

## Chain Maintenance



**Keeping your chain clean lubricated properly will allow optimal performance from probably the MOST important part of your bike.**

If your chain is not tended to frequently, eventually you will have either a broken or seized link. A broken link is obvious, and a seized link causes a "skip" or "kink" in your pedal cycle. It can make the bike pedal roughly or shift erratically at the same point in the pedal stroke. If this happens, also check to make sure there are no clogs, sticks, or leaves in your cassette. A special brush is made for this purpose, as you should clean your rear cogs and front chainrings as well as your chain.

Too much visible oil does nothing to minimize friction and only attracts dirt. Spray the chain using a bio degreaser. Then grab the chain with a clean cloth and turn the pedals to advance the chain thru the cloth. This removes most surface debris.

Apply a chain lube of your choice. Start with the outer link plates, then do the inner link plates. Make sure that the whole length of the chain is covered. It is best to apply the lube to the chain only and not the cassette or chainring. Wait a few minutes and then use a clean cloth to remove all excess oil using the pedal technique used earlier. Your chain is now CLEANED and LUBRICATED!