Fix a Flat

* Make sure you remove the wheel from the bike before starting!

Make sure the tire is deflated all the way.

Using a tire lever, unseat the tire from the rim.

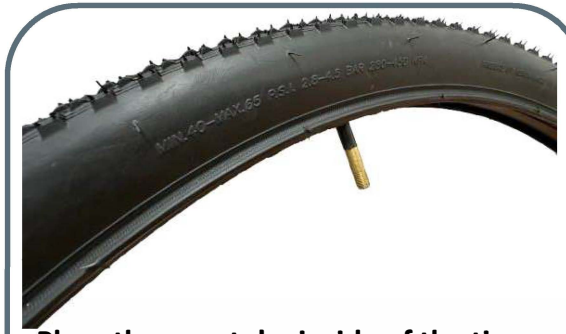
Use your fingers to check inside and outside the tire

Look along the rim and check rim tape for damage

Inspect the tire and rim for any damage or sharp objects.

Confirm that the new tube is the correct size for the tire.

Inflate the new tube with a little bit of air to give it some shape.



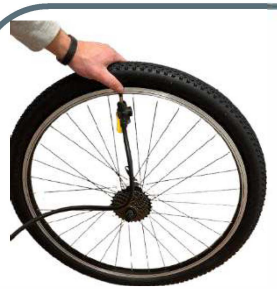
Place the new tube inside of the tire matching up the valve with the PSI.

Place the tire and tube onto the wheel making sure that the direction is going the correct way.

Starting at the valve, seat <u>one</u> side of the tire. Then, seat the other side starting at the valve. Use tire levers to help seat the bead if necessary.

Bead

Check to make sure that the bead is seated all the way on the wheel.



Pump the tire up to 20 PSI to check that the bead is seated correctly, then pump to the correct pressure for that tire.