**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)

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| **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
 |  |

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|  | **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.