

Changing Flat Tires

1. Release brake and remove wheel from frame;
 - a. Inspect outside of tire for cause of flat (glass, thorn, etc.);
 - b. Release air from tire if not flat;
2. Insert tire iron between tire and rim beginning at point furthest away from the valve stem. Pull lever down and clip hook end to spoke;
 - a. Move two spokes and repeat;
 - b. Work tire iron around until one side of tire is free;
3. Pull out old tube up to the stem but leave the stem in place so position of tube does not change while you look for cause of the flat;
 - a. Run hand carefully (beware of glass slivers) over inside of tire to look for cause of flat;
 - b. If can't find cause, add air to tube and hold tube to lips or face to feel or hear air leaking. When you find hole, position the tube and hole against the tire to find location of cause in the tire. If nothing, the cause may have entered and not stayed in the tire.
 - c. Remove old tube completely;
4. Add a couple of strokes of air with the bike pump to a new tube;
 - a. Put new tube in tire placing the valve stem in the hole in the wheel rim; be sure to replace valve stem stabilizing ring;
5. Push tire onto rim with fingers working on both sides of wheel beginning at the valve stem and ending at point on wheel furthest away from valve stem;
 - a. On both sides of tire, check that the tube is not pinched between tire and rim;
 - b. Inflate tire to check it is okay before re-mounting on bike;
6. Replace wheel on bike and re-lock the brake;
 - a. Inflate tire fully;
 - b. Spin wheel with your hands to be sure it is rotating properly, brakes work, and nothing is rubbing.