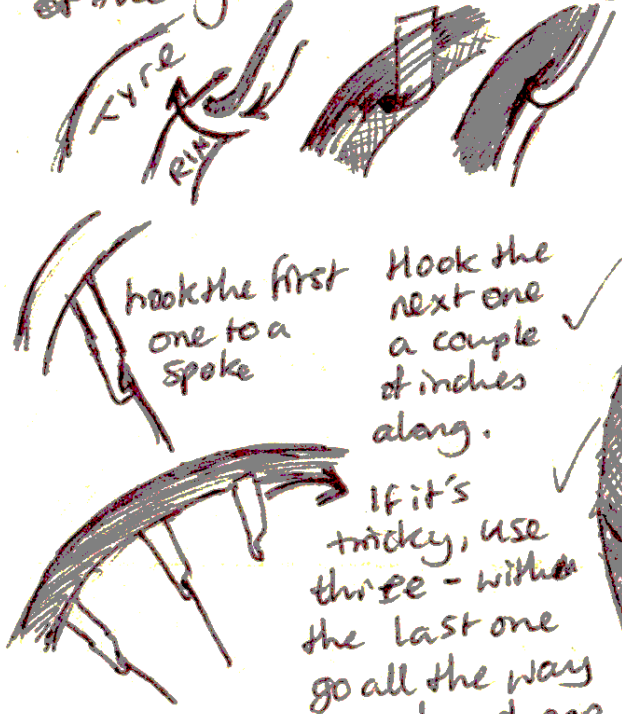


③ Take off the tyre by hooking the tyre levers under the beading of the tyre (between the tyre + rim)



hook the first one to a spoke

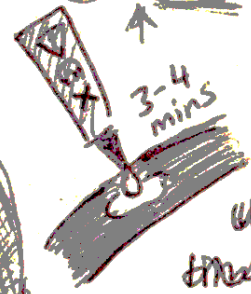
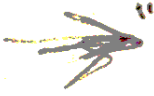
Hook the next one a couple of inches along.

If it's tricky, use three - within the last one go all the way round and pop

the tyre + tube off together. keep them together! This will make it easier to find the cause!

④ Put some air in your punctured tube and gently pull it out of the tyre gradually, listening as you go for the "hiss", starting at the valve and working your way round. Use a bucket of water if you can't find it this way.

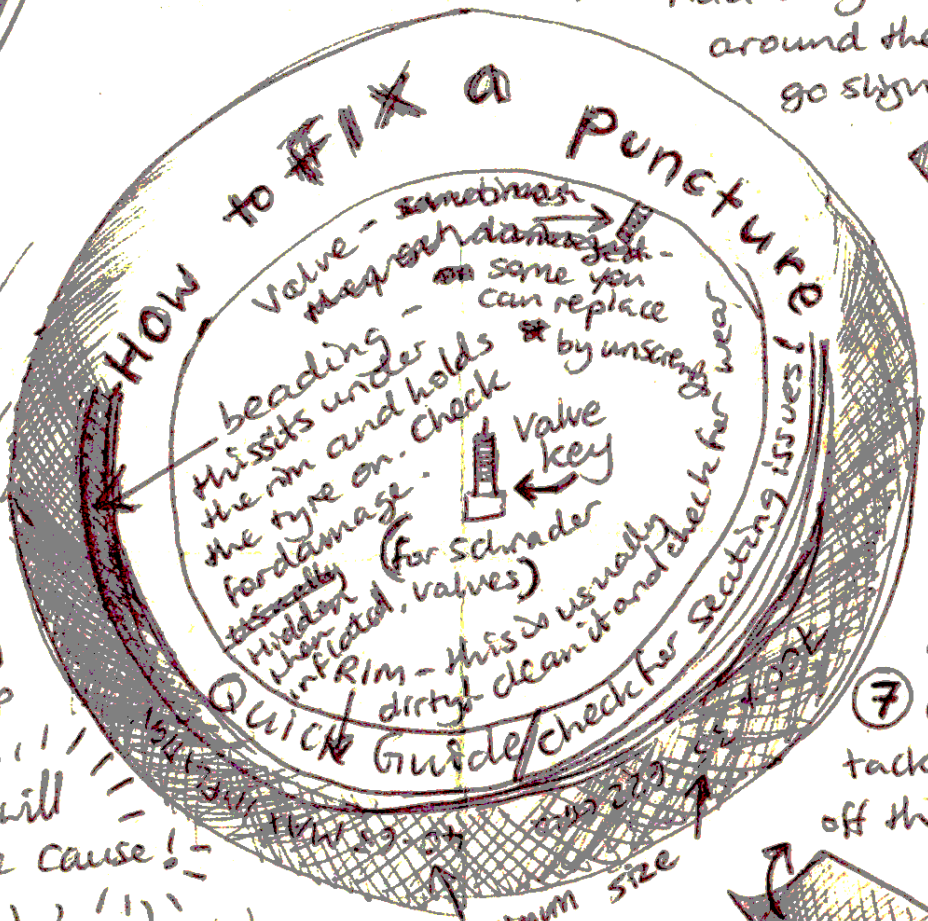
⑤ Found it? Circle it with a crayon or pen before you lose it and set to work "roughing it up" with the sand paper. Add a good blob of rubber solution around the hole and allow it to go slightly "tacky" (3-4 mins)



