

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	- Check chain for wear - Check gear performance - Check cross and rear cables for fraying and wear - Check rear wheel alignment and alignment	- Check bottom bracket and chainring for wear and alignment - Check pedal to play and tighten adjust for any misalignment - Check rear hub for wear and play - Check sprocket teeth and alignment
	Adjust	- Adjust rear wheel - Adjust gear cable	- Adjust chain - Adjust gear cable and rear cable - Adjust chain and rear cable
	Replace		Replace chain and rear cable
Braking System	Check	- Check rear brake for wear - Check wheel and brake pads - Check wheel and brake pads for wear - Check brake cable and rear cable	- Check brake cable and rear cable - Check wheel and brake pads - Check wheel and brake pads for wear - Check wheel and brake pads for wear
	Adjust		Adjust rear wheel
	Replace		Replace rear wheel
Bike	Check	- Check rear wheel and brake for wear and play - Check gear cable and rear cable - Check chain and rear cable for wear and play - Check brake cable and rear cable for wear and play - Check the gear cable for wear and play	- Check chain and rear cable for wear and play - Check chain and rear cable for wear and play - Check chain and rear cable for wear and play - Check chain and rear cable for wear and play
	Adjust		Adjust rear wheel
	Replace		Replace rear wheel

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 1/4 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

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