

Bicycle Tire Changing

- 1) Safely pull over to the side of the road out of traffic.
- 2) If a Rear tire flat, shift to smallest cog (rear gear).
- 3) Open/release brake.
- 4) Open/release wheel hub quick release.
- 5) Remove wheel from fork.
- 6) Lay bike down away from traffic chain side up.
- 7) Remove one side of the tire from rim.
Use tire levers if needed:
 - A) Starting at the opposite end of the wheel from the valve and over a spoke, insert the thin end of a tire lever between the tire and the rim.
 - B) Push the lever down, and clip the hook end to the spoke.
 - C) Move over approximately two inches, and repeat with a second tire lever.
 - D) Work around one side of the rim in this way until one side of the tire is free.
- 8) Remove tube from tire and discard appropriately.
- 9) Inspect tire (inside and out) for any foreign objects that might have caused the flat. A nail or glass may be sticking through the tire, so proceed with caution! (*If at home, sprinkle some baby powder inside the tire – this allows the tube to slide easily inside the tire when filling it with air and reduces the chance of the tube getting pinched.)
- 10) Give a little form to new tube by adding a few pumps of air.
- 11) Pull the air valve stem through the hole in the rim, and insert the rest of the tube into the tire. Check to make sure the valve stem is not bent at any slight angle but a straight from the hole, 90 degree angle from the rim.
- 12) Starting at the valve, push the tire onto the rim. The tire's bead will seat itself along the inside edge of the wheel's rim. Work both sides evenly away from the valve towards the opposite end of the rim. When the tire is nearly all on the rim, it will become taut and will require a last hard push with your thumbs (in a roll over or kneading action). It is not recommended that you use the tire levers to pry the tire back on, only as a last resort. This could pinch the tube and create a new hole.
- 13) Check that the tube is not pinched between the edge of the tire and rim (both sides).
- 14) Before filling with air, press the valve stem straight into the tire a few times to be sure the edge of the tube is not stuck under the bead edge of the tire as this could cause a hole near the valve stem or a “snake bite” flat. A “snake bite” happens when the tube does not lie smooth in the tire and a fold causes a pinch hole.
- 15) Fill with appropriate amount of air. Check the sidewall of your tire for maximum PSI (Pounds per Square Inch) as tire manufactures have different recommended max air pressures. For road tires, it will most likely be around 90-120 PSI; however, 10-15 PSI less than the maximum pressure recommended is OK and may give you a more comfortable ride. If you do not have a floor pump with a gauge, check your other tire with your fingers and estimate the proper fullness.
- 16) Replace wheel onto fork.
- 17) Close wheel hub quick release making sure wheel is on straight.
- 18) Close brake.
- 19) Spin the wheel (reverse direction). Visually inspect the space between the tire and the brake pads on both sides. If uneven, undo the hub quick release and reseal the wheel. Check again that the wheel is in the proper position on both sides.