



Bike Maintenance for the Mechanically Challenged
Presented by Jeff Wimmer of StudioCycles Inc.
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Friday, May 30, 2008 3:00 PM–4:00 PM

Spinner® NXT, V, Pro and Elite by Star Trac

Objectives/Topics

- Pedals: learn about different types of the most common pedals
- Pedal Adapters
- Cleats and Shoes: basic adjusting procedures
- Saddles: how to adjust if necessary and when to replace
- Pop Pins: why the handles come off and why they sometimes don't stay tight
- Questions and Answers (time permitting)

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Jeff Wimmer of StudioCycles can be contacted @ StudioCycles.com OR 310-664-1375

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