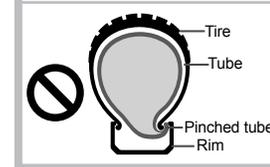
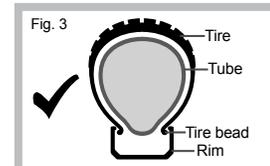
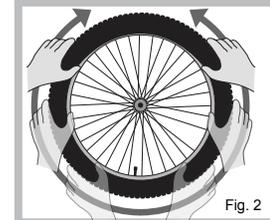
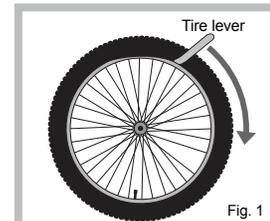


Changing a tire and tube

Once you confirm that you do indeed have a flat or punctured inner tube:

1. Remove wheel from bicycle.
2. Deflate any remaining air out of the inner tube.
3. Starting opposite the valve stem, use a set of tire levers to pry one side of the tire bead off of the rim. Proceed to slide the tire lever under the rest of the tire bead, removing it from the rim (see Fig.1). Don't use sharp objects such as screwdrivers as they may cause damage to your tire or rim. It is only necessary to remove one side of the tire from the rim to replace the tube.
4. Remove the damaged tube.
5. Carefully inspect the inside of the tire for any debris lodged in the tire casing, as any foreign objects inside the tire may damage the new tube.
6. Replace tire if any cracks or damage appear in the casing of the tire.
7. Inspect the rim strip for any damage and check that it is properly in place.
8. Inspect the rim for any damage or sharp edges.
9. Partially inflate the tube a small amount to give it a little shape. This will make it easier to install properly.
10. Insert the valve stem into the rim and then tuck the rest of the tube inside the tire.
11. Starting at the valve stem and using your hands tuck the bead of the tire inside the lip of the rim.
12. Slowly continue this process on both sides until your hands meet at the side opposite the valve stem (see Fig. 2). (Be very careful to not pinch the inner tube between the bead of the tire and the rim, as this can permanently damage the tube) NOTE: If using tire levers or any other tools to assist on the installation of the tire, take extreme care not to pinch the inner tube. Using tools greatly increases the chance of permanently damaging a tube.
13. Once the tire bead is inserted behind the lip of the rim 360 degrees around, inspect for a pinched tube by squeezing the 2 sidewalls of the tire together creating a gap between the tire bead and the inner lip of the rim. Verify that the inner tube is not caught between the two. This could result in a rupture during inflation (see Fig. 3).
14. Inflate the tire to the recommend pressure located on the sidewall of the tire. **DO NOT OVER-INFLATE!** During inflation it is recommended to stop and double check that the tire bead has seated in the rim all the way around, or partially inflate to 10-15 psi and deflate allowing the tire and tube to center themselves, then re-inflate to the recommended pressure).
15. Reattach wheel to bicycle making sure that it is secure and spins freely before riding.

Changing an inner tube



Which valve type do you have?

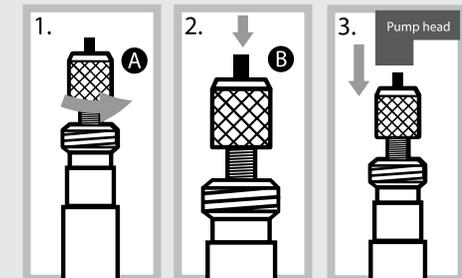


Schrader



Presta

If you have a Presta valve, see the chart below.



1. Unscrew the locking nut (A) by rotating counter-clockwise.
2. Depress valve core (B) with finger to loosen valve core.
3. Slide Presta valve pump head onto valve stem (Schrader Valve pump head requires use of a Presta valve adapter).
4. Inflate as you normally would.
5. Remove pump head from valve stem.
6. Tighten the locking nut (A) by rotating clockwise to close.