



The GREASE RAG

October 2016



Upcoming Events

October 13, 5:45-? Ride to U of L for "Le Ride" and Q & A with director

Join us for a ride over to U of L to take in a documentary film about the 1928 Tour de France and a chance for Q & A with the director afterwards.

FCCBikeworks members and supporters receive 50% off if buying tickets online. More details on our [Facebook event](#).

October 15, 11-2 PM. Gears and Shifters Workshop

Shifters acting shifty? Curious about basic maintenance and repairs on your bike's gears and shifting mechanisms? Join Andy Dyson for a hands-on workshop to get you in gear. \$10 donation is suggested. More information can be found [here](#).

October 16, 2-6 PM. Tom Owen CycLOUvia in the Highlands

It's time for the [Bardstown Road CycLOUvia](#) again! The street will close to motorized traffic during the event, so you can ride, roll, or walk to your heart's content. We'll be set up outside of [HopCat](#) with the mobile repair stand and some bike-related games, so bring a friend (or several) and come by to see us! If you can lend a hand, we'd love to have you -- [register here](#).

October 18 and 20, 4-6 PM. U of L Bike Maintenance Workshop

As part of U of L's Sustainability Week, we'll be on campus to conduct two [free basic maintenance workshops](#). Stop by anytime during the events at the Kornhauser Health Center.

October 22, 11-2 PM. Wheels and bearing systems

The third in our Saturday workshop series will focus on wheels and bearing systems, with Nad Wagner as mechanic. Truing a wheel, greasing and repacking bearings, and more will be covered. \$10 donation is suggested. See [Facebook](#) event for details.

October 29, 11-2 PM. 3-speed hubs

3-speed hubs require a different skill set when it comes to repair. If you have a bike with a 3-speed hub, or are curious about different styles of bike components, join Andy Dyson as he steps through how a 3-speed hub functions, as well as maintenance and repair. \$10 donation suggested. Our [Facebook](#) page will be updated with an event soon!

November 5, 11-2 PM. Wheel building

This is a unique opportunity to learn the ins and outs of building your own custom wheel. There is limited space for this workshop, and a \$35 fee. More details and registration can be found [here](#).

Recent Events

September 16. Smoketown Getdown

We joined other area non-profits at the [annual block party](#) in Smoketown sponsored by the Jefferson County chapter of Kentuckians for the Commonwealth. FCCBikeworks volunteers did minor spot repairs and spoke with people about the shop and mission of our organization.

September 24, October 1. Basic Bike Maintenance and Brake workshops

FCCBikeworks held the first two sessions of our Saturday workshop series. In [Basic Bike Maintenance](#), participants learned how to patch and change tires, make adjustments, and simple maintenance tips. On October 1, Nad Wagner led our [Brakes workshop](#) where participants learned how to check and change brake pads, cables, and maintain safe brake systems on their bikes. Be sure to check out our upcoming workshops!

September 26. Women with Wrenches!

Our first [women-only event](#) brought out participants looking to learn more about bike maintenance in a friendly environment. Guest mechanic Desiree Kuhn gave hands-on instruction in changing tire tubes and checking basic components on bikes. We hope to see some of these new faces in the shop again soon!

October 8. Flea Off Market

In our [last market](#) of 2016, we enjoyed a beautiful fall day and brought out a wide selection of bikes for sale. Five lucky people left with new (to them) bikes fixed up by our volunteers, and there were more than a few who took advantage of the chance to hop on one of our bikes and take a spin. Looking forward to next year!

Shop Talk

Newsletter

Have an idea for a newsletter entry? Let the editor know at jlchilders@gmail.com. You can also view the newsletter on our [blog](#) if you'd like to share it with others.

Donations

Do you have time, skills, or financial means to make a donation to FCCBikeworks? You can find our "wish list", as well as a donation form on our [website](#), or drop into the shop during open hours. We also welcome donations of bikes in good or repair-able shape!

Membership options.

We have hourly and annual membership options. All options include access to shop equipment, the opportunity to buy discounted parts, and the expert assistance of our volunteer mechanics! An [application](#) and [waiver](#) must be on file before using shop equipment or services. Payments may be made online; time-trade memberships may be worked out on-site or by contacting [FCCBikeworks](#).

SHOP HOURS

SUN: 1-4 PM

MON: 6:30-9:30 PM

WED: 6:30-9:30 PM

Fall Bike Maintenance



As the days get shorter and the temperature drops, it's a good time to go over your bike and get it ready for winter. As always, our dedicated mechanics are on hand to walk you through maintenance or repairs, but here are a few tips:

Tire pressure

When temperatures fluctuate, you can lose air from your tires at a faster rate than usual. Check the sidewall of your tire for the recommended pressure (PSI) and check tires often to make sure you're not running low.

Chains

Over time, dirt and grime can gunk up your chain and gears. In winter, salt on the streets adds an extra layer of grit. Examine your chain to see if it's time to add some chain lube. It should leave a little bit of grease on your fingers, but not thick gunk. If it's dry, or gunky, or squeaks when you ride, it's time to grease that chain. Use a lube made for bike chains (not WD40) and slowly drip onto each link as you advance the chain by moving the pedal backwards by hand. Then take a rag and wrap it loosely around the chain while you advance the chain again, getting rid of excess grease. If you're still having chain troubles after cleaning and greasing, stop by the shop to see if it is stretched or has other issues.

Lights and reflectors

Fall and winter means more hours of darkness. Make sure that drivers, other cyclists, and pedestrians can see you on your bike by installing spoke reflectors, and front (white) and back (red) lights on your bike. If you don't have bike lights, pay us a visit! We have some that we are distributing for free and will get you set up. It could save your life.

Brakes

Being able to stop is important! Brakes should be checked periodically to make sure that they are clean and align properly. Start by cleaning your rim with a damp rag. If they're really dirty, use a little dish detergent and water.

Check your brake pads for uneven or excessive wear. We have brake pads in our shop and can show you how to put them on if they're worn down -- it's not hard! Brake pad surfaces can be cleaned with rubbing alcohol to remove grease and grime.

Next, stand directly behind (back wheel) or in front (front wheel) of your wheels and make sure that the brakes are not touching the rim. Often, a gentle tug on your brake mechanism will fix the issue. If not, you will need to do some more fine-tuned adjustments by loosening the bolt and re-centering. Our mechanics are happy to show you how!

Afterwards, ensure your brakes are making contact by pumping the brakes a few times as you spin each wheel. If not, come see us for help.



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