

TPE BIKE ORIENTATION SKILLS

PRE-RIDE SAFETY CHECK

1. Check Brakes
 - a. Squeeze each brake lever to see if it has tension on the brakes
 - b. Look at each brake, make sure they clamping on the rim
 - c. Check brake pads. Look for wear and tear.
2. Check Wheels and Tires
 - a. Spin wheels to see if they are true
 - b. Check air pressure. If you are able to pinch the tire with your fingers, you need to put air in the tires. Tire pressure should be between 95-105psi.
 - c. Look for cuts or debris on the tires.
 - d. Check tension of the skewer.
3. Check Headtube
 - a. Press both brakes hard at the same time, then rock the bike back and forth. If you feel movement in the handlebars, the front end needs to be adjusted.

TAKING SKEWER OFF

1. Open lever away from frame
2. Hold opposite end (the small end/end cap)
3. Spin lever side until completely end cap comes off
4. Make sure not to lose the springs!
5. Slide skewer out and put spring(s) and end cap back on skewer

PUTTING SKEWER ON

1. Slide skewer through wheel (lever side of skewer should be opposite of the cassette)
2. Place spring (small end first) and end cap on
3. Hold end cap
4. Turn lever until almost tight (you should have to push lever hard enough to leave an imprint on your hand when closing it)
5. Close lever close to frame

TAKING WHEEL OFF

1. REAR WHEEL ONLY: put chain on big chain ring and smallest cog on the pack
2. Open brakes
3. Open skewer lever
4. Hold opposite end of skewer (the small end/end cap)
5. Spin lever side of skewer until loose
6. Hold wheel between knees
7. REAR WHEEL ONLY: With left hand, hold the left seat stay
8. REAR WHEEL ONLY: With right hand, pull back rear derailleur
9. Lift bike to release it from the skewer

10. While continuing to hold bike, use the other hand to move wheel away from bike

PUTTING WHEEL ON

1. Hold wheel between knees
2. REAR WHEEL ONLY: With left hand, hold the left seat stay
3. REAR WHEEL ONLY: With right hand, pull back rear derailleur
4. REAR WHEEL ONLY: Place chain on small cog
5. Place dropouts on skewer
6. Make sure wheel is centered
7. Hold skewer end cap
8. Turn skewer lever until almost tight (you should have to push lever hard enough to leave an imprint on your hand when closing it)
9. Close lever close to frame
10. Spin wheel to check for proper install (should spin freely without touching brakes)

PUTTING BIKE ON TRAINER

1. Place skewer end cap with lever in secured end of trainer bike support
2. Turn trainer lever or knob to secure bike
3. Turn resistance knob to increase resistance on rear wheel (resistance mechanism contact patch on wheel should be about the size of a quarter)

TAKING BIKE OFF OF TRAINER

1. Release resistance knob
2. Loosen/release trainer bike support lever or knob while holding/stabilizing bike
3. Remove bike from trainer