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Kickstands

Kickstands are what keeps our bikes upright when we park them. Kickstands have very few moving parts, but they do from time to time need service. Let’s break down the parts of the kickstand.

The main part that supports the bike is generally made from steel. The spring that extends when you put it down and compresses when you put it up is made from high strength steel.

There is a bolt that holds the kickstand to the frame and a hook that attaches the spring to the frame. So, with so few parts what could need to be serviced.

Well for one the spring. Over time it can wear and hold the kickstand up all the way and if it is down far enough when you go into a sharp turn it can cause an accident. The bolt that connects the kickstand to the frame can come loose also.

The best practice is to visually inspect the parts, check that the spring is functioning properly both extending and retracting.

I have seen just a couple of kickstand failures, but I actually lost a kickstand while on a trip.