



How to Fix Bicycle Foam Handlebar Grips

Restore your crumbling foam handlebar grips on your bicycle. If there is residue falling from the handlebars onto your hands, this guide is for you!

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INTRODUCTION

When foam handlebar grips are old and crusty it not only makes the grip slippery but it also looks unappealing. Foam handlebars can have a much longer lifespan granted you put the time and care to restore the condition. This guide will help in restoring current foam grips without having to replace them with brand new ones.

TOOLS:

- [Shop Towels or Rags](#) (2)
- [High Content Rubbing Alcohol](#) (1)
- [Sand Paper](#) (1)

Step 1 — How to Fix Bicycle Foam Handlebar Grips



- Assess the problem area on your bike's handlebars.

Step 2



- Lightly sand down the handlebar with the sandpaper.
- Continue to sand the handlebar until no more residue falls.

Step 3



- Boil water in a pot.
- Once the water reaches boiling temperature (212°F/100°C), dip a rag into the water.

⚠ Be careful when handling the rag after it has been taken out of the boiling water. Handling the rag too quickly can result in a burn.

- Take the soaked rag and begin cleaning the handlebar by applying pressure and rubbing in a downwards motion.

Step 4



- Press a new, clean rag tightly to the opening of the alcohol bottle.
- Tip the bottle upside down quickly and soak the rag with the alcohol.
- Once the rag is soaked, start cleaning the handlebar again. Continue to clean the handlebar until there is no more visible residue coming off.

Step 5



- Finally, bring the water to a boil once more.
- Dip a rag into the water and begin rubbing the handlebar for the last time. Clean vigorously until the handlebar is noticeably smoother and no longer crumbling with residue.

Following these steps should result in handlebars that feel brand new!