



Mountain Mania Tech Evening

29 April 2020 | 7pm – 8/8:30pm

4-6 Miswell Lane, Tring, HP23 4BX

Join the team at Mountain Mania for a tech evening covering the fundamental basics of bike maintenance.

Subjects covered will include:

- The removal of wheels
Covering the tips and tricks involved in removing a wheel and then safely refitting.
- Removing the tyre
Looking for what's caused the puncture and then replacing the inner-tube before refitting the Tyre and inflating to the correct pressure.
- Adjusting the brakes & gears
After the wheel has been refitted, along with the common complaints that arise from poor adjustment
- Basic maintenance, cleaning and safety advice

£10 donation to WheelPower

spaces limited

To book your place, please email info@tourdevale.com

Customers are welcome to bring their own bikes along to the evening, although shop floor bikes will likely be used as examples. Mountain Mania would then be able to advise on how your bike may differ in adjustment to their own