



Bicycle Maintenance Workshop

Booking pack

Hello!

Thank you for your interest in Life Cycle UK's Bicycle Maintenance Workshop (or BMW for short). This is a one-day course that explains how a bicycle works, how to diagnose faults and make a few basic adjustments and repairs. Our courses will help you to:

- Gain a basic understanding of how a bike works and be able to identify various bike parts.
- Learn how to recognise a range of mechanical problems.
- Learn how to carry out a selection of adjustments and basic servicing tasks.
- Learn how to use a selection of general and specialist tools.
- Gain confidence that you can keep your bike running.
- Save money by doing your own maintenance.

BMW course syllabus

10.00 a.m.	Welcome, introduction, purpose of the day.
10.15 a.m.	Checking your bike over.
	Parts of the bike.
	Setting the bike up for maximum comfort and ease of use.
11.15 a.m.	Bike cleaning.
	Lubrication.
11.30 a.m.	Break.
11.45 a.m.	Punctures.
	Strategies for avoiding punctures.
	Locating a puncture.
	Removing back wheel, tyre and inner tube and replacing.
1.00 p.m.	Lunch. Bring sandwiches!
1.45 p.m.	Brakes.
	How brakes work.
	Barrel adjuster.
	Replacing brake pads.
	Replacing cables.
2.45 p.m.	Gears.
	How gears work.
	Front and rear derailleurs.
	Replacing cables.
	Adjusting indexing.
3.30 p.m.	Summing up. Questions and answers.



Venue

The courses run at the Life Cycle Centre, The Park, Daventry Road, Knowle, Bristol BS4 1DQ Map: <http://tinyurl.com/bbt6fg>

Course dates

Dates are listed on our website www.lifecycleuk.org.uk Click on the "courses and events" page. The courses run on selected Saturdays 10.00 a.m. to 4.00 p.m.

What you will need to bring with you:

- Your bike. It must be in reasonable condition. A severely neglected or damaged bike needs professional attention and should be taken to a reputable repair shop.
- Yourself! You must be at least 16 years old. We advise you to wear old clothes or to bring an apron – bikes can be a bit grubby.
- A packed lunch. We provide tea and coffee and you can purchase mineral water at the course venue.

Course cost

A place on the course costs **£60**. This includes spare parts such as inner tubes, brake blocks and cables. You'll also get a **free** copy of **Bike Easy: Top Tips and Expert Advice for the New Cyclist** (usual price £6.50)

You can book a place on-line (visit our website www.lifecycleuk.org.uk/events) or complete the form below and return it with your payment.



Bicycle Maintenance Workshop

Booking form

Name of person attending the course: _____

Their address: _____

Their e-mail address: _____

Phone: Daytime: _____ Evening: _____ Mobile: _____

Date of the course: _____

Tick here to say that cheque is enclosed Or pay by credit card by completing the box below.

Please complete the form below and return to Life Cycle UK. Or you can phone us on 0117 353 4580 and make the transaction by telephone.

Type of card: Visa MasterCard Switch/Maestro Solo Amount £ _____

Card number: _____

Valid from ____ / ____ / ____ Expiry ____ / ____ / ____

(Switch/Maestro only) Issue number ____ Security code (last 3 digits on signature strip) ____

Cardholder's name _____

Cardholder's address _____

Contact telephone number _____ E-mail address (for receipt) _____

Cardholder's signature _____ Date _____

Please sign here _____

Please return your booking form together with payment to us at the address below.
Your booking is subject to Life Cycle UK's terms & conditions which may be viewed on our website.