



BIKES *for* HUMANITY PDX

2024 Intermediate Class Curriculum

Our intermediate class is designed for those who are familiar with the topics of the introductory class and would like to learn about the systems of the bicycle in more detail. This class surveys the various measurements, standards, terminology, and specialized tools one will encounter as one takes on more involved maintenance and repair. This class also has a greater focus on providing the hands-on practice necessary to become a truly self-sufficient bike mechanic. After completing this class, students should have the necessary skills to perform most common maintenance and repairs.

Classes will be **2 hours, 1 day a week**, covering a different area each week over the course of a month. The exact dates and times will be determined based on the preferences indicated by those who register their interest.

Week 1	Week 2	Week 3	Week 4
<ul style="list-style-type: none">● Introductions● Safety● Intro to shop organization● Pedals● Quills● Bearings	<ul style="list-style-type: none">● Freewheel/Freehub● Hub overhaul● Headset overhaul	<ul style="list-style-type: none">● Wheels<ul style="list-style-type: none">○ Construction○ Truing	<ul style="list-style-type: none">● Cables & housing● Derailleur installation & adjustment

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to join our class

Optional Topics:

- Headsets in depth
- Cranks/Chainrings in depth
- Bottom Brackets in depth

Week 1

- Introductions
 - Personal introductions
 - B4H organization, mission
 - Overview of curriculum, ask for topics of interest from students
- Safety, proper use of tools, proper use of shop space & orientation to space
- Orientation to organization of spare parts, bike inventory (completed, in-progress, just donated)
- Pedals, greasing
- Quills, greasing
- Bearings - checking for play and adjusting
 - Hubs
 - Headset
 - Bottom Bracket

Week 2

- Freewheel/Freehub systems
 - Correct removal and installation
- Hub overhaul
- Headset overhaul

Week 3

- Wheels
 - Discussion of construction
 - Discussion of truing method
 - Truing practice

Week 4

- Cables & housing
 - Brakes vs. Shifting
 - Discussion and Installation
- Derailleurs in depth
 - Installing, setting, adjusting

As with all Bikes for Humanity activities, these classes strive to be welcoming to everyone. If we can do something to make our events more comfortable and inviting for you please let us know. If you're unsure and would like to discuss it or ask questions please contact us!

For general information email via info@b4hpd.org is our preferred method of communication, but you can also call us at 503-496-6941, or even set up a time to visit us in person (via email or phone), we'd love to talk to you!

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