

Puncture Repair

Replacing a punctured inner tube:

- Change the rear gear into the smallest sprocket.
- Open the brake quick release.
- Open the quick release skewer at the hub.
- Lift the bike up and slap down on the wheel.
- The wheel should now be clear of the bike.
- If necessary, use tyre levers to release one side of the tyre.
- Remove the inner tube.
- Use your nails to check the inside of the tyre for anything sharp.
- Remove the cause of the puncture (if found).
- Put a little air into your spare inner tube.
- Locate the valve hole (usually opposite the maker's label)
- Place the valve through the hole and feed the inner tube into the tyre.
- Replace the free side of the tyre, starting at the valve (push gently on the valve so that only a small amount shows and ensure the tyre is well seated in the wheel rim.)
- Working away from the valve in both directions, feed the tyre back into the rim.
- Use tyre levers if necessary to make the final fitting, taking care not to pinch the inner tube between lever and rim.
- Lift up the bike whilst standing on the left side of it. Lean over and hold the seat tube just above the chain set with your left hand.
- Place the rear wheel so that the upper section of the chain is lying on top of the smallest sprocket and the sprocket is just in front of the rear gear.
- Ensuring the wheel is fitting between the rear brake shoes, pull the wheel back and slightly up.
- Check that each side of the axle is fitted into the rear drop-out.
- Refit the brake noodle and whilst applying the rear brake, close the quick release skewer.
- Pump up the tyre.

Repairing a punctured inner tube:

- Blow up the inner tube and determine where the puncture is.
- Listen, use your upper lip or if these fail, immerse the inner tube in water, if practicable.
- Use the abrasive to rub down an area big enough to contain the patch you will use.
- Ensure the area round the puncture is dry and clean and apply a thin layer of adhesive.
- Take the backing off the patch and when the adhesive becomes very tacky, apply the patch. Press it firmly between thumb and fingers.
- Many patches have a thin plastic membrane that is slightly larger than the patch. This ensures that any surplus adhesive will not stick to the inside of the tyre if the tube is used immediately. Leave it in place.
- Patches without this membrane should be dusted with the chalk supplied.

