

# MILESTONE MILEAGE

Keep Your Bike In Shape

## EVERY 100 MILES

After riding 100 miles:

- Lube the chain with a lubricant
- Check tire pressure (it's a good idea to check tire pressure before every ride)

## EVERY 500 MILES

After crushing 500 miles

- Wash and clean your bike
- Lube the cables with a lubricant
- Check wheels for true and roundness

## EVERY 1000 MILES

Officially a riding champ, now...

- Change out your chain
- Check brake adjustment and brake pad wear
- Check shifting

## EVERY 1500 MILES

Way to go! Time to...

- Check cassettes and chainrings for wear
- Check bearings for smoothness
- Change cables and housings

## EVERY 3000 MILES

Show-off. Now show your bike love...

- Change cassette
- Overhaul bearings



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