

Brian's Official "How To Lube Your Chain" Procedures!

Using a drip:

Lean the bike, standing on its wheels, fairly straight upright against something solid (preferably outside) such that the crank and chain can spin freely backwards without striking anything. Choose spot on the lower chain, fairly close to the front sprockets, to begin and then drip one drop of lubricant on each roller (within the chain) all the way along the lower chain until you're as close as you can comfortably get to the derailleur pulleys beneath the rear cogs. Stop, and rotate the crank backwards just enough to move the point at which you finished up toward the front sprockets again. Repeat beginning from there, applying along the chain until you reach the pulleys. After doing this about 3-4 times you should be able to tell that you've reached the first link you lubricated, and there's no need to go further. Put the lube down and spin the crank backwards several times, allowing the chain to flex over the gears and through the pulleys, permitting the fresh lube to penetrate. Now take a dry rag, or paper towel and, gently wrapping your left hand around the lower chain, continue rotating the crank (with your right hand), drawing the chain through the rag in your left hand. You can stop and re-situate the rag as many times as you like. What you're trying to do is wipe off any lube from the exterior surface of your chain. Don't worry... you'll never get it all, and what you do get should not be there anyway. The lube that will make your chain run smoother has already penetrated and you can't wipe it off. What you are wiping off however includes a lot of road grime and abrasive dirt, so you're lubing and cleaning simultaneously.

Using spray:

This is nearly identical to the above procedure except that you simply spray the chain with your left hand, while rotating it with the crank in your right hand, just as the chain passes over the rear cogs on your hub. This generates quite a bit of overspray, and you want to be careful not to get much on the braking surfaces of your rims. One neat thing about doing it this way however is that it often provides the opportunity for you to actually FEEL (with your right hand) the chain move easier as the lubricant penetrates. Again, when you're done, be sure to wipe off all the excess you can. This keeps the chain relatively clean, which is just as important as keeping it lubricated.