

How to Change a Tire on a Road Bike

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Whether your road tires have been damaged by glass or have just outlived their safe use, you'll eventually have to learn how to change them. Changing a road bike tire is easy and can be done just as quickly on the side of the highway as inside your workshop.



Difficulty: Moderate

Instructions

things you'll need:

- New road bike tire
- Tire levers
- Hand or floor pump
- New inner tube (optional)

Removing the Old Road Bike Tire

- 1 Turn the bike over, so that it is resting on the top of the handle bars and seat. If possible, secure the bike so that it won't move while you're working. If you are lucky enough to have a bike workstation, clamp the downtube into the workstation.
- 2 Loosen the quick release lever or nuts that hold the wheel axle onto the bike frame. If you need to change the rear tire, you'll have to remove the rear gear cluster from the drive chain by pressing backward on the derailleur before pulling the wheel away from the bike frame.
- 3 Let all of the air out of the tire by removing the valve stem cap and pressing down on the stem in the middle of the valve. Once the air has been released out of the tire, loosen and remove the nut that secures the valve stem to the wheel.
- 4 Roll one side of the tire's sidewall away from you, using your hands and fingers. Use your fingers to pull the bead over one side of the wheel rim. If necessary, use a tire lever to pull the bead over the rim. Be careful not to pinch or cut the inner tube with the tire levers. Continue, using a second tire lever until you've worked completely around the tire.
- 5 Remove the inner tube from the wheel. Using the tire levers, pull the remaining tire bead over the side of the wheel until the tire is free from the wheel. Recycle the old tire.

Installing the New Road Bike Tire

- 1 Inspect the inside of the wheel for sharp objects or debris that could damage the inner tube or new tire. If necessary, change the wheel liner that sits underneath the inner tube.

- 2 Determine if the new tire is meant to be mounted in a specific direction. While most tires can be mounted either way, some have a specifically designed rolling direction. The tire will usually indicate which way the tire is designed to roll.
- 3 Roll the first bead onto the rim, using your hands and fingers. If necessary, use the tire levers to ensure that the bead is inside the two sides of the wheel.
- 4 Insert the valve stem of the inner tube into the wheel's valve stem hole. Feed the rest of the inner tube onto the outside of the wheel and inside the new tire. Be sure that the inner tube is free from kinks and is not pinched by the tire and wheel. Thread the valve stem nut onto the valve stem, but do not tighten.
- 5 Roll the second tire bead onto the wheel rim. You may need to use the tire levers to roll the last several inches onto the wheel rim. Roll the tire back and forth to insure that the tire is properly seated onto the wheel rim, especially around the valve stem.
- 6 Inflate the tire approximately 50 percent using a hand pump. Continue rolling the tire back and forth to make sure that the tire beads have not rolled off of the rim. Be sure to look at both sides of the wheel. Continue inflating the tire using a floor pump.
- 7 Slide the wheel back onto the bike frame and tighten the axle.

Tips & Warnings

- Be sure to check the size of the new tire before installing. Check to see if the tire is meant to roll in a specific direction.
- Be careful not to pinch the inner tube during installation.