



HOW DO YOU FIX A FLAT TIRE?

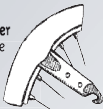
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Remove

1 Lay your bike on its side or stand it upside down.

2 Use a tire lever to pry the tire over the rim.



3 Leave the lever between the tire and rim so it doesn't pop back in. If you don't have another lever, insert a flat stick.

4 A few inches away, pry out more of the tire. Pry around the tire until you've pried out the entire side.

5 Reach under the tire and pull out the inner tube. Work around the tire until you've pulled the whole tube out.



6 To get the valve out of the rim, hold the tire away from the valve with your thumb. Use your other hand to pull out the valve.



Find

7 Pump air into the tube until it's stretched tight. If you can't find the hole by listening, lightly grab the tube with a circle made by your thumb and fingers. Run your hand around the tube until you feel a stream of air.



8 If you hear but can't see the hole, rub saliva over it. It'll bubble over the hole. If the hole's too big to patch (bigger than a pinhole) or it's right next to the valve stem, you must remove the wheel and replace the tube.



9 Mark the hole with pen, pencil, stone, or chalk. Draw an asterisk, using the hole as the middle.



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Patch

10 Deflate the tube by pushing in the valve stem.



11 Using sandpaper or a metal sanding pad, roughen the tube around the hole in an area about as big as a quarter.



12 Squeeze a little glue out of the container. Using the container's nozzle, smear the glue over the roughened area.



13 Taking care not to touch the glue, hold the tube against the tire to find where the puncture occurred. Look closely at the tire's outside, and run your fingers along the underside. Remove any debris.

14 Remove the foil back from a patch. Place the patch onto the glued area. Press for a minute.

Replace

15 Put the valve into its rim hole. On the side of the tire sticking over the rim, hold the tire back with your thumb. Push the valve in, and pull it through on the other side.



16 Pump a little air into the tube to give it shape. Work the tube into the tire, all the way around. Don't let the tube get twisted.



17 Using your thumbs, push the tire back inside the rim. Don't pinch the tube between the rim and the tire. If the last part won't go over the rim, use a tire lever to pry it.



18 Push the valve most of the way into the tire. Ensure the tire sits in the rim evenly. Then pull the valve back out.



✂ Cut out and keep in your wallet or patch kit.

