

Triathlon

Model: Speed Concept

	•	Rider with basic mechanical skills, tools, and knowledge					
	√	Dealer/Experienced bicycle mechanic					
Service at the indicated distance or time - whichever is most appropriate for your riding conditions	Months	Every Ride	New Bike 1st Service	3	6	9	12
	Miles			750	1500	2250	3000
	Hours			50	100	150	200
Annual Tune-up and Safety Inspection							√
Electronics							
Replace computer and sensor batteries							•
Brakes							
Test brake function	•						
Inspect brake pad and rim wear	•						
Inspect brake cables and housing for wear or damage	•						
Inspect brake mounting hardware		•		•			•
Lubricate brake pivots (except Bontrager Speed Limit and Speed Stop)		•		•			•
Drivetrain							
Inspect chain condition and clean/lube if necessary	•						
Inspect shift cables and housing for wear or damage	•						
Inspect the condition and operation of shift-levers and derailleurs	•						
Inspect pedals for looseness or bearing play	•						
Clean/degrease drivetrain				√	√	√	√
Inspect chain and sprockets for wear			√	√	√	√	√
Inspect derailleurs and lubricate pivots			√	√	√	√	√
Inspect derailleur hanger alignment and hardware			√	√	√	√	√
Inspect the crank/crankarms for damage or play			√	√	√	√	√
Inspect the bottom bracket			√	√	√	√	√
Clean and inspect the bottom bracket cable guide			√	√	√	√	√
Inspect Di2 wires and connectors			√		√		√
Check for Di2 firmware update			√	√	√	√	√
Service pedals/grease threads					√		√
Service bottom bracket					√		√
Frame and Components							
Clean and polish finish	•						
Inspect frame and fork for damage	•						
Inspect stem, handlebar, seatpost, and saddle hardware	•						
Inspect stem, handlebar, seatpost, saddle, and headset adjustment	•						
Inspect reflectors, lights, and other safety equipment	•						
Inspect all aero bar and extension hardware	•						
Clean/Replace bar tape				•	•	•	•
Inspect accessory hardware			•	•	•	•	•
Inspect headset condition and adjustment			√	√	√	√	√
Remove, clean, inspect and re-install handlebar hardware							√
Service headset					√		√
Clean/apply grease or carbon paste to stem and seatpost					√		√
Wheels							
Semi-Annual Wheel Tune-up and Safety Inspection					√		√
Verify tightness of wheel quick-release skewers	•						
Inspect spokes for damage	•						
Inspect rims for wear or damage	•						
Verify that wheels are centered and spin freely without play	•						
Inspect wheel bearing condition and adjustment			√		√		√
Clean and lubricate quick-release skewers/axles							•
Inspect spoke tension and wheel true			√		√		√
Inspect hubs and service freehub							√
Tires							
Inspect tire pressures and properly inflate if necessary	•						
Inspect tread and sidewall for damage or wear	•						
Recharge TLR sealant and clean valve (if set up tubeless)				•	•	•	•