

Fixing a Puncture Replacing an Inner Tube

Part One

At some time or another, every bike will suffer a flat tyre; the quickest method to get you moving again is to fit a new inner tube, then fix the puncture once back home. Make a note of the size of inner tube you need and the type of valve required.



Different valves

There are mainly two types of valve, Presta (High pressure) and Schrader (Car Type).



Tyre/Inner tube Sizing

To determine the size of the inner tube you need, look on the side of your tyre for the sizing information, this will be in the form of a number x number, such as 26 x 1.95.

Tools/equipment for the job

To replace or repair your inner tube there are some simple tools you will require.



Puncture repair kit



Tyre lever



Spanners



Pump

Please turn over

Fixing a Puncture Replacing an Inner Tube

Part Two

By following the steps outlined below you should be able to remove your wheel, replace your inner tube and be on your way in no time; repairing your puncture at a time more convenient.



Release the brake

Press together the two brake arms/calipers and release the cable from the holder, this will allow the wheel to pass by the brake blocks.



Turn the bike upside down

If wet, avoid puddles when placing the saddle on the floor, take care with items attached to the handlebars, such as lights and bells, these will now be first to touch the floor.



Undo the wheel

If you have a quick release, pull open the lever, then whilst holding the opposite end, unwind the lever to slacken off the tension. If secured by nuts, using two spanners, one on either side (usually 15mm), loosen the nuts, one side will undo anti clockwise and the other clockwise. If removing the front wheel, once loose, lift the wheel out from the forks. If removing the rear wheel, release the tension from the rear gear mechanism and lift the wheel out'



Remove the tyre

With your wheel now removed, release any remaining air from your inner tube by either undoing the valve and pressing down (Presta) or pressing down the internal valve (Schrader). Now starting opposite the valve, insert a tyre lever under the tyre and hook the other end around a spoke, continue with the next tyre lever until the tyre is loose and can be removed from one side of the wheel.



Now remove the inner tube.

Fixing a Puncture Replacing an Inner Tube

Part Three

As previously stated, whilst out on a ride it is best to simply fit a new inner tube and repair the puncture once home.



Inflate the inner tube

Once the tube has sufficient air in it, remove the pump, then starting at the valve, place the tube next to your cheek and ear and slowly rotate the tube, feeling for air against your cheek and an audible escape of air indicating a hole. If found, mark with a thick circle using a ball point pen, then continue to hear/feel for more holes until back at the valve. If a hole(s) can't be located, use a bowl of water and look for bubbles escaping.



Repair the puncture(s)

After locating/markings the hole(s), rub the area of and surrounding the hole(s) with the abrasive paper supplied in the kit, this may remove some of your pen marking, therefore remark the circle, ensure the circle is quite thick and just surrounds the hole(s). Select a patch to cover the size of the hole(s), apply a film of glue to the area, larger than the size of the patch, wait for one minute for the glue to go tacky, remove the patch from the backing and firmly apply the patch to the tube, pressing down and away from the centre of the patch. Leave the glue and patch to set for a few minutes before slowly inflating the tube.



Replace the inner tube

Before you replace the tube, carefully check the inside and outside of the tyre for thorns/glass etc. Remove offending items with tweezers. Insert the valve back into the rim and feed the tube back into the tyre cavity. Starting at the valve, firmly push the tyre bead back into place on the wheel rim. Use tyre levers for the last part if required. Replace the lock ring on the valve stem if there is one, inflate the tyre to the recommended pressure.

