How to Fix a Flat
You can do it!

1. Meet our flat tire kit!
   - Levers
   - Patch Kit
   - Pump
   - No quick release? Use a wrench to loosen the bolt (usually 15mm).

2. Remove your wheel.
   - Flip up the quick release handle and spin it counterclockwise to loosen.
   - You may have to loosen your brakes to get the wheel off.

3. Let any air out of the tube.
   - If your valve looks like this, it's a Schrader valve. Push the little bit inside to let the air out.
   - If your valve looks like this, it's a Presta valve. Unscrew the top part, then press it down to let the air out.

4. Bike wheel cross-section:
   - Tire
   - Tube
   - Rim
   - Tire bead

5. Stick the lever between the tire and the rim.
6. Push lever handle down.

7. Hook lever around spoke.
8. Push the two levers apart.

Hook the lever under the tire bead closest to you. Try not to pinch the tube with the levers.
Your tire might be on there pretty tight! Use leverage between the lever and the rim.
That will hold it in place while you insert a second lever and repeat steps 6 and 7.
Work the levers around the rim until you've completely removed the tire from one side of the rim.

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9. Pull the tube out from under the tire.

10. Pump up the tube like a balloon.

11. Listen & feel for air coming from the puncture.

12. Sand the area, apply glue.

13. Apply the patch.

14. Push the valve through the hole in the rim.

15. Push tube back under tire.

16. Roll tire back onto rim.

While you’re waiting for the glue to dry, check your tire and rim for glass, nails, sharp points etc. Push the patch onto the tube, especially around the edges.

It helps to have just enough air in the tube so it will hold a circular shape, but no more than that. Place the valve at a 90° angle to the rim.

Try to seat the tube on the rim, the way it was before you took it out.

Use the heel of your hand to work the tire back on the rim, starting at the valve. If you use levers for this, careful not to puncture the tube!

17. Check that the tube isn’t poking out of the tire.

18. Inflating your tube.

19. Ride away triumphant!

Before you fully inflate the tube, work all the way around the wheel, pushing the tire away from the edge of the rim, checking that the tube isn’t poking out from the tire at all.

Inflate your tube all the way. The side of your tire should say what the maximum pressure is, but if it doesn’t 60 PSI is a safe bet.

You did it! Great job!