

## HOW TO FIX A FLAT TIRE

### 1 REMOVE WHEEL

- *Rear:* set bike upside down on handlebars and seat before opening hub quick release.
- *Rear:* shift into smallest gear in rear, undo brake then hub quick release; remove.
- *Front:* undo brake then wheel quick release and remove.

### 2 DEFLATE TIRE

- Remove remaining air by depressing valve.
- *Schrader* is a larger, spring-loaded valve and must be depressed; car style valve.
- *Presta* is an all metal, air sprung, narrow valve. Unscrew then press.

### 3 REMOVE ONE SIDE OF TIRE FROM RIM

- Using tire levers, unseat one side of tire; start away from valve stem.
- For tight rim/tire combinations, multiple tire levers are needed; be careful when using metal levers.
- Many mountain and hybrid bike tires will come off by hand. Practice at home.

### 4 REMOVE TUBE

- Remove tube from tire; avoid valve damage by starting away from valve.
- Keep tube and tire in same position relative to each other to aid in finding puncture.
- Inspect tube for holes; mark with chalk for patching or replace with a spare tube.

### 5 INSPECT INSIDE OF TIRE

- Feel inside of tire for cause of flat; use caution to prevent injuries to your finger.
- Remove thorn, glass, staple, nail, or whatever caused your flat.
- Inspect tire for damage caused by flat.

### 6 INSTALL NEW OR PATCHED TUBE

- After repairing damaged tube or retrieving spare, inflate tube to give it round shape.
- Fold back tire to allow access to valve hole; insert valve first, then tube into tire.
- For presta valve, screw valve closed and install valve nut loosely against rim.

### 7 RESEAT TIRE BEAD

- Start reseating tire by hand at valve hole; work in both directions.
- Push valve partially back through rim to insure proper seating of tire bead.
- Visually inspect tire bead to insure proper tire seating on rim.

### 8 INFLATE TIRE

- Inflate tire slowly, checking for bulges which might indicate improper bead seating on rim.
- Deflate if bulge occurs; carefully re-inspect and reseat bead on rim.
- Inflate to desired pressure.

### 9 INSTALL ON BIKE

- *Front:* install wheel, tighten hub quick release, and attach brakes; make sure wheel is straight.
- *Rear:* install wheel by placing chain on top and bottom of small cog.
- *Rear:* push pulley closest to you forward; drop hub down into frame and tighten.

### 10 RIDE AWAY

- Check brake and hub quick releases; make sure tire does not rub brakes or frame.
- Check rear derailleur to make sure shifting is still smooth.
- If anything is wrong, the wheel is probably crooked; make sure wheels are in straight.

## TIRE LEVERS

Tire levers are made to hook onto the spokes. Insert one lever and hook it on the spoke, insert the second one to the right of the first and, if you need a third, insert it to the left of the first lever.

