

These steps will help you get back on the road.

1. Move to a safe area
2. If changing the rear tube, shift your bike to the smallest ring in back
3. Remove wheel (remember brake release) & release remaining air in tire, if any
4. Starting opposite the stem, use tire lever to remove tire bead from rim
5. Gently remove tube from tire starting opposite the stem
6. Pull tire clear of tube and remove tube stem
7. Check tire with fingers for goathhead, glass, nail, etc. Use caution!
8. Lightly inflate new tube - by mouth, pump or Co2
9. Insert stem into rim, gently insert partially inflated tube into tire
10. Release air from tube - don't forget this step
11. Push stem slightly upwards and begin to seat tire bead (edge) into rim
12. Working both hands in opposite directions, gently tuck tube back into tire before seating the bead
13. Ending opposite the stem, work remaining bead into rim with firm hand movements - avoid using tire iron to finish this task - a pinched tube may result
14. Partially inflate tire - check for properly seated bead
15. Inflate tire to proper pressure recommended by tire manufacturer
16. Replace wheel into bike and secure
17. Reconnect brakes
18. Gather & secure tools, bike bag, etc.
19. Check for traffic and hit the road