



Western North Carolina is among the top mountain biking locations in the world. However, like southwestern British Colombia, it is a temperate rain forest, and the climate is particularly hard on our equipment.

Water, especially water with suspended soil particles, is a bike's worst enemy. But sealing components from water comes with a price - increased friction. Mountain bikes, as opposed to motocross motorcycles, must be relatively friction-free. A 250cc motocrosser cranks out about 60 horsepower vs. the 0.33 horsepower of a fit mountain biker. So a motocross bike can afford to have very tight seals on its components, whereas a mountain bike cannot. Therefore, most mountain bike maintenance stems from water and mud contamination.

Keeping Your Bike Clean

We do not recommend washing your bike after every ride because that tends to take the dirt on the outside of the bike and carry it via water to the inside parts of the bike.

Instead, after a ride, let your bike dry to leave a crust of dirt over it. Then, at some point before your next ride, dry-clean the bike with brushes and rags.

1. Knock off the biggest chunks of dirt on the bike with your fingers.
2. Use a stiff nylon brush to clean the chain, cassette, chainrings, and derailleurs while backpedaling. This works remarkably well.
3. If you wish to clean your chain more thoroughly, using Park Tool's chain washing device is a good additional step.
4. Lube your chain by dripping your preferred type of lube on the chain while backpedaling (the chain should be on the big ring and small rear cog). Wipe off all the excess from the chain, derailleur pulleys, big ring, and small rear

cog with a clean rag. Let the lube dry before riding.

5. Wipe the inner legs of the suspension fork, and the inner tube of the rear air shock, with a clean rag. Try not to push dirt under the seals.
6. If you have disc brakes, leave them alone unless the discs have been contaminated by grease or citrus cleaner, in which case they should be cleaned with isopropyl alcohol and a clean rag. If you have rim brakes, wipe down the rims with isopropyl alcohol and a clean rag.
7. Check your tire pressure and now you are ready for a ride.

After 8 or so rides (approximately monthly), your bike will need to be washed.

8. Prepare a bucket of dish soap and warm water. Various-shaped bike washing brushes are available at Liberty. These brushes make bike washing much easier.
9. Ideally, suspend the bike off the ground (an old bike stand is perfect for bike washing) and remove the wheels. Then hose down the bike and wheels with a gentle, shower-like spray.
10. Scrub the bike from top to bottom with the soapy water and appropriately-shaped brushes.
11. Hose off the soap and dirt with a gentle spray.
12. Shake the bike and bounce the wheels to remove excess water. Dry the bike with clean rags.
13. Once it is dry, lube the chain as described above.

Additional Maintenance

Even though you keep your bike clean as recommended, normal use will require some additional care. Eventually,

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Shasha Hu



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the Biltmore Estate camping to crafts and arts to accommodations Locals and visitors alike find in depth reliable Information on Western North Carolina in one source Insiders Tips local legends and lore pictures and maps make reading the guide interesting and educational as well *Hidden Carolinas* Catherine O'Neal,2005-05-17 Details the hotels restaurants beaches parks sightseeing shopping and outdoor activities in each region of the Carolinas and includes tips on many hidden locales special features and little known spots *Amazing Asheville* Lan Sluder,2014-09-12 *Amazing Asheville* by Lan Sluder is the new guidebook to Asheville and the beautiful North Carolina Mountains It candidly covers all the best places to stay eat and explore in Asheville s exciting Downtown and surrounding neighborhoods and elsewhere in the North Carolina mountains In more than 150 000 words it also covers the Great Smoky Mountains National Park the Blue Ridge Parkway Biltmore House and Biltmore Estate and the hundreds of thousands of acres of national and state forests in Western North Carolina This is THE guide that gives you the ins and outs of enjoying the mountains and saving money on your Asheville and North Carolina mountains vacation Written by an Asheville native and award winning author of more than a dozen books on travel and retirement *Amazing Asheville* provides readable easy to use information on Asheville s many B Bs mountain lodges resorts and vacation cabins It tells you where to find great food and drink from bistros where locals go to five star splurge places It explains where to go for the most amazing experiences for your vacation *Amazing Asheville* doesn t just stick to the city of Asheville It covers many interesting small towns and villages in the mountains around Asheville It details where to go for the best outdoor activities in the Blue Ridge Mountains hiking scenic drives camping wildlife spotting birding river rafting boating gem mining fishing rock climbing exploring waterfalls and the backcountry and more Whether your interest is outdoor adventures art and crafts clubbing and nightlife music and culture architecture outdoor adventures or just having fun in the highest coolest mountains and most visited national parks in the East *Amazing Asheville* is the guide for you

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Cycle World Magazine

,1997-01 Public Affairs Information Service Bulletin ,1926 WALNECK'S CLASSIC CYCLE TRADER, MARCH 2002

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