# Basic Bike Maintenance Details

## Topics:

1. Change a flat tire
2. Change caliper style brake pads
3. Adjust brakes
4. Adjust shifters
5. Lubrication
6. Other topics covered upon request/ as time allows

Objectives: Upon completion, participants in this workshop should be able to:

1. Perform a tube change on a bike and fill it to the appropriate pressure.
2. Recognize when their brakes need adjustment and be able to improve their brake’s performance.
3. Describe the function of various components that affect shifting performance.

Difficulty/Skill Level: Novice/ No experience;

Size: Min.: 2 Max.: 6

Duration: ~90 mins