

How many times have you turned up to a ride and one of the bikes wont start or if it does it wont do anything better than idle. Worse still, half an hour into the ride a bike brakes down. 9 times out of 10 these problems are caused by lack of maintenance. A broken chain because it is way past it's use by date, a flat tyre due to a torn out valve stem because the owner did not take the time after the last ride to rotate the tyre. By no means is this list guaranteed to stop a breakdown, although it does go some way to preventing one.

- Pressure washers will get the bike clean no argument from anyone on that front.
A pressure washer will deliver inxs of 100 p.s.i of water pressure at the nozzle which is way more than any seal can cope with. Be vary careful around brake calliper slides, swing arm bush seals and wheel bearing seals as you will end up with a bearing full of water and grime. Soak the bike with truck wash and leave for 1/2 an hour and in most cases a garden hose will get the bike clean.
- Suspension specialists will tell you (if you ask) that the grime and water that builds up between the shock shaft and the bump stop rubber and under the bump stop rubber cause some of the following problems.
 - Rust corrosion of the shock shaft.
 - Premature failure of the shaft seal. Obviously if the bike is cleaned and dirt is left between the shaft and the bump stop, the first time that the bump stop is compressed dirt is drawn into the seal.
- Not all bikes have a removable stator cover. eg: a DR350 & XR400 have a stator that is submersed in engine oil. If you have a motocross bike or a European bike the stator is generally located behind a poorly sealed cover. If water is allowed to stay past its welcome then a failed stator as a result of corrosion is a guaranteed.
- Water will pass through an air cleaner element. Always check for water ingress in the duct from the airbox to the carburettor, its surprising just how much water can be found there after a good wash.
- Always start the bike after a wash/check over. The smallest amount of water will cause corrosion if left for a period of time.
- If you are unsure consult your local bike shop for professional advise.
- MX and Competition bikes require higher maintenance, basically half the hours provided

Last Service : **Report:**

Hours Since Last Service :

Today's Date :

Engine	O/K	Chassis	O/K	General	O/K
Ignition Stator Cover		Front Forks		Body Work	
- Remove Cover (BD)	<input type="checkbox"/>	- Bleed Air (I)	<input type="checkbox"/>	- Securing Bolts (T)	<input type="checkbox"/>
- Spray with De-Watering Fluid	<input type="checkbox"/>	- Triple Clamp Bolts (T)	<input type="checkbox"/>	Exhaust	
Spark Plug & Cap		- Fork Guard Bolts (T)	<input type="checkbox"/>	- Muffler Rivets (I)	<input type="checkbox"/>
- Plug Cap (BD)	<input type="checkbox"/>	- Fork Oil (R)	<input type="checkbox"/>	- Mounting Bolts (I)	<input type="checkbox"/>
- Spark Plug (R)	<input type="checkbox"/>	Rear Shock		- Location Springs (I)	<input type="checkbox"/>
- Securing Clip (R)	<input type="checkbox"/>	- Lift Up Bump Stop (I) (CL)	<input type="checkbox"/>	Cables	
Engine Oil		- Mounting Bolts (T)	<input type="checkbox"/>	- Cables (A)	<input type="checkbox"/>
- Engine Oil (R) (I)	<input type="checkbox"/>	Front Wheel		- Cables (L)	<input type="checkbox"/>
- Oil Strainer (CL)	<input type="checkbox"/>	- Valve Position (I)	<input type="checkbox"/>	Levers	
- Oil Filter (R)	<input type="checkbox"/>	- Wheel Bearings (I)	<input type="checkbox"/>	- Kickstarter (L)	<input type="checkbox"/>
Tappets		- Pinch Bolts (T)	<input type="checkbox"/>	- Brake Lever (Fr) (L) (A)	<input type="checkbox"/>
- Clearance (I)	<input type="checkbox"/>	- Tyre Pressure (I)	<input type="checkbox"/>	- Brake Lever (Rr) (L) (A)	<input type="checkbox"/>
Carburettor		- Spokes (T)	<input type="checkbox"/>	- Gear Lever (L)	<input type="checkbox"/>
- Remove Bowl (BD)	<input type="checkbox"/>	Rear Wheel		- Footpegs (L)	<input type="checkbox"/>
- Fuel Strainer (I)	<input type="checkbox"/>	- Valve Position (I)	<input type="checkbox"/>	- Clutch Freeplay (A)	<input type="checkbox"/>
- Fuel Line (I)	<input type="checkbox"/>	- Wheel Bearings (I)	<input type="checkbox"/>	Chain	
Air Filter		- Rear Axle (T)	<input type="checkbox"/>	- Chain & Sprockets (CL) (I)	<input type="checkbox"/>
- Water Ingress (I)	<input type="checkbox"/>	- Tyre Pressure (I)	<input type="checkbox"/>	- Joining Link Circlip (I)	<input type="checkbox"/>
- Air Filter (I) (CL)	<input type="checkbox"/>	- Rear Sprocket Bolts (T)	<input type="checkbox"/>	- Chain (L)	<input type="checkbox"/>
Cooling System		- Spokes (T)	<input type="checkbox"/>	A.D.R Equipment	
- Coolant (I) (R)	<input type="checkbox"/>	Suspension		- Side Stand (I)	<input type="checkbox"/>
		- Linkage (L)	<input type="checkbox"/>	- Headlight (I)	<input type="checkbox"/>
		- Head Stem (L)	<input type="checkbox"/>	- Taillight (I)	<input type="checkbox"/>
		- Shock Bush's (L)	<input type="checkbox"/>	- License Plate (I)	<input type="checkbox"/>
		Brakes		- Lighting (General) (I)	<input type="checkbox"/>
		- Check Pads (I)	<input type="checkbox"/>		
		- Lock Pins (I)	<input type="checkbox"/>		
		- Brake Fluid (Fr & Rr) (I) (R)	<input type="checkbox"/>		

