

Cleaning Treadwall® Holds

The most important maintenance for Treadwalls is keeping the holds clean.

Treadwall holds get a lot of use and should be cleaned on a regular basis. When the holds are dirty, they are unpleasant to climb on and unattractive in appearance. Keeping the holds clean will help maintain interest in the Treadwall and promote overall usage.

Is the traffic on your Treadwall slowly decreasing?

Are the holds turning a strange gray-brown color and developing a slimy texture?

CLEAN



Actual before and after photos

YUUCK



**If so, then you need to
CLEAN YOUR HOLDS!!**

It only takes a short amount of time and your members will notice the difference immediately!

Consider cleaning holds 10 at a time - choose the dirtiest 10 on the machine. Cleaning a few at a time is a reasonable project, and if you do it once every couple of weeks the holds will always be grippy attractive. Use a 5/16" Allen wrench to take off the holds.

Two different approaches to cleaning holds.

Simple, “Quick Fix”

For all but the most extreme cases, the following method works remarkably well. This is how we cleaned the holds in the picture.

- Remove the holds that are to be cleaned.
- Just put them in a dishwasher with regular dishwashing detergent. After one cycle rotate and move the holds around to clean the other sides, and run it again.
- If there are residual areas of grime, scrub them with a toothbrush or other small brush.
- Replace the holds on your Treadwall.

Intensive, “New Look”

For holds that have gone over to the dark side - strange swamp-thing shades of gray-brown, then consider this method. No matter how desperate the situation, your holds will regain their gritty texture and bright color!

- Remove the holds to be cleaned.
- Place the holds in a bucket of Simple Green® and water mixture (see side panel of Simple Green for proportions). You can find Simple Green at your local hardware store. Let the holds sit for about an hour.
- Run the holds through the dishwasher once using regular dishwashing fluid.
- Finally, brush the holds with a toothbrush or other small brush.
- Replace your fresh as new holds on your Treadwall.

Long term care

Treadwalls are very dependable machines, and keeping the holds clean is just about the only maintenance issue. An excellent investment is an extra set of 10 holds at a cost of about \$130. Every month you can quickly switch out the 10 dirtiest holds, and clean them at your leisure. This will also change the routes on the wall, and keep it fresh and interesting.