



## Fixing a flat tire

No one likes having a flat, but if you know how to fix the flat your ride will not be derailed.

When you flat:

- Have a plan; do not let this be the first or second time you try to figure this out.
- Be familiar with your saddle bag and how to get it on and off of your bike.
- Have two tire levers, a tube, co2 and/or a pump.
- Know how your co2 works!
- Shift the chain to the smallest cog
- Take the wheel off
- Take one side of the tire off.....if you are good you usually will not need a tire lever.....but that is another story
- ALWAYS try to find the reason for the flat. Did you pinch, run over glass, or did the rim strip slip.
- If you get in a rush and do not find the reason for the flat you are likely to flat again.
- Run your finger around the inside of the tire. Be careful here, if you have a bit of glass you can cut your finger.
- Blow a bit of air into the new tube with your mouth.
- Put the tube on the wheel and start to put the tire back on.
- Work away from the valve.
- NEVER use the tire levers to get the tire back on the wheel.
- Make sure you do not have any of the tube pinched under the tire.
- Double check to make sure that you are not pinching the tube!!
- Pump or use your co2.
- Put the wheel back on, tighten the skewer and go.
- This whole process should not take more than 3-5 minutes, but can take much longer.....