

How to Replace a Bicycle Tube

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One of the inevitable parts of enjoying a long bike ride is a flat tire. It happens to everyone. But, with the proper tools and a little patience, you can easily change a bicycle tube in less than 15 minutes.

Difficulty: Moderate

Instructions

things you'll need:

- Bicycle tube Tire levers Bicycle pump

Removing the Defective Tube

- 1 Turn the bicycle over, so that it is resting on the top of its handlebars and seat. If you have a bicycle workstation, secure the bike into the workstation onto the downtube.
- 2 Remove the wheel by releasing the quick release skewer. If the wheel uses standard nuts, use an end or adjustable wrench to loosen the axle from the bike frame.
- 3 Let the air out of the flat tire using a sharp object or the valve stem cover. If the valve stem uses a nut to secure the tube to the wheel, loosen and remove the nut.
- 4 Using a pair of tire levers, free one side of the tire from the rim by prying the bead over the side of the wheel rim. By alternating the tire levers, work your way completely around the wheel until one side of the tire is off of the rim.
- 5 Grasp the old tube and pull it out of the rim. Leave the area around the valve stem for last. Push the valve stem through the wheel and remove the old tube.

Installing the New Tube

- 1 Before you insert the new tube into the tire, run your fingers around the inside of the tire to make sure that the inside surface is free from sharp objects, tacks, nails or anything that may damage the new tube. Perform an inspection of the inside of the wheel's surface and remove all sharp objects. Replace the wheel liner if necessary.
- 2 Push the valve stem on the new tube through the hole in the wheel. Lightly thread the retaining nut onto the valve stem but do not tighten.
- 3 Feed the new tube onto the new wheel, inside the tire, taking care not to twist or kink the tube.

- 4 Replace the tire bead back onto the wheel using your fingers. Save the area adjacent to the valve stem for last. The last portion may require using tire levers to seat the tire onto the rim. Working around the wheel, gently rock the tire back and forth, making sure that the tube and tire is properly seated.
- 5 Inflate the tube approximately 50 percent using a hand pump. Working around the wheel, continue rocking the wheel back and forth to make sure that the tube is centered and both beads of the tire are securely inside the wheel. Pay particular attention to the area next to the valve stem.
- 6 Tighten the nut on the valve stem and continue inflating the inner tube to the recommended pressure, using either a hand or floor pump. Inspect the tire before mounting the tire onto the frame.

Tips & Warnings

- Inflate the old tube and submerge it underwater, looking for leaks. You may be able to patch them. Be sure the new tube is centered inside the tire before you inflate it. Inspect the inside of the tire for sharp objects before you install the new tube.
- Avoid fully inflating the tube until you are sure that it is centered and free from kinks. If in doubt, always replace the liner on the inside of the wheel and/or the tire. Carry a spare tire in your toolkit in case you need to make roadside repairs.