**THE PARTS OF A BICYCLE – FOG Camp 2014**

Here is a brief description of the *parts of a bicycle* and *how they work*. Look at the drawing on the other side (or look at a bike) to see how they are connected and how they work.

**FRAME** – The “heart and soul” of a bike. The frame and front fork connect all the parts and determine how a bike steers or handles. (Can be made of steel, aluminum, carbon fiber, wood, bamboo, plastic, or other materials.) Made to both be strong and absorb shock.

**FORK** – Connects the handlebars and stem with the front wheel. Determines the way a bike steers. Can be made of many materials, just like a bicycle frame.

**HEADSET** – The bearings that connect the fork to the frame and allow the front wheel and fork to turn and steer the bike.

**HANDLEBARS** – Where you put your hands to steer the bike. Usually steel or aluminum, can also be made of carbon fiber. Can be changed to offer a different fit.

**STEM** – The part that connects the frame and headset to the handlebars. Stems of different height or length (reach) change the fit (forward reach) of a bike.

**SADDLE (SEAT)** – Where you sit. The platform you sit on and the fulcrum for pedaling. Made of soft but supportive materials like leather, vinyl, plastic, and/or foam padding.

**SEAT POST** – The tube that supports your saddle. Adjustable up and down, forward and backwards, and for tilt to fit your anatomy.

**DRIVETRAIN** (CRANKS, CHAIN, GEARS)

**PEDALS** – Platforms that transfer force from legs and feet to the cranks and the chain.

**CRANKS** – Attached to the bottom bracket, help transmit pedal force to the chain.

**CHAIN RING(S)** – The toothed drive wheel(s) that wrap the front of the chain.

**BOTTOM BRACKET** – The axle and bearings that allow the cranks and pedals to spin.

**CHAIN** – Transmits your pedal force to the cluster or cassette and the rear wheel.

**CLUSTER or CASSETTE** – Cog(s) that transmit the pedaling force from chain to the

bike’s rear wheel.

**GEARS** – A derailleur or hub gears that allow you to shift and determine how hard you pedal.

**SHIFT LEVERS** – The levers you move to change (shift) gears. Connected to cables.

**FRONT WHEEL** – The wheel that does your steering and tracking. Made up of a hub,

spokes, rim, rim strip, tire, and tube.

**HUB** – The central axis of your wheel that has bearings for rolling and holes for

the tensioned spokes.

**SPOKES** – The tensioned, stiff, and forgiving steel connections between hub and rim.

**RIM** – The round metal frame at the outside of the wheel that holds your tire securely.

**RIM STRIP** – protects the inner tube from sharp edges on the metal rim.

**INNER TUBE** – The inflatable part inside the tire that holds air. It has a valve.

**TIRE** – The rounded rubber on the outside of your wheel that contacts the road.

**REAR WHEEL** – Has all of the same parts as the front wheel (hub, spokes, rim, tire, rim strip, and tube) plus a toothed cassette or cluster (or an intewrnally- geared hub) that connects the chain and the hub.

**BRAKES** – The brakes are made of many parts (brake levers, calipers, cables) to help

slow you down or stop you.

**OTHER PARTS** – Handlebar grips, rack, lights, basket, bags, fenders, streamers, bell, and…