



WASHING YOUR BIKE

Care and maintenance for your mountain bike

Cleaning your bike regularly helps keep it in great shape and slows down wear and tear on moving parts. Washing your bike will help it last longer, reduce the chance of mechanical issues, and keep it functioning well for your next practice, ride, or event. Part of being a responsible bike rider is having properly maintained equipment - and what's more important than your bike!?

SUPPLIES

- Brushes (various sizes and textures)
- Sponges
- A diluted biodegradable cleaning solution (to use as a mild degreaser)
- Microfiber towel
- Rag

PREP

Fill your bucket with water and soap and thoroughly soak your brushes and sponge. While your brushes and sponge soak, get your bike set up on your choice of support. A bike stand helps keep it secure and allows you to get into every nook and cranny.

STEP 1: DRIVETRAIN

Start with the drivetrain because the process of cleaning it will inevitably splatter grease and grime onto other parts of the bike, which you can remove later.

Use a mild degreaser to soak your chain, derailleurs, and chainrings—a diluted biodegradable solution from a major home goods store or your local bike shop works great. While that's soaking, prepare a mild soap detergent to help wash this all away when you're finished.

Start with the chainrings and give them a good scrub to remove any caked-on grease. If you have extra soap, wash, or degreaser apply it directly to your brush.

Move toward the cassette and rear derailleur and scrub! Get the outside of the derailleurs, inside, the pulleys and anything you can see. Various brush sizes and textures help a lot here. If your pulleys have a large build up of grease, gently use a flat-head screwdriver to scrape them clean. Apply more degreaser or wash as needed.

Rinse off the grit and grime. Once it looks clean, we recommend taking your sponge and soap solution and giving it one more swipe, just for good measure.



STEP 2: THE FRAME

Spray the entire bike down and soak areas of mud build-up. Consider using a bike wash solution, which won't negatively affect rubber or disc brake pads—be sure to dilute according to the instructions! Use your large soft brush and scrub your tires, rims, and any other tight space.

STEP 3: RINSE & HAND-DRY

Use your microfiber towel to wipe down your bike (and reinstall anything you may have removed) - then, it can air-dry.

STEP 4: LUBRICATE THE CHAIN

Your drivetrain is now clean and it's time to lubricate it. Grab an old rag and make sure the chain is as dry as possible: wrap it around the bottom of the chain, and add a bit of pressure while rotating the cranks for 30 seconds. Once dry, apply your chain lube of choice one link at a time to your chain. Now, get your rag and pedal backwards a few turns to wipe off the excess chain lube.