Legend

- Lubricate (L)
- Adjust (A)
- Blow Dry (BD)
- Replace (R)
- Inspect (I)
- Tension (T)
- Clean (CL)

Service Intervals.

Engine	Hours	Chassis	Hours	General	Hours
Ignition Stator Cover		Front Forks		Body Work	
- Remove Cover	(W) (E)	- Bleed Air	(E)	- Securing Bolts	(E)
Spark Plug & Cap		- Triple Clamp Bolts	(E)	Exhaust	
- Plug Cap	(E)	- Fork Guard Bolts	(E)	- Muffler Rivets	(E)
- Spark Plug	50	- Fork Oil	20 *	- Mounting Bolts	(E)
- Securing Clip	(E)	Rear Shock		- Location Springs	(E)
Engine Oil		- Lift Up Bump Stop	(W)	Cables	
- Engine Oil	10	- Mounting Bolts	(E)	- Cables	(E)
- Oil Strainer	10	Front Wheel		Levers	
- Oil Filter	20	- Valve Position	(E)	- Kickstarter	(E)
Tappets		- Wheel Bearings	(E)	- Brake Lever	(E)
- Clearance	10	- Pinch Bolts	(E)	- Gear Lever	(E)
Carburettor		- Tyre Pressure	(E)	- Footpegs	(E)
- Remove Bowl	(W)	- Spokes	(E)	- Clutch Freeplay	(E)
- Fuel Strainer	(E)	Rear Wheel		Chain	
- Fuel Line	(E)	- Valve Position	(E)	- Chain & Sprockets	(E)
Air Filter		- Wheel Bearings	(E)	- Joining Link Circlip	(E)
- Water Ingress	(W)	- Rear Axle	(E)		
- Air Filter	(E)	- Tyre Pressure	(E)		
Cooling System		- Rear Sprocket Bolts	(E)		
- Coolant - (check)	(E)	- Spokes	(E)		
- Coolant - (replace)	50	Suspension			
		- Linkage	(E)		
		- Head Stem	(E)		
		- Shock Bush's	(E)		
		Brakes			
		- Check Pads	(E)		
		- Lock Pins	(E)		
		- Brake Fluid	20 *		

Legend

After Wash (W)
 After Each Ride (E)
 Max 12 Mths *