



Basic Cycle Maintenance Course

Run for CTC Wessex Cycling

Come and learn the basics of cycle maintenance

A few hours on two mid-week evenings will provide you with the confidence to take on some basic on the road repairs. The course will be delivered by a qualified cycle mechanic.

The course will be held in the:-

Kinson Conservative Club
1394-96 Wimborne Rd,
Bournemouth BH10 7AR

on Tuesday evenings from 7:30 p.m.

Course 1:- 10 October and 17 October

Course 2:- 7 November and 14 November

Refreshments available.

Details overleaf.

we are
cycling
The cyclists' champion **UK**

Who is it for?

Those with little or no prior knowledge of bike mechanics.

Suitable for anyone wanting to learn some basic road side repairs and an initial understanding of bike maintenance

What does it cover?

Basic bike setup including saddle height, handlebar and brake lever position.

Cleaning and lubrication.

Safety check.

How to fix a puncture.

An introduction to brake set-up.

An introduction to gearing set-up.

Our friendly mechanic will cover all information in a clear, simple and relaxed manner, avoiding jargon. You will gain a good starting knowledge of how your bike works, how to know if it is set up correctly and understand how to make simple adjustments to keep things running smoothly. Learn how to fix a puncture, adjust brakes, index gears and lubricate your chain correctly.

What should you bring?

This is a hands-on course and you will be working on your own bike so please bring a CLEAN bike in good condition.

The concept is for you to be able to make some roadside repairs to get you home.

Cost £10

Contact Steve Coombes for more details:

stevecoombes@hotmail.co.uk