**Bike Maintenance Prices**

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| **Sprint Tune-Up** | **Olympic Tune-Up** | **Ironman Tune-Up** |
| **$60** | **$120** | **$200** |

**Sprint Tune-Up ($60)** - Bike remains assembled:

|  |  |  |
| --- | --- | --- |
| **Check** | **Clean** | **Adjust** |
| * Frame for Cracks * Wheels True/Damage * Tires for Damage * Chain Stretch * Headset | * Frame * Wheels * Chain * Components * Cassette | * Torque all Bolts * Torque BB/Crank * Brakes * Front Derailleur/Shifters * Rear Derailleur/Shifters |
|  | **Lube** | **Other** |
|  | * Chain * Derailleurs and Brakes | * Air Tires * Rust Protection |

**Olympic Tune-Up ($120)** - All items in Sprint Tune-Up Plus: (Partial bike disassembly of crank, cassette, and bottom bracket: clean degrease, lube, assemble, and adjust)

|  |  |  |
| --- | --- | --- |
| **Disassemble (Parts Washer)** | **Lube** |  |
| * Chain * Crank and Pedals * Cassette | * Bottom Bracket * Cables |  |

**Ironman Tune-Up ($200)** - All items in Olympic Tune-Up Plus: (full bike disassembly: clean, degrease, lube, assemble, and adjust)

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| **Disassemble (Parts Washer)** | **Lube** |  |
| * All Components   Crank,Derailleurs,Pedals | * Headset * Hubs - Wheel Bearings |  |

|  |  |  |
| --- | --- | --- |
|  | **Other Prices** |  |
| **$20 Tape Bars (Plus Tape)**  **$12 Inner Cables (Plus Cables)**  **$20 Outer Cables (Plus Housing)** | **$40 Bottom Bracket Clean/Lube**  **$30 Head Set Clean/Lube**  **$25 Wheel Bearing Lube (Each)** | **$8 a wheel - Replace Tubes/Tires**  **$10 a wheel - True Wheel**  **$60 Hour Labor Rate** |

All other repairs, trouble shooting, cleaning, or any other inspecting will be charged at $60/hour.