

# CYCLING EQUIPMENT MAINTENANCE & UPGRADE RECOMMENDATIONS

## MAINTENANCE SCHEDULE

### Every Ride:

- Top off air pressure and check tires for cuts/damage
- Check headset and brakes pre-ride
- Be aware and alert for irregularities during your ride
- ALWAYS BRING THE BIKE TO THE MECHANIC IF YOU EXPERIENCE ANY IRREGULARITIES – this will save money in the long run as we can mitigate potentially high cost repairs due to neglect of small issues. We expect athletes to come prepared to tell the mechanic exactly what they are experiencing so that we can address the problem efficiently. Please note there is a \$15 stand fee every time a mechanic checks the bike.

### Every Two Weeks:

- Reapply lube to the chain and wipe off excess grit and grime

### Every Month:

- Degrease the chain and reapply lube

### Every 3 Months\*:

- Bring bike in for thorough check and any needed labor – Recommend end of October, end of February, end of July

\*This assumes that your athlete is staying on top of at-home maintenance and bringing the bike in to deal with small problems on the front end. If your athlete does not take care of their bike, you can expect to need more tune ups, and also expect deteriorating performance in between tune ups.

## PARTS REPLACEMENT SCHEDULE

### Every 6-8 months

PART	SIGNS OF WEAR	PARTS/INSTALL
Cleats	Clipping out often, front part of clip worn down	\$20-30
Chain	Sticky shifting, frequent chain drops	\$40-65
Cassette	Sticky shifting, frequent chain drops	\$85-365
Tires (x2)	Signs of dry rot, worn wear marks, feel of “skating” on roads	\$40-95 per tire

### Every 6-12 months

PART	SIGNS OF WEAR	PARTS/INSTALL
Bar tape	Dirty, torn or unraveled, end caps falling out	\$45-70
Cables/housing	“Mushy” braking feel, poor shifting quality, cables appear dull, housing looks/feels brittle or stiff	\$100-130
Bottom bracket	Creaky sound when pedaling	\$40
Headset bearings	Sticky or creaky steering	\$45

### Every 12 months

PART	SIGNS OF WEAR	PARTS/INSTALL
Saddle	Creaky sounds, consistently uncomfortable, pelvic changes	\$50-250
Chain ring	Sticky shifting, frequent chain drops	\$135-215
Derailleur pulleys	Pulley teeth look pointy instead of flat at the tips	\$40

### Every 18 months

PART	SIGNS OF WEAR	PARTS/INSTALL
Shoes	Holes in the upper, flexibility in the sole	\$80-350
Hub bearings	Sticky shifting, frequent chain drops	\$112

### BIKE EQUIPMENT UPGRADES – RECOMMENDATIONS AND PRIORITY ORDER

With the exception of bike fit, prices listed are *before* your team discount of 15%.

- Bike fit: \$100 (each TPE athlete can take advantage of a motion capture bike fit for \$100 – normally \$250 – during the month of November)
- Power meter: \$529-1100
- Full carbon frame bicycle: \$1000+
- Race wheels: \$1399+
- Upgraded bottom bracket: \$120-205
- Jockey pulleys: \$100-120
- Hub bearings: \$200-260
- Upgraded drivetrain: Varies
- Carbon cockpit: \$300+
- Draft-legal aerobars (will only be helpful to some athletes): \$100+
- Electronic shifting: \$1300+
- Pedals/Saddle/Tires: \$150-300
- Crank arms (for athletes not on an appropriate length already): \$350-750