



BICYCLING 101

TOOLS OF THE ROAD

Allen Wrenches

- 3 mm (misc. brake adjustments)
- 4 mm (used on bottle cages and front and rear racks)
- 5 mm (used on seat post, brakes, shift levers and derailleurs)
- 6 mm (used on handlebar stem bolt)

Open End Wrenches

- 8 mm
- 9 mm
- 10 mm
- 11 mm

Screw Drivers

- 1 – small common
- 1 – small Phillips

Miscellaneous

- 1 – spare tube with correct stem type (i.e., schrader or presta)
- 1 – patch kit (replace every two years due to adhesive drying up.)
- 2 – tire levers or 1 – Quick Tool
- 1 – chain link removal tool
- 1 – small pliers w/ side cutters
- 1 – 6" adjustable wrench (Crescent Wrench)
- 1 – universal spoke wrench or one sized specifically for your spokes
- 1 – frame fit pump
- 1 – pressure gauge

All the above tools should fit in a medium sized seat wedge.

HELMETS

1. A properly sized helmet should be snug and comfortable on your head. Not too loose — Not too tight (**the goldilocks syndrome**). Try on many brands to find the one that fits correctly. Don't purchase a helmet on price alone.
2. Your helmet should cover your forehead, not the nape of your neck. It's better to have helmet hair (H.H.) than fractured forehead (F.F.).
3. All straps should be fairly taught with minimal slack. The side strap adjusters should be ½" – 1" below your ear lobe.
4. Should you crash, and your helmet bears the brunt of the impact, replace it. Most helmet manufacturers offer a 1 year crash replacement discount.
5. Due to UV degradation, your helmet should be replaced at least every five years.





Minnesota Rovers outdoors club

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