

Changing a bicycle tube

To remove old tube:

1. Deflate tire completely.
2. Working your way all around wheel, squeeze tire beads into bottom (center) of rim well, which makes the tire as loose as possible.
3. Starting opposite the valve with bicycle tire levers (only), lift one tire bead up and out of rim.
4. Continue around wheel, lifting bead out until one bead is completely free.
5. Reach up into tire and remove inner tube.
6. Remove second tire bead from rim and remove tire completely from wheel.

To install new tube:

Check rim and tire for debris or damage. Make sure rim strip covers all spoke holes; repair/replace as necessary. Do not use high-pressure compressor to inflate tire.

1. Inflate tube until it begins to take shape.
2. Place tube in tire.
3. Insert valve stem through valve hole in rim.
4. Starting at valve stem, install first bead onto rim.
5. Push first bead and tube over so tube is inside rim.
6. Again starting at valve stem, carefully push second bead into rim well using your hands (only).

For a Presta valve, push base of valve stem up into tire so it is inside the tire and not caught between the tire beads and rim. Then, pull valve stem down against the tire beads and install threaded valve nut, finger tight.

7. Inflate tire to about half pressure while checking that tire bead is properly seated in rim.
8. Inflate tire to pressure indicated on side of tire.

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