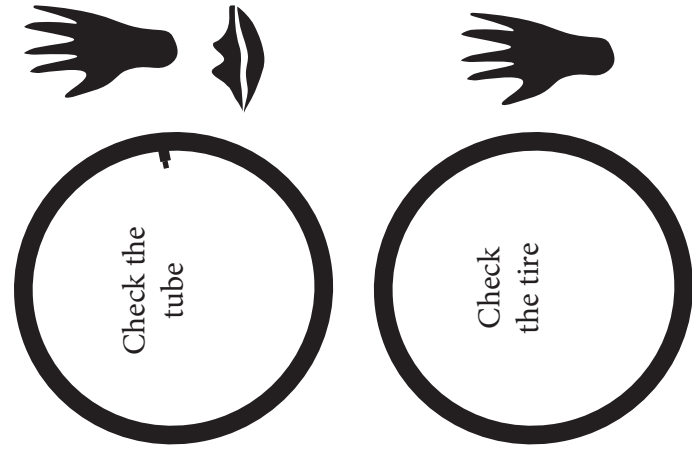
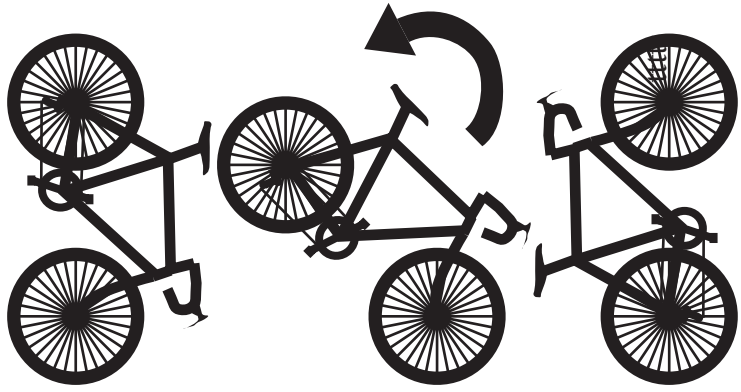
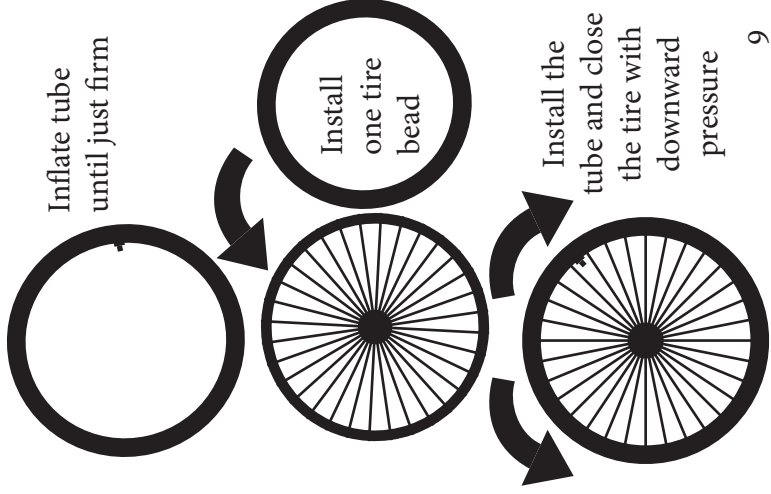
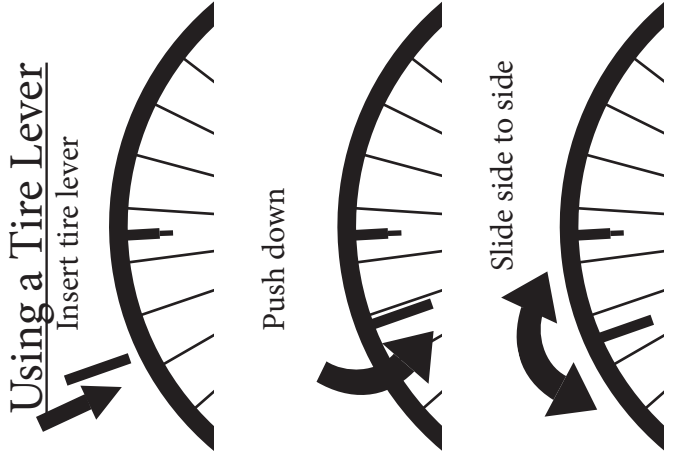
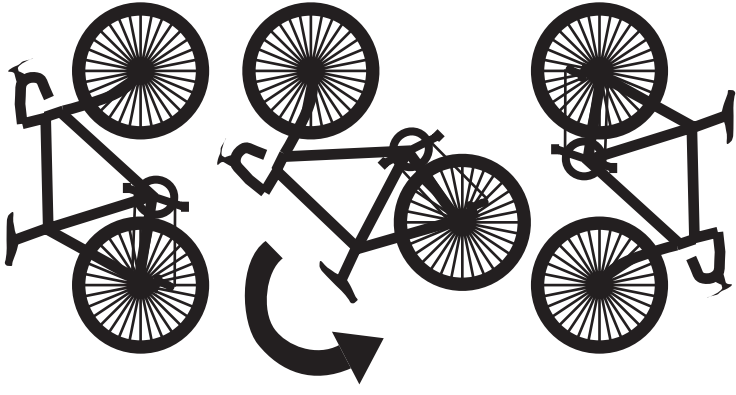


# Fixing A Flat

## Flat Prevention

- Check your tire pressure often
- Tires usually have a recommended inflation pressure written on the sidewall
- Stay within the pressure range your tires specify, usually:
  - Road: 80-100 psi
  - Mountain: 35-45
  - Hybrid: 70-80

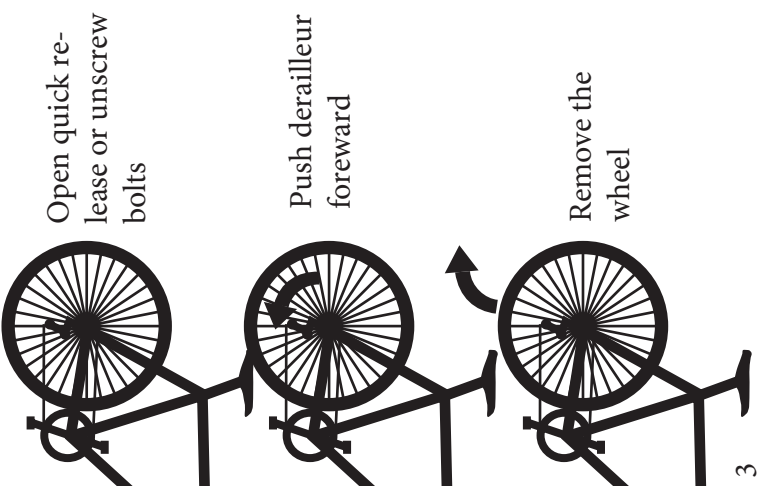


# Tool Kit

- Bike specific multitool
- Spare tube or patch kit
- Mini pump or CO2 with inflator
- Tire levers
- 15mm wrench

Bring these with you on every ride

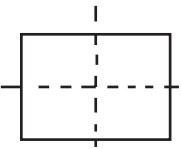
# Ride Safe!



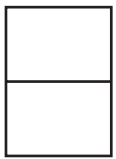
3



Print



Cut



Fold



Staple

14



Snakebite-low pressure

Pinhole-thorn or wire

Blowout (jagged hole)-high pressure

Circle/thin spot on inside-spoke nipple, bad rim strip

7

Sand the area to be patched



Apply the vulcanizing fluid



Pump the tube up slightly-this creates a white dot where your puncture is

