

CHANGING A FLAT TIRE

The most important thing to remember in changing a flat tire is to determine the cause.

- 1. If it's the front tire, remove it. If it's the back tire, remember which sprocket the chain is on before removing it. This is where the chain is realigned when putting the rear tire back on.**
- 2. Lay the bike down on a soft surface, if possible, on it's left side with the derailleur facing up to protect it and also keeping the chain out of the dirt.**
- 3. Quickly inspect the surface tread of the tire for the loss-of-air problem.**
- 4. Using plastic tire irons (three to a set), start to remove the tire starting opposite the air valve. Work in either direction until the tube can be pulled out. Make sure the tire is not moved in relation to the rim. This is very important, since the tube must be matched with the tire once the puncture in the tube is located.**
- 5. Pump up the tube excessively to locate the source of the air leak. If the tube does not appear to be losing air, it may be a very small leak and may require the tube to be immersed in water to see it. This is usually not possible on the road. If the puncture can be located, match the tube with the tire and try to locate anything left in the tire that caused the leak. If this is not possible, at least do a thorough check of the inside and outside of the tire for the cause.**
- 6. Put the bad tube in your pack, and use a new or good tube.**
- 7. Inflate the good tube to round.**
- 8. Insert the tube valve into the tire rim.**
- 9. Insert the tube into the tire.**
- 10. Insert the tire with the tube on to the rim, starting at the valve stem and working the tire in both directions away from the stem at the same time.**
- 11. Letting air out of the tube a little at a time will allow more of the tire to be worked onto the rim. When the tire is fully stretched, the use of tire irons to assist may be necessary. Caution. Great care must be taken not to pinch the inner tube between the tire and rim. It is best if the tire can be completely installed with the hands only.**
- 12. Pump the tire about a quarter full. Then inspect the tire to make sure the tube is not pinched between the tire and the rim. If all is okay, pump the tire as full as possible to get you home, of course, not exceeding the tire rated pressure.**
- 13. When you get home, patch the bad tire to be used again.**