

# Happier Homes

## The bicycle's sure to roll in free wheeling fun for everyone

Once again spring is heralding renewed spirits and interest in outdoor activities.

And, with spring, comes thoughts of summer and the season's most popular pas-

times, like swimming, sailing, hiking and... cycling. If you're one of the millions



SPRING BRINGS THOUGHTS of the season's most popular pastimes... such as cycling. To assure smooth riding, experts at Schwinn Bicycle Company recommend giving your 10-speed bicycle a spring "tune-up."

of Americans who owns a 10-speed bicycle, you might want to conduct your own spring "tune-up" before putting your machine on the road again, says Fred Teeman, manager of consumer relations at Schwinn Bicycle Company.

A little "preventive maintenance" goes a long way on a well-built lightweight 10-speed bicycle, like the Schwinn Le Tour IV, keeping it operating efficiently for many miles and giving you a sense of pride and satisfaction.

Whether you're a serious cyclist or a novice, it's time to pull your 10-speed out of the basement or garage and check that everything is in order.

To make bike rides this season more enjoyable, Mr. Teeman suggests following these spring check-up tips:

- Make sure the wheels are in good working order. Turn the wheel to see that there are no bits of glass, wire, sharp stones or cinders sticking in the tires.

- If your bike has been standing for a while, the tires will need air. It's best to use a foot pump and pressure gauge to avoid over-inflation.

- Pick up the front and then the back of the bike, and give the wheels another spin. If a wheel is wobbling from side to side, or if the spokes are loose, the wheel needs to be trued.

Truing wheels is something of an art that requires skill and patience, so take your bike to a reputable shop, like a Schwinn Bicycle Dealer.

- Check the brakes. The secret of good brakes is more "fren in the rims than in the brakes, because wobbly, lumpy rims prevent the brakes from working properly.

- If the rims are fine, check the brakes by squeezing the levers firmly and then releasing them. They should snap back with a good solid feel.

- If the brakes are sluggish, a cable may be binding in the housing. Check to make sure there are no sharp kinks in the housing and, if necessary, spray an aerosol lubricant into the

housing and on brake pivot points.

- Check the chain. While slowly rotating the pedals backwards, check to be sure the chain is free of twists and that the links are not too tight.

- If a link is tight, it can generally be loosened with a generous amount of oil.

- If this doesn't do the trick, or if the chain is twisted, take the bike to your dealer. This may be a job for a pro.

- Check both the front and rear derailleurs by supporting the bike so the rear wheel can

spin free, and make sure the chain will move smoothly from one chain sprocket to the other. A drop or two of oil on pivot points will usually free up a sluggish derailleur.

- Make sure the bolts are tightened securely in the stem and handlebars, seat clamp and seat post, and check accessory mounting screws.

If everything is in order, all you need to do is clean out the cobwebs and polish the frame for another season of fun-filled cycling!

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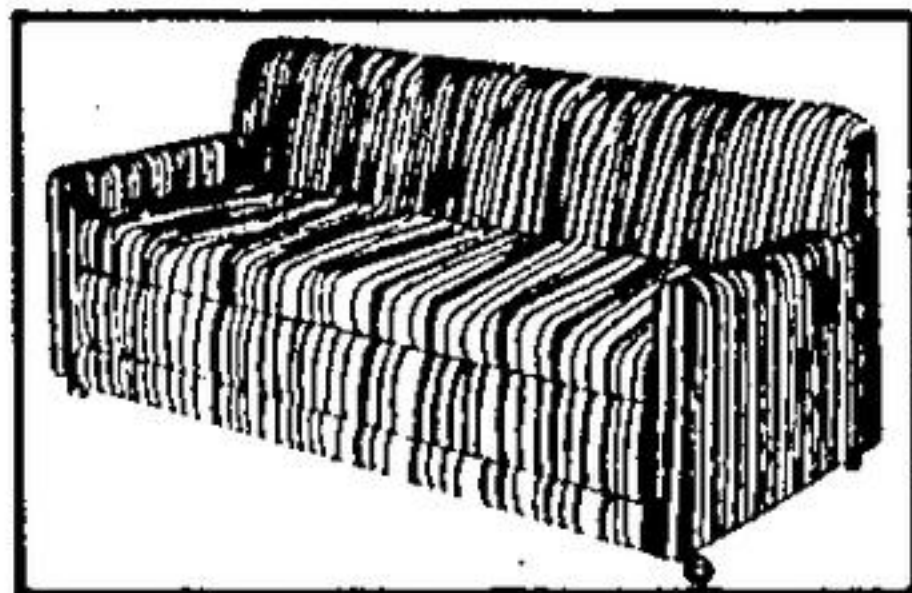
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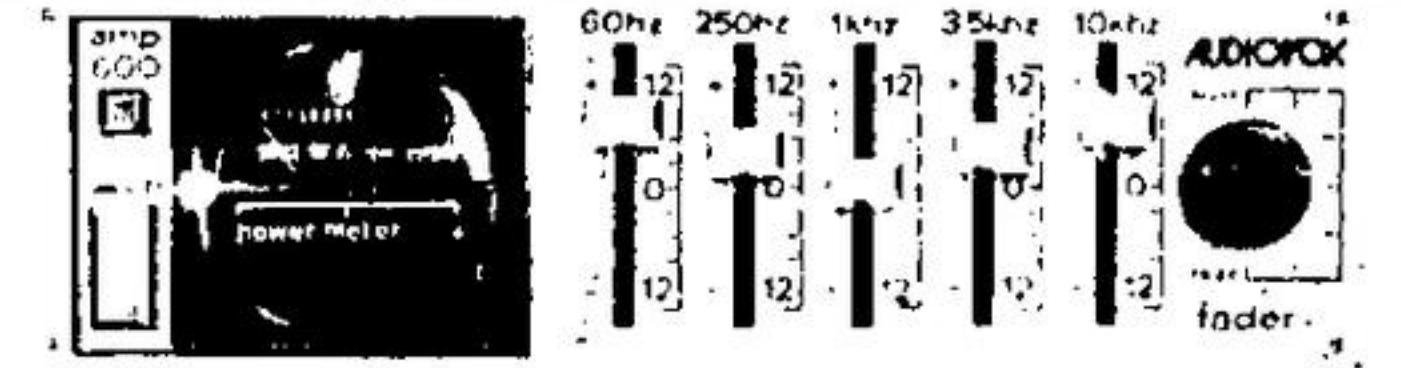
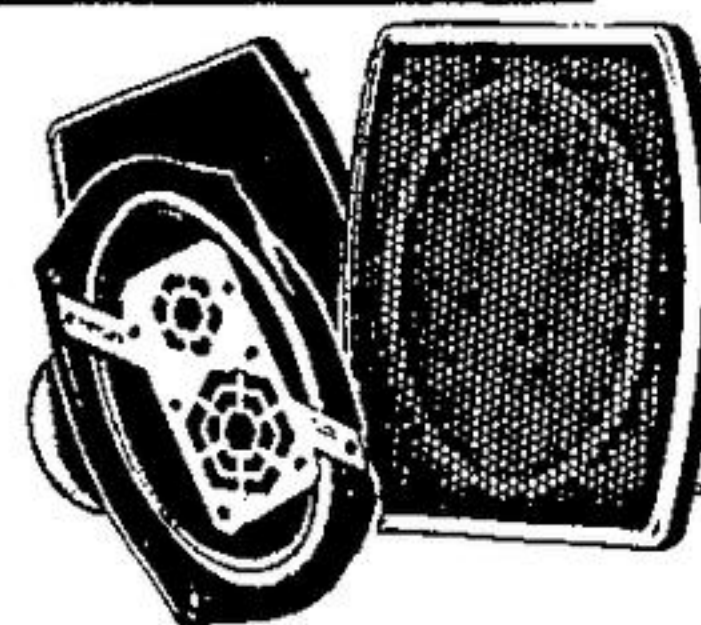
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