

Fitness Camp Cycling Program - Letter #1

June 20, 2010

Can you believe it? Camp starts in **seven weeks!!** I can already feel the cool mountain air and envision being with my friends for a week of fitness, education, and fun.

You will be receiving four e-mails over the next several weeks to assist you in understanding and preparing for the Camp Cycling Program.

- Getting your bike ready (*this letter*)
- Program Schedule and things to bring
- Ride Support, Cycle Staff Responsibilities
- Hydration, Bike Courtesy and Signals, Newcomer/Novice Recommendations

Get your bike to the shop for a tune up!

This is the single most important item to take care of right now. Ft. Davis is in a very remote area. There is a very small bike shop in Alpine 30 miles away. The next closest bike shop is in Midland 160 miles away. I am sure you don't want to have a breakdown while you are at camp, so treat yourself (and your bike) and take your bike to the shop to ensure that your bike is ready to go. Do this now to allow time to ride your bike several times to break in any new parts and to allow for a second trip to the shop if necessary for additional tuning.

Below is a recommended checklist to follow if you do your own repairs, if you want to inspect your bike/shoes before you take it to the shop, or if you want to go over the list with the shop service rep/mechanic:

- Check drive train for proper shifting and braking. Chain should not come off of the front crank gears in either direction
- Check chain and cassette (rear gears) for wear and rust
 - Clean and lube the chain. Replace the chain if it has over 1500 miles on it
 - Replace cassette if new chain does not seat properly on old cassette or bike will not change gears properly
- Check brake and shifter cables for rust, corrosion, and wear
- Check brake pads for wear and foreign material embedded in pads
- Check head-set, bottom bracket and handle bars for proper tensioning (no looseness)
- Check and tighten bolts on seat, bottle cages, and handle bars
- Check wheels for true, and check for wear where they contact the brakes
- Replace rim tape if more than a year old
- Replace bar tape if loose, torn, or out of place (clear areas of bar showing). Make sure plugs are in bar ends.
- Check tires for cuts, excess wear (cord showing) and dry rot. Clincher tires (most common tires on road bikes) should be oval (U) shaped and not flat-shaped (|_|). If the tire face has become flat looking, replace it. Consider replacing tubes if you replace the tires
- Check shoe cleats for chips, cracks, missing pieces. On Speed Play cleats, check springs to ensure there are no flat areas.

Jerry Barrett
Camp Cycling Staff