



Opening Ride Readiness

Having your bike and equipment ready for the 2026 is best dealt with before the season starts.

To help focus everyone on this we went to the experts, Shawn and Simon at Chain Reaction and asked them for their observations on what “repeat offences” they are seeing so that our riders can benefit from this when evaluating their own situation.

Some of what we heard was:

- Too much oil on chains which attracts dirt
- Worn out tires, brakes and chains. They reminded us that those who predominantly use the large front ring will see their bike chains wear faster
- Bleeding of brake lines. SRAM as an example recommends once a year
- Reusing the chain quick link when they are supposed to only be used once
- Check your helmets as they are only recommended for 4 years of use. Any helmet should be replaced after any significant impact whether it looks damaged or not
- If you are riding tubeless, the winter will not have been kind to your sealant! Your tires may have to be cleaned and then re-filled with fresh sealant
- Road shoe cleats are often neglected until they have worn beyond their useful life. Check them out or have them looked at by the pros.
- Don't forget having a bell!

For those with electronic shifting, batteries are another item to focus on. While we regularly re-charge the main batterie(s), we often neglect the coin sized shifter batteries. A decent rule of thumb is replacing them at the start of ever

season should ensure happy shifting all season. Alternatively, Shimano and SRAM have apps where you can check all your battery levels on a regular basis.

Have your bike ready for the new season

Check out **Chain Reaction** [CR website](#) or **Forza Performance** [FP website](#) who are both affiliated with the club for any assistance or advise.

If anyone has any suggestions for the 2026 program, please e-mail us at safecc@etobicokecycling.com.

Stay tuned for Week 2 of **SAFECC**: Ride Captain Feedback

Ride Safe and Ride Longer

