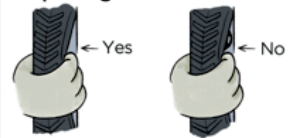


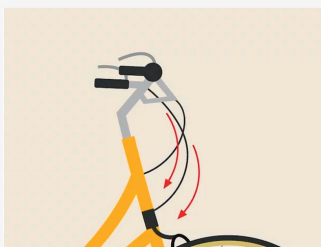
STEP 10

Check that the tube isn't poking out of the tire.



Before you fully inflate the tube, work all the way around the wheel pushing the tire away from the edge of the rim, checking that the tube isn't poking out from the tire at all.

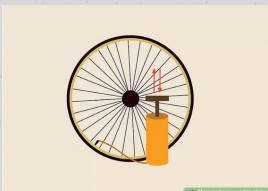
STEP 14



Re-engage the brakes. Close the latch on the brake calipers or the brake handle, if your brakes have a quick release. Or, squeeze the calipers together and feed the brake cable back into place.

STEP 11

Fill the new tube with air to the recommended tire pressure (psi) on the outer tire.



STEP 15



Tighten the nuts (wrench)/quick release mechanism to secure the wheel in place. Make sure the nuts are snug and secure. Don't try to tighten them so much that you "round off" the nuts.



FLAT TIRE BIKE REPAIR GUIDE



Removing Front Tire Disk Breaks Video

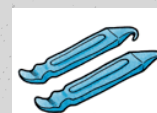


Removing Rear Tire from Bike Video



Replacing a Flat Tire Video

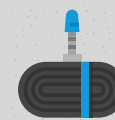
LET'S GET STARTED



Tire Levers



Pump



New Inner Tube



Rubber Gloves

STEP 1

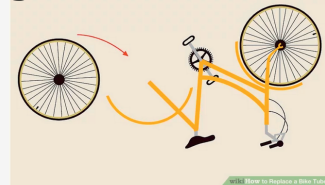


Shift gears so that the chain is on the outermost gear on the rear wheel and the innermost gear on the pedal spindle — this gives the chain more slack to work with while removing the tire.

PRO TIP: Take a picture of the gears, chain, and derailleur so that you will have a reference for when you put everything back together.

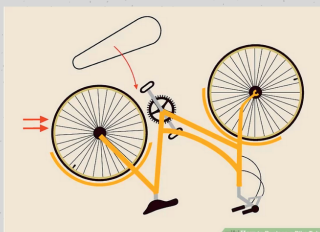
REPLACING THE TIRE

STEP 12



Follow the same procedure you used to remove the wheel, only in reverse. If you can remove a bike wheel successfully, you can attach one just as easily.

STEP 13



Guide the wheel onto the fork of the bike. If you're putting the back wheel on, pull back on the derailleur to clear the chain from the gear discs. Then, while continuing to pull on the derailleur, carefully guide the wheel into place.

YOU DID IT!

RIDE ON!



Come ride with us!
www.haltonoutdoorclub.ca

Sources

<https://www.wikihow.com/Replace-a-Bicycle-Tire>

Brought to you by Common Cycle



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Created by Sally Carson

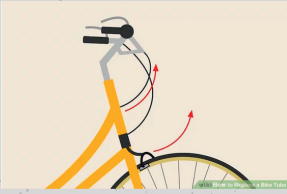


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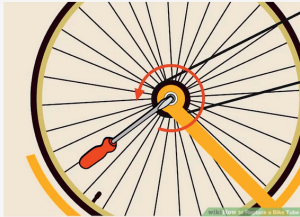
STEP 2



Disengage the brakes if they get in the way of removing the wheel. Depending on the type of brake either-unlatch a quick release located on either the brake callipers or release the brake lever on the handlebars or squeeze the brake callipers together to detach the brake cable.

- *Disc brakes* don't need to be disengaged.
- *Hydraulic disc brakes*, **do not squeeze the brake lever while the wheel is out.**

STEP 3



Use a wrench to loosen the nuts that attach the wheel axle to the bike or open the quick release latch and loosen the nut. You don't need to remove the nuts completely, **Don't remove the wheel yet.**

STEP 4

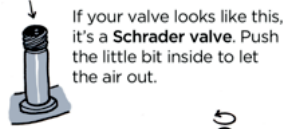


Pull the chain clear of the gear discs. If you're removing the rear wheel. Pull back on the rear derailleur (the mechanism that guides the chain into place when shifting) so that the chain pulls clear of the cogs of the gear discs. *You do not have to remove the chain.* Continue to pull on the derailleur as you guide the tire past chain and off the frame.

REMOVING THE TUBE

STEP 5

Let any air out of the tube.

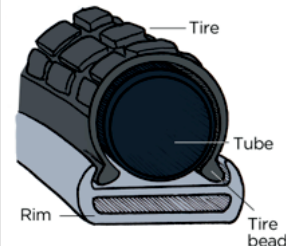


If your valve looks like this, it's a **Schrader valve**. Push the little bit inside to let the air out.



PRO TIP: Start levers at the point opposite the valve.

Bike wheel cross-section:

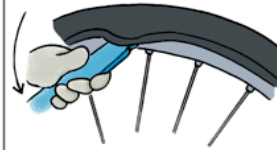


Stick the lever between the tire and the rim.



Hook the lever under the tire bead closest to you. Try not to pinch the tube with the levers.

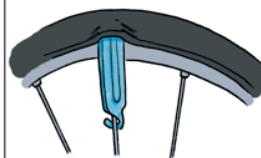
Push lever handle down.



Your tire might be on there pretty tight! Use leverage between the lever and the rim.

PRO TIP: Only pull one side of the tire off the rim. The other side can remain on the rim.

Hook lever around spoke.



That will hold it in place while you insert the second lever at steps 1 and 2.

Push the two levers apart.



Work the levers around the rim until you've completely removed the tire from one side of the rim.

STEP 6

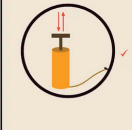
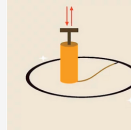
Pull the tube out from between the outer tire and wheel rim. Work your way around the wheel and pull it out completely. When you get to the valve stem, push it down through the rim and pull it free with the tube.

Pull the tube out from under the tire.



REPLACING THE TUBE

STEP 7



Pump up the replacement tube just until it has a basic circular shape. Carefully check the inside of the outer tire for sharp objects and outside for punctures.

Start at the valve stem and feed the valve through the hole in the rim. If the valve stem has a lock ring, tighten it by hand to secure. Then take your time and push the new tube into the gap all the way around the wheel. Make sure the tube is not twisted or sticking out anywhere.

STEP 8

1 Push the valve through the hole in the rim.



STEP 9

Roll tire back onto rim.



Use the heel of your hands to work the tire back on the rim starting at the valve. Tug on the tire with one hand while pushing with the other. If using levers be careful not to puncture the tube with the levers.