

How to Fix a Flat

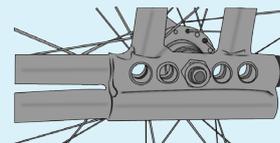
You can do it!



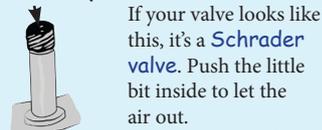
1. Meet our flat tire kit!



2. Use a wrench to remove the wheel nut.

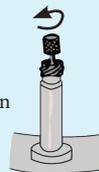


3. Let any air out of the tube.

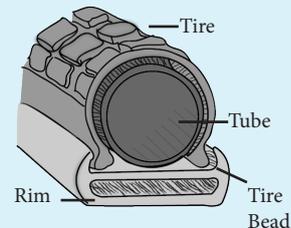


If your valve looks like this, it's a **Schrader valve**. Push the little bit inside to let the air out.

If your valve looks like this. It's a **Presta Valve**. Unscrew the top part, then press it down to let the air out.



4. Bike wheel cross-section:



5. Stick the lever between the tire and the rim.



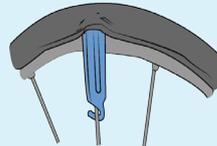
Hook the lever under the tire bead closest to you. Try not to pinch the tube with the levers.

6. Push lever handle down.



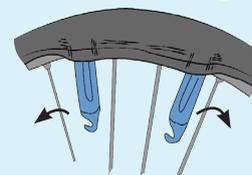
Your tire might be on there pretty tight! Use **leverage** between the lever and the rim.

7. Hook lever around spoke.



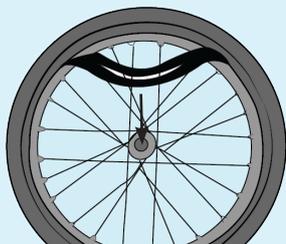
That will hold it in place while you insert a second lever and repeat the steps 6 and 7.

8. Push the two levers apart.

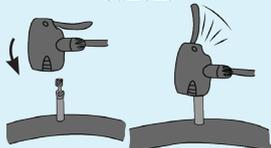


Work the levers around the rim until you've completely removed the tire from one side of the rim.

9. Pull the tube out from under the tire.



10. Pump up the tube like a ballon.



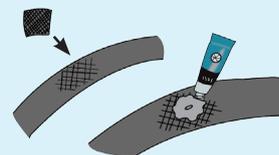
Press the **nozzle** onto the valve, then flip the lever up. If the pump has two holes, use the smaller for Presta, and the larger for the Schrader.

11. Listen and feel for air coming from the puncture.



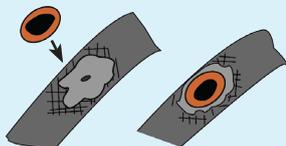
You can **draw** the circle around it to keep track of where it is.

12. Sand the area, apply glue.



Sand the area around the puncture. Apply a **thin** layer of **glue** around the puncture (larger than the size of patch) and let it dry completely.

13. Apply the patch.



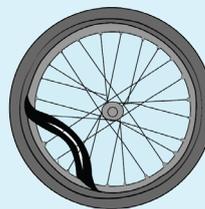
While you are waiting for the glue to dry, check your tire and rim for glass, nails, sharp points etc.. **Push** the patch onto the tubes, especially around the edges.

14. Push the valve through the hole in the arm.



It helps to have **just** enough air in the tube so it will hold a circular shape, but no more than that. Place the valve at a 90° angle to the rim.

15. Push tube back under the tire.



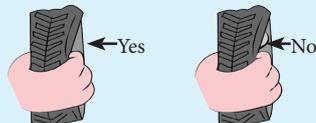
Try to seat the tube on the rim, the way it was before you took it out.

16. Roll the tire back on to rim.



Use the heel of your hand to work the tire back on the rim, starting at the valve. If you use levers for this, careful not to puncture the tube!

17. 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.

18. Inflate your tube.



Inflate your tube all the way. The side of your tire should say what the **maximum pressure** is, but if it doesn't 60 PSI is a safe bet.

19. Ride away triumphant!



You did it!
Great job!

Funded by
Bhutan Society of the United Kingdom



Developed by Simon Gue and
Jurme Tenzin from an original by
Sally Carson at www.fixpert.com
and Common Cycle

How to Fix a Flat

You can do it!



1. Meet our flat tire kit!



2. Remove your wheel.

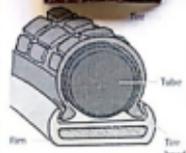


Use a

3. If your valve looks like this, it's a Presta valve. Unscrew the top part, then press it down to let the air out.



4. Bike



Rim

Tire bead

6. Push

7. Stick spoon around spoke.

8. Push the two levers apart.



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Push the valve through the hole in the rim.



9. Make sure you have just enough air in the tube to hold a circular shape, but no more. Floor the valve at a 90° angle to

15. Push tube back under tire.



Try to seat the tube on the rim, the way it was before you took it out.

16. Inflate your tube.



17. Push the tube all the way. The side of the tube should be flush with the maximum amount of it doesn't fit in a safe

19. It's ready to wheel again.



12. S



13. Push the tube back under tire.



14. Push the tube all the way.



Developed by Simon Carr and Pema Thering
Original flyer by Sally Carson for Coenen Cycle at www.fixpert.com