

# LABOR RATES

(labor \$40.00 per hour)

Service	BMX	Mountain	Road
Major Tune Up*	\$20.00	\$40.00	\$30.00
Install Tire/Tube	Front \$4.00 Rear \$6.00	Front \$4.00 Rear \$6.00	Front \$4.00 Rear \$6.00
Install Tire/Tube	Front \$8.00 Rear \$10.00	Front \$8.00 Rear \$10.00	Front \$8.00 Rear \$10.00
Sealer	\$4.00	\$4.00	\$4.00
Lacing Wheels	\$27.00	\$27.00	\$27.00
True Wheel	\$ 4-6.00	\$4-6.00	\$4-6.00
True Wheel	\$8-14.00	\$8-14.00	\$8-14.00
Hub Overhaul	front \$8.00 Rear \$9.00	Front \$8.00 Rear \$9.00	Front \$8.00 Rear \$9.00
Coaster Brake Overhaul	\$14.00	N/A	N/A
Bottom Bracket Overhaul	\$14.00	\$14.00	\$14.00
Bottom Bracket R&R**	\$10.00	\$10.00	\$10.00
Head Set Overhaul	\$14.00	\$14.00	\$14.00
Install Suspension Fork	\$18.00	\$18.00	\$18.00
Install Stem	\$6.00	\$8-10.00	\$14-16.00
Install Brake Cable	\$6.00	\$6.00	\$6.00
Brake Install (V or Canti)	\$10.00	\$10.00	\$10.00
Brake Install (Disk)	N/A	Mechanical \$15.00 Hydraulic \$20.00	N/A
Brake Bleed Hydraulic	N/A	\$10-15.00 ea.	\$10-15.00 ea.
Front Derailleur R&R**	N/A	\$12.00	\$12.00
Rear Derailleur R&R**	N/A	\$12.00	\$12.00
Install Derailleur Cable	N/A	\$6.00	\$6.00
Straighten Derailleur Hanger	N/A	\$10.00	\$10.00
Install Handlebar	\$6.00	\$8-10.00	\$14-16.00
Bar Tape	N/A	N/A	\$10.00
Seat or Pedal R&R**	\$4.00	\$4.00	\$4.00
Computer Install	N/A	\$8.00	\$8.00

\*(adjust gears, brakes, headset, bottom bracket, hubs and true wheels. Air up tires, oil chain, and over all safety check)

\*\*Remove and Replace