike for the last class.

