

Bike Repair Advice

by Mike Barmache

Given the diversity and complexity of the plethora of new and different bikes now available the expectation on our rides is that each and every rider will have the following equipment with them. It should all fit in an under the saddle seat bag except for the pump

1 - **Two APPROPRIATELY sized tubes for the tires that are on the bike.** Carry these separately in a zip lock bag preferably Pre talced. They should have valve stems that are 60 mm in length if your wheels have presta tubes as the 48 mm stem length often isn't long enough to have a pump engage the valve stem easily for inflation. If your wheels have shraeder valves then you don't have a choice. Unless you carry along a shraeder - Presta rim adapter

2 - **A set of good quality tire irons** having 3 of these

3 - **A multi- tool with Allen keys on it to cover everything from 3mm to 6mm** and an adapter for a 8mm fitting as some cranksets , if they loosen up need this dimension.

4 - **Some type of inflation device** and knowing how to use the one you have that fits the tube stems that you have . These days small rechargeable pump inflators are available from Rock Bros and a multitude of other Manufacturers for between 50-100\$. Other Excellent systems are also available like CO2 inflators which also work well if you know how to use them so Practice beforehand with them . I would stay clear of "Mini Pumps" as with todays wider tires it is very difficult and effort intense to inflate a tube. That being said a standard size frame pump is an alternative.

5 - **Material to "Boot" the casing in a tire** In the event that a puncture has created a tear rather than a mini hole in the tire casing . If one tries to inflate a tube in a tire with a torn casing it will immediately repuncture the tube. This "booting" can be done with paper currency like a dollar bill. Or Booting material can be bought commercially thru Park tools at a bike shop. So carry a strip of this with you.

6- **Tube repair kits** . It is much better to simply replace an inner tube than trying to fix it in the middle of a ride. Leave the repair to be done at home under clean conditions. But, if all else fails, it helps to have an inner tube repair kit with you. IT is small and light, and doesn't occupy much space.

7- **A shraeder to presta stem adapter** which can be used to inflate a presta valve tube at a gas station .

8 – **A chain " quick link"** specific to the chain that's on the bike. It's very small and in the event of a chain separation can be used to reattach a separated chain. This is a very helpful item! Get one in advance, before you actually need it.