

## 6 month / yearly check

This check involves stripping down the bike, inspecting all parts and adjusting or replacing where necessary. As this important service takes time it may be useful to breakdown the tasks and complete one task per month in conjunction with a monthly check. If this is the first time you have stripped your bike, it may be useful to make a note of how the parts were fitted together. If your bike is used frequently in rough conditions, consider completing this at 6 month intervals.

Check	Done
Check wheels are true. If wheel is significantly out of line it may need to be repaired or replaced.	
Strip and clean the brakes and brake levers, replace brake blocks if required, reassemble, lubricating all pivot points to ensure smooth running. Remove and re-grease inner cables, replace if frayed, set up brakes and adjust if required.	
Remove and strip down from and rear derailleurs. Remove and clean rear derailleur jockey wheels, replace if worn. Clean the derailleur, re-grease jockey wheels and re-assemble. Re-grease cables and replace if worn or frayed. Refit the derailleurs and adjust as required.	
Remove chain from chainset and turn the cranks to check that the bottom bracket rotates smoothly.	
Check chain for stiff links. A worn chain can cause excessive wear to chain rings and sprockets. Replace if worn. Check chain ring teeth (sharp pointed teeth are a sign of wear). Check cranks are securely attached and not cracked or bent. Ensure chain ring fasteners are secure.	
Check for smooth running and adjustment of headset. To test, apply front brake (only) and try to rock the bike backwards and forwards. There should be no excessive movement in the headset. If it is loose, tighten the lock nut. Lift the front wheel of the ground and turn the handlebars left and right. The movement should be smooth and should not feel lumpy. Lumpy movement indicates the headset is too tight. Re-adjust where necessary.	
Check pedals are securely attached to the crank. If you need to remove or replace the pedals, grease the threads before re-assembly.	
Cleaning. Thoroughly clean the bike. Polish the frame and forks to give protection from corrosion. If any accessories are fitted such as mudguards, lights, racks etc ensure they are secure and in fully working order.	

This checklist is for general help and advice only. It is not designed to replace the handbook supplied with your bike. If bike maintenance is not your bag, seek advice and service from a qualified cycle mechanic.