

## Bicycle Maintenance 2

**Tutor:** David Green (01223 449304 or davidwgreen@onetel.net.uk)  
**Time:** 7 to 9 pm  
**Duration:** 5 x 2 hour evening sessions  
**Location:** Coleridge Community College (see map below)  
**Max students:** 8  
**Course level:** Suitable for those with people with some experience of bicycle maintenance who are keen to learn more. Complete beginners should first attend a *Bicycle Maintenance 1* course.

**Course content:** This course builds on the basics and concentrates on other, less-everyday bike maintenance tasks. The emphasis is on building your confidence to look after important areas of the bike that usually require attention once or twice a year.

This is a practical course where you work on your own bike. You should expect to get your hands dirty, and to have a lot of fun! Numbers are restricted to eight students per instructor so you get all the assistance you need in a small intimate group. By the end of the course, you will have enough knowledge and confidence to be able to do your own annual bike servicing.

**Equipment required:** a bicycle to work on  
1 or 2 old rags (to wipe hands etc)  
note-making materials  
(It is advisable to wear suitable (old) clothes.)

**Tools:** It is, of course, a good idea to build up a personal tool kit if you want to look after your bike. During the course sessions, a well-equipped tool kit is provided as a shared resource. If you already have some bike tools, please bring them along too. As the course progresses, you will be advised on any particular tools you should seriously consider buying: please do *not* buy any tools especially beforehand!

**Course aims:**

1. To give you the confidence to tackle some less frequent bicycle maintenance tasks.
2. To help you to avoid unexpected breakdowns by maintaining and adjusting your bicycle correctly.
3. To make your bike more reliable and easier to ride.

**The course covers the following topics:**

- Hub bearings: servicing and adjusting
- Drive chain: removal/fitting freewheels, cranksets, pedals
- Bottom bracket adjustments
- Control cables: fitting new brake cables
- Chains: removal, cleaning and lubrication. Chain tools.
- Headset servicing

**Note** This following topics are *not* covered: servicing of sealed bearings; fitting headsets; fitting cartridge bottom brackets; servicing suspension forks.

**Teaching method:**

Practical.

**Specific learning objectives:** By the end of the course you will be able to:

1. Strip, rebuild and adjust hub bearings.
2. Remove and fit freewheel mechanisms.
3. Detect and rectify loose cranks and bottom bracket bearings.
4. Remove and fit cotterless cranksets, and pedals.
5. Remove/fit a chain. Thoroughly clean and lubricate chains.
6. Strip, service and adjust headset bearings.
7. Identify bicycle maintenance jobs that are best left to a bike shop.

**Enrolment:**

To enrol, telephone the Lifelong Learning Office, Coleridge Community College, Radegund Road, Cambridge CB1 3RJ on (01223) 712340 / 712341.

