



BICYCLE MAINTENANCE

FIX A FLAT

Remove wheel

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

Deflate tire

- Remove remaining air by depressing valve
- Schraeder is larger, spring loaded valve and must be depressed; car style valve
- Presta is all-metal, air sprung narrow valve; unscrew then press

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; do not use metal levers
- Many mountain and hybrid bikes tires will come off by hand; practice at home

Remove tube

- Remove tube from tire; avoid valve damage by starting away from valve
- Keep tube and tire in same relative position to each other to aid in finding puncture
- Inspect tube for hole; mark for patching or use your spare tube for replacement

Inspect inside of tire

- Feel inside of tire for the cause of flat; use caution as the cause may cut your finger
- Remove thorn, glass, staple, nail or whatever caused your flat
- Inspect tire for damage caused by flat

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

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

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

Install on bike

- Front: install wheel; tighten hub quick release and attach brakes; make sure the 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

Ride away

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

For more
cycling tips, visit
bikeleague.org

