

FIX YOUR OWN BIKE ONLINE: BEGINNER SERIES

All sessions run via Zoom.

INTRODUCTION TO YOUR BIKE

This introductory session will give you the fundamentals you need to feel comfortable around your bicycle.

The hour-long session covers what cyclists call, the 'M-Check', an all-over check of your bike to make sure it is safe to ride. Along the way you'll get to know your bike, learn the anatomy of it, and pick up some basic cycling terminology.

This session is for you if:

- New to cycling and want to get more comfortable with your bike
- Want to know how to check and make sure your bike is safe to ride
- Suspect something is wrong with your bike but you have no idea what or where to start looking
- Feel intimidated talking to mechanics about your bike

Duration: 60 minutes

Cost: £20

**"THANK YOU, THIS CLASS HAS MADE
TINKERING WITH MY BRAKES
REALLY EASY."**

-Fiona, Intro To Brakes attendee

ADJUSTING YOUR BIKE

Getting your bike to fit just right.

There are lots of ways to adjust your bike and they're important for making your rides as comfortable as possible.

This session is for you if you're:

- Experiencing pain or discomfort riding your bike
- Feeling unsure if you have the correct size of bike
- Riding a new bike

Duration: 60 minutes

Cost: £20

CLEANING AND MAINTAINING YOUR BIKE

Bikes need some cleaning and oiling to keep them in good working order.

The great news is that it's easy to clean and oil a bike once you know what to do. Which is what we'll cover in this workshop.

This session is for you if:

- The idea of cleaning a bike has never occurred to you
- The idea of cleaning a bike seems very complicated
- Handling your bike leaves you with greasy or dirty hands
- Your bike lives outside

Duration: 60 minutes

Cost: £20

SAFE STORAGE OF YOUR BIKE

Keeping your bike safe is essential for a happy cycling experience.

This session will help you learn about different locks and how to safely secure your bike in a variety of situations, minimising the risk of it heading home with anyone but you!

This session is for you if you're:

- A new bike owner
- Worried about your bike getting stolen
- Someone who lives in a shared tenement and will need to store your bike outside
- Using your bike to commute or travel around and want to build confidence securing your bike in different situations

Duration: 60 minutes

Cost: £20

REGISTER NOW!



MEET OUR INSTRUCTOR: STEPHEN RIDDELL

Stephen is our head mechanic and started with The Bike Station in 2018. He has been fixing bikes for over 40-years (he built his first bike at 8-years-old). He brings a lifelong passion for cycling and mentorship.

Q&A WITH STEPHEN:

What is your favourite part about fixing bikes?

It's hard to say, I love putting all the parts together to create a working bike, I enjoy that there is always new things to learn and I enjoy sharing that knowledge.

What is your favourite tool?

Favourite tool ... you can't pick a favourite tool like you can't pick a favourite child. My favourite tool is whichever one I'm using or my next purchase.

What type of cyclist are you?

I enjoy most types of cycling. Currently riding mountain bikes. Love living and riding in the Scottish Borders.

INTRODUCTION TO ROUTE PLANNING

Whether you're cycling for leisure or work you need to know how to get from point A to point B. Or how to go from A to B to C and back again.

This session will equip you with the skills and tools to start navigating your area on your bike so you can get started planning an adventure, whatever it might be.

This session is for you if you're:

- Ready to get out and about on your bike
- New to your areas cycle paths, or planning routes as a cyclist
- Looking to minimise your time spent on main roads with cars
- Worried about getting lost

Duration: 60 minutes

Cost: £20

INDIVIDUAL SUPPORT

1-2-1 Masterclass

Need a bit more help? Have a specific question or issue?

Our 1-2-1 Masterclass is an opportunity to get individual support on whatever topic you need most.

This totally customisable session is led by your needs, regardless of if you are just beginning your cycling adventure or are an advanced cyclist.

This session is for you if:

- You have a more advanced level of cycle maintenance skills
- You used to attend in person Fix Your Own Bike sessions at The Bike Station
- You have a specific project in mind or question not covered by the beginner sessions

Duration: 60 minutes

Cost: £35

YOUR BIKE IS DISCOVERY; YOUR BIKE IS FREEDOM. IT DOESN'T MATTER WHERE YOU ARE, WHEN YOU'RE ON THE SADDLE, YOU'RE TAKEN AWAY.

- Doug Donaldson

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PUNCTURE REPAIR

This session will give you a solid understanding of how to fix a puncture.

Punctures happen and they're a bummer. But they don't have to mean seeing your bike sit sadly on the wayside, shed or garage. From the essential tools and approach to fixing punctures, to how to prevent them in the first place, this is an essential session.

This session is for you if:

- A puncture has made your bike unrideable
- You want to be able to get your bike working without taking it to a repair shop
- You want to have more confidence taking on longer rides
- You regularly ride on roads in poor condition

Duration: 90 minutes

Cost: £25

INTRODUCTION TO BRAKES

Calliper, Cantilever and V brake

Brakes can be intimidating, but with the right tools and knowledge, anyone can adjust and change their brakes.

This beginner-level session will cover the basics of your braking system, how to adjust them, and proper maintenance to ensure your bike is safe and ready for the road.

This session is for you if:

- Your bike isn't stopping when you need it to...
- You hear a horrible squeaking noise every time you brake
- You want to learn what kind of brakes you have on your bike
- You want to learn how to tell when brake pads need changing

Duration: 90 minutes

Cost: £25

INTRODUCTION TO BRAKES

Cable and Hydraulic Disc Brakes

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Duration: 90 minutes

Cost: £25

INTRODUCTION TO GEARS -

Front Derailleur

Gears are what allow you to maintain a comfortable cycling speed whether on the flat or working your way up a hill.

They are like an ace up your sleeve in terms of making whatever terrain you are on work for your cycling ability. This session will demystify the parts and purpose of the gears on your bike focussing on what we call the front derailleur. You'll learn how to maximise whatever number of gears you have on your bike, how to shift smarter and avoid chain wear and tear.

This session is for you if:

- You don't tend to change gears when riding
- You feel afraid or intimidated with anything having to do with bike parts
- You feel like cycling is really hard work, even on flat surfaces
- Gears make a horrible crunching noise when you shift
- The derailleur skips gears when shifting
- Your bike chain is regularly falling off the chainring

Duration: 90 minutes

Cost: £25

INTRODUCTION TO GEARS -

Rear Derailleur

Gears are what allow you to maintain a comfortable cycling speed whether on the flat or working your way up a hill.

They are like an ace up your sleeve in terms of making whatever terrain you are on work for your cycling ability. This session will demystify the parts and purpose of the gears on the back of your bike focussing on what we call the rear derailleur. You'll learn how to maximise whatever number of gears you have on your bike, how to shift smarter and avoid chain wear and tear.

This session is for you if:

- You don't tend to change gears when riding
- You feel afraid or intimidated with anything having to do with bike parts
- You feel like cycling is really hard work, even on flat surfaces
- Gears make a horrible crunching noise when you shift
- The derailleur skips gears when shifting
- Your bike chain is regularly falling off the chainring

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