

Freewheel Maintenance

Your freewheel will need simple periodic maintenance.

For Freewheels/Kits shipped after 11/15/08 you only need to do items 2 and 3 as necessary.

1. Aggressive Cleaning: You can flush the old grease and dirt out aggressively with spray brake cleaner using the supplied plastic guide tube. (Carefully read and follow all the cautions on the can). Aim the tube into the outer slender opening of the freewheel marked by the red arrows below. Spray, rotate and repeat. Then follow this by spraying liberally with the spray lube of your choice to further flush the grease and brake clean out. WD-40 will work, but whatever you use, this is NOT the final lube. Rotate the freewheel several times while spraying.



2. Less aggressive cleaning: For normal routine cleaning and oiling, blast liberally with a light spray lube of your choice in the opening of the freewheel. WD-40 will work, but whatever you use, this is NOT the final lube – it's an oil flush and clean. Rotate the freewheel several times while spraying.

3. Lubricating: After cleaning, using SBP Freewheel Oil or equivalent, with your bike leaning on it side as best you can, apply liberally using the applicator tip. Rotate the freewheel several times while applying. Repeat a few times after riding. Then depending on your frequency of riding apply as needed.