



## Fixing a puncture

If it hasn't happened to you already- it will, your tyre will get punctured and if you can't fix it there and then you may have a very long walk home!

### You will need:

- Spare inner tube
- Tyre levers ( two is fine but three is ideal)
- Pump or CO2 inflator

### Stage 1: Removing the punctured tube

- Ensure the inner tube is completely deflated as this will make removal easier.
- Next you need to remove the punctured tube from the bike so start by pushing the first tyre lever underneath the rim of the tyre and work the tyre off the wheel and clip the lever onto a spoke.
- Then place a 2<sup>nd</sup> lever about 3-5 inches along from the first and do the same.
- If you have a 3<sup>rd</sup> lever then move along another few inches and do the same. If you only have two levers then remove the 1<sup>st</sup> and use this one instead.
- Continue to do this until about 15 inches of the tyre is removed from the wheel.
- Now you should be able to use one of the levers to just run around the rest of the way thus completely removing the tyre from the rim of the wheel.
- Next remove the punctured inner tube (you will need to remove the dust cap if you haven't already)

### Stage 2: Fitting the new or repaired tube:

- Now you can either repair this one although it's more reliable/quicker to just replace it with a new one.
- Feel around the inside of the tyre for any grit or sharp objects protruding as otherwise you may just get another puncture immediately.
- Then take the new/repaired inner tube and pump a small amount of air into it, this gives it shape so as it doesn't get twisted when you push it into the tyre.
- Now push the valve through the hole in the wheel then start working the tube into the tyre ensuring it doesn't twist and is pushed right in this will help avoid a pinch flat when you're re-inflating the tyre.

- Once the tube is fully back in the tyre you can start working the tyre back onto the wheel rim ensuring the inner tube doesn't get pinched under the tyre rim and is neatly pushed into the tyre wall. You should find that you can do this with your hands up until the last 8-10 inches.
- Now using the tyre levers put one under the rim of the tyre and lever it back onto the wheel. Keep doing this until the whole tyre is back on the wheel.
- Now perform a final check, just put your fingers inside the tyre and feel that the tube is pushed well into the tyre, again this will help avoid a pinch flat when you re-inflate.
- Finally you're ready to re-inflate the tyre using either your pump or Co2 inflator.

That's it, now you should be on your way to finishing that training session or race.

And the last piece of advice, it's really important to practice all of this at home so when it matters you're ready and you know you will be able to get back on the road.