



**BIKES** *for*  
**HUMANITY PDX**

## 2024 Intro Class Curriculum

Our Introductory classes are a place for complete beginners with little to no knowledge or experience about bicycles to get started and come away with the ability to do basic home maintenance to keep their bike functioning well.

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.

You don't have to commit to attending all sessions, but please indicate on the registration form which sessions you plan to attend. Classes will repeat each month based on interest.

Week 1	Week 2	Week 3	Week 4
<ul style="list-style-type: none"> <li>● Introductions</li> <li>● Safety, tools, shop space</li> <li>● Bike Anatomy</li> </ul>	<ul style="list-style-type: none"> <li>● Wheels</li> <li>● Fixing a flat</li> </ul>	<ul style="list-style-type: none"> <li>● Adjusting rider position for comfort</li> <li>● Derailleur basics</li> <li>● Brake basics</li> </ul>	<ul style="list-style-type: none"> <li>● Signs of wear</li> <li>● Maintenance schedule</li> <li>● Clean &amp; lube drivetrain</li> </ul>

→ [\*\*SUBMIT INTEREST FORM\*\*](#) ←  
 to join our class

### 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
- Anatomy of a bike
  - Overview of different types of bikes

## Week 2

- Tire anatomy
- Fixing a flat
  - Wheel & tire removal and installation
  - Patching & replacing tubes
    - Basic discussion of tire/tube sizes
  - Inflating tires
    - Using a pump
    - Discussion of pressures

## Week 3

- Adjusting rider position
  - seat/saddle, quill/stem, handlebars, controls (shift/brake levers)
  - Minimum insertion lines
- Basic derailleur adjustments
  - Limit screws, barrel adjusters
  - Choosing efficient gear combinations
- Adjusting brakes
  - Pad wear & when to replace
  - Aligning brake pads
  - Barrel adjusters

## Week 4

- Signs of wear
  - Chain, rim, brakes, tires, frame damage
  - Bearings - checking for play
    - Hubs, Bottom Bracket, Headset
- Cleaning & lubing drivetrain
- Recommended maintenance schedule for a bike

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@b4hpdx.org](mailto:info@b4hpdx.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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