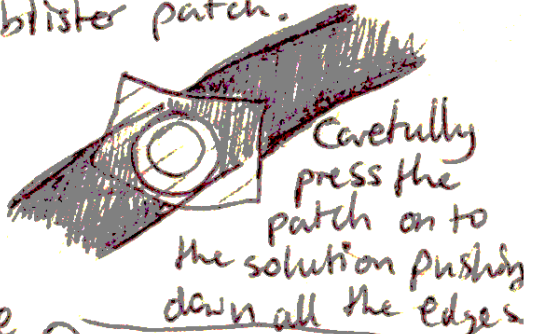
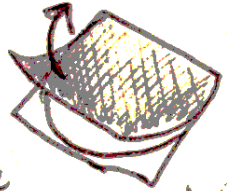
If the hole is too big you will need a new tube.

⑥ Use the drying time to check your

tyre - feel from the inside for anything sharp and look from the outside for stones etc. Also check for damage to your tyre



⑦ Once the solution is tacky carefully ease the foil off the blister patch.



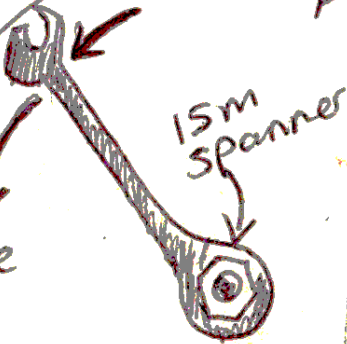
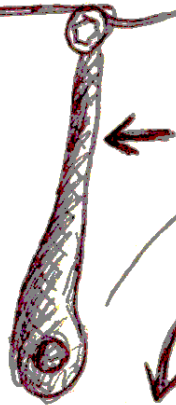
⑧ Use the patch to fully dry! Meanwhile put the tyre back on the rim. You can use your hands for this - leave it half on.

⑨ Slot the valve in first. Fill the tube with same air, then

maximum inflation size

- ① Disconnect the brakes
- ② Turn bike upside-down or hang from the saddle on a branch (carefully)
- ③ Put it in top gear if R tyre (easier)
- ④ Undo the wheel nuts, the wheel will drop out!

GEARS!



## What you need...



TYRE LEVERS!



RUBBER SOLUTION!



SAND PAPER



Something to mark it (optional)

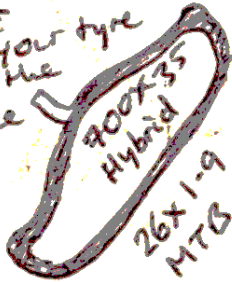
Chalk or something similar to dust over to dry it at the end



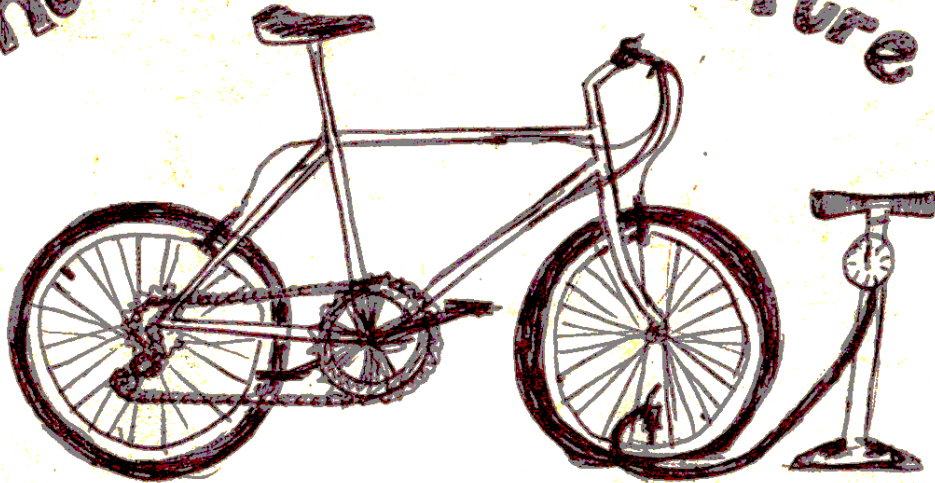
15mm SPANNER (unless you have a quick release lever on your wheel).

Pump

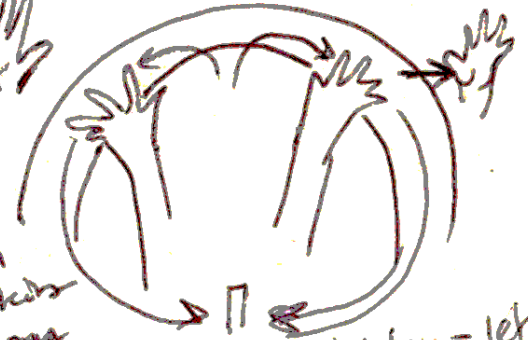
A NEW INNER TUBE (check your tyre for the size)



## How to "fix" a puncture



- ⑩ Once the tube is inside the tyre and feels even all the way round, pop the tyre turn the wheel around and work from the other side working the tube onto the rim, working all the way around and ending at the valve. The last bit is tricky - let some air out!
- ⑪ Pump the tyre up once you've re-fitted the wheel. Don't forget to reconnect the brakes!



TIP - to get wheel straight put the bike upright and let gravity locate the axle