



MCH

The BIG BIKE REVIVAL

As part of Cycling UK's Big Bike Revival, Maidenhead Cycle Hub are setting up pop-up workshops to carry out a FREE check on your bike.

We will provide a maximum 30 minute M-check to ensure that your bike is safe to ride.

To book your bike in for the above please email:
comms@cyclehub.org.uk
and

let us know the date you wish us to check your bike.

**Bike drop off from
8:30am final pick up at
4:30pm**

WHEN & WHERE

Saturday 5th September- Desborough School

Saturday 16th September - Town Centre,
Outside Town Hall

Wednesday 23rd September- Town Centre, outside Town Hall

Friday 9th October- Town Centre,
Outside Town Hall

Saturday 24th October- Desborough School



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WHAT IS DR BIKE?

The aim is to keep you riding and keep your bike safe to ride to work, for shopping, exercise and fun! Just book your bike in, bring it along on the day and leave it with us. Under this programme the Dr Bike check will, for example, cover the following:

Work on your bike for a maximum of 30-minutes and, if possible within the time:

- Provide a comprehensive 'M-Check' to check that the bike is safe to ride.

A typical Dr Bike health check may include some of the following bike adjustments and checks:

- Brakes - calliper and cable adjustment, cable, and (if necessary) block replacement.
- Gears - indexing check and adjust and (if necessary) cable replacement.
- Chain - check for wear, lubricate if necessary.
- Tyres - puncture repair, inflated to recommended pressure (psi).
- Other - check nuts and bolts are secure; check headset and bottom bracket; check and replace missing bar plugs/cable end caps.