



Changing your own Flat Tire

Anatomy of a Wheel:

- Tire - on outside
- Tube - inside the tire. **This is what we are changing.**
- We must remove the flat tube from inside the tire and then insert a new tube

Required supplies:

- New Tube that fits your wheel
- Tire Levers
- Portable pump or CO2 AND CO2 dispenser (to re-inflate the tube)

Steps to Changing a Flat:

1. Remove the Wheel

Front Tire vs Back Tire

- Release Breaks
- Loosen Bike Skewer
- Front Tire: remove at this point
- Back Tire: Shift into SMALLEST chain rings in front and back and you will either need to pull the wheel down or back to get it off. Pay very close attention to where the chain is during this b/c you will need to put the wheel back on the same way you take it off.

2. Make sure punctured tube is completely deflated using the tube's valve (this will make it easier to get the punctured tube off)

3. Un-hook one side of the tire from the rim using the tire levers if needed. If your tire is tight (some are and some aren't) this can be hard to do.

4. Pull out the old tube

5. Check the inside of the tire for debris - do this carefully so you don't cut yourself. Remove any debris - if the tire itself has a puncture, use an old GU pack or a dollar bill to act as a temporary seal.

6. Put new tube inside tire - Tube will be easier to work with if you blow a small bit of air into it either w/ your mouth or pump (remember to unscrew the valve.....and then press

it slightly down to open the valve). When ready, insert this new tube's valve through the valve hole on the rim of the wheel.

7. Gently guide the tube so that it's tucked inside the tire...this can sometimes get a little tricky with the last part of the tube. Be mindful of not twisting the tube as you are guiding (....or perhaps at this point shoving and ready to scream) the tube into the tire.

8. Tuck the side of the tire back inside the rim of the wheel (so it's back where you started). This is often one of the more difficult parts as you get to the last part of the tire. Tire levers can be helpful here. Be mindful not to pinch the new tube as you are working to get the tire back in place.

8. Once the tire is back on the rim - check both sides of the rim to ensure the tube is not pinched between the tire and the rim.

9. Blow up the new tube.

10. If you are using CO2 - Attach the dispenser to the tube valve. Screw in the CO2 all the way. Check the connection of the dispenser (just do the best you can to make sure it's securely connected to the valve). Then slowly unscrew the CO2 just a bit until you hear the CO2 release. If the dispenser isn't connected well, you'll have CO2 spraying everywhere - and you'll need to use another CO2.

Side note - if you use CO2 to inflate your tires, it will hold no problem - but before your next ride, however, let out the CO2 air and inflate using your normal pump.