

SECTION 2 – Servicing Schedule

Section 2

Schedule the work you need to carry out on your specialized Terrain by developing a servicing routine. The timetable below provides a good template since it shows the tasks you should perform on your bike and suggests when you should do them.

Your schedule depends on how much and where your bike is ridden. A heavily used, off-road bike requires attention at much shorter intervals, whereas a bike used for infrequent, short road journeys will need less regular attention.

However, work carried out as part of a service schedule does not replace any safety checks that are recommended to be carried out before every ride by the manufacturer, or regularly looking for danger signs. You should also check your bike and lubricate the transmission every time you clean it.

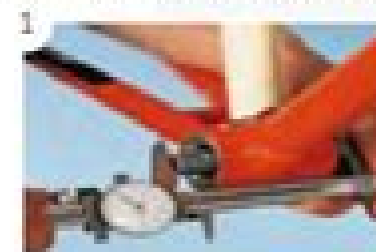
| Servicing Schedule | | | |
|--------------------|---------|--|---|
| Transmission | Check | <ul style="list-style-type: none"> Check chain for wear Check gear performance Check cross and rear cables for fraying and wear Check rear wheel alignment and alignment | <ul style="list-style-type: none"> Check bottom bracket for correct setting and adjustment Check pedal to play and tighten before the end of the season Check rear hub for noise and play Check sprocket teeth and wear |
| | Adjust | <ul style="list-style-type: none"> Adjust rear wheel Adjust pressure | <ul style="list-style-type: none"> Check chain for wear Check chain for wear Check chain for wear Check chain for wear |
| | Replace | | <ul style="list-style-type: none"> Replace chain and rear wheel |
| Braking System | Check | <ul style="list-style-type: none"> Check rear brake for wear Check rear brake for wear Check rear brake for wear Check rear brake for wear | <ul style="list-style-type: none"> Check rear brake for wear Check rear brake for wear Check rear brake for wear Check rear brake for wear |
| | Adjust | | <ul style="list-style-type: none"> Adjust rear brake for wear |
| | Replace | | <ul style="list-style-type: none"> Replace rear brake for wear |
| Bike Frame | Check | <ul style="list-style-type: none"> Check rear wheel for wear Check rear wheel for wear Check rear wheel for wear Check rear wheel for wear | <ul style="list-style-type: none"> Check rear wheel for wear Check rear wheel for wear Check rear wheel for wear Check rear wheel for wear |
| | Adjust | | <ul style="list-style-type: none"> Adjust rear wheel for wear |
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SECTION 3 - Transmission

Section 3



Installing a Cartridge Bottom Bracket



Put the bike on a work stand and remove the crankset on your specialized Terrain (see Section 3.2).

- Use a pair of calipers to measure the length of the old axle before you remove the bottom bracket, so that you can be sure the replacement has an axle of the same length. You need to do this because different cranksets are designed to work with different axle lengths.



Remove both the crankset (see Section 3.2), insert a bottom bracket remover into the non-drive side of the bracket and turn the remover anticlockwise with a spanner.

- Repeat on the other side, turning clockwise. Turn it anticlockwise if your bike has an Italian threaded bottom bracket (marked 36 x 1).

Measure the width of the bottom bracket shell with a ruler. The shell forms part of the bike's frame and will be either 68mm (2 3/4 in) or 73mm (2 7/8 in) wide. This width determines the width of the bracket and you need to buy



Ensure the threads of each side of the new bottom bracket fit snugly. The non-drive threads are sometimes referred to as the free cup and the drive-side threads are known as the fixed cup. Do not grease the drive side of a bottom bracket with Italian threads.

Trek Bike Repair Manual

Jianjun Gao



Trek Bike Repair Manual:

Bike Repair Manual Chris Sidwells, 2017-07-06 From regular maintenance for optimum performance to emergency repairs this illustrated guide is the perfect handbook for beginners and experienced cyclists alike The Bike Repair Manual includes insightful information on the anatomy and functioning of all types of bikes road racing mountain hybrid BMX and children's Step by step sequences show you how to carry out repairs from vital servicing to improving your bike's performance both on and off road Learn how to maintain the main elements such as brakes drivetrain and steering as well as the complex components including hub gears hydraulic brakes and suspension forks Detailed chapters cover everything from the correct safe way to set up your bike and the must have kit for successful repairs to troubleshooters for keeping your bike in top form Featuring easy to follow photographic tutorials and handy add ons such as a step locator and toolbox Bike Repair Manual is the essential guide for every cyclist

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