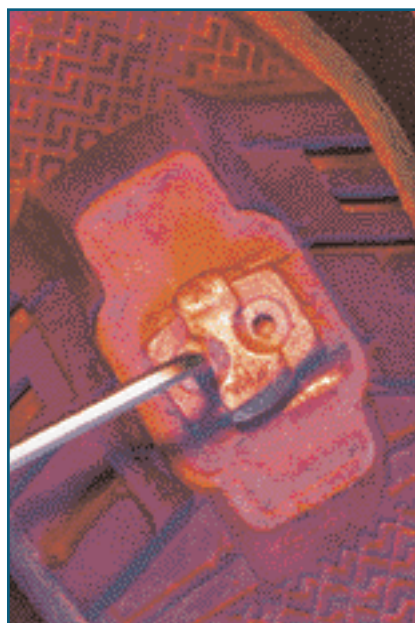


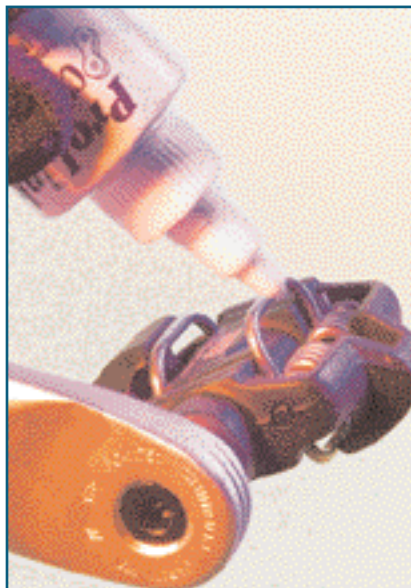
Pedals

The most useful thing we can do for our pedals is luckily the simplest—keep the contact areas clean and lubed, and the cleats fresh.

1 **Cleats are the culprit for most pedal problems.** Worn cleats cause sticky and unpredictable releases, as well as slop between the shoe and pedal. Plastic cleats (like



Look, for example) show wear clearly—the edges become uneven or chipped. Wear on metal cleats can be trickier to diagnose—look for sharp or extra-shiny edges. Your best guide is their performance—if your entrances and exits feel funny, it's time for new cleats.



2 **Lightly lube anywhere the cleat (not your shoe's sole) contacts the pedal.** Most pedals have metal contacts, but for those with plastic contacts, check to make sure the cleat isn't wearing through the pedal body; these systems especially need regular lubrication.

3 **Check and adjust tension.** If your cleats aren't worn and you're having trouble clicking in or out, the tension might have become mal-

adjusted. Most pedals have a screw on the rear that lets you dial in more or less tension.

4 **Grease the threads.** Remove the pedal, wipe the threads, apply a light layer of grease and reinstall. They'll never get stuck.

4 NAGGING PEDAL PROBLEMS—SOLVED

What's Weak: With each pedal stroke, you hear a click.

Saving Tweak: The pedal may have loosened. Tighten it.

What's Weak: Even though you're using a pedal wrench, you can't get the pedal off.

Saving Tweak: Make sure you're turning the pedal the right way. The right pedal is turned counter-clockwise to loosen; the left pedal is turned clockwise. Still stuck? Add a cheater bar to the pedal wrench for more leverage.

What's Weak: You need to replace your cleats, but the bolt heads are full of crud.

Saving Tweak: Clean them out with an awl. If they're damaged or rounded, force a hex wrench in by tapping it with a hammer.

What's Weak: You crashed and now it feels like the pedal wobbles when you ride.

Saving Tweak: You probably bent the pedal axle. Replace it.

FROM NOW ON

- Clean and lubricate pedals once a month, or after each muddy or wet ride.
- Check cleats every six months.
- Overhaul the bearings (or have them overhauled) at least every six months for mountain bike pedals, every year for road pedals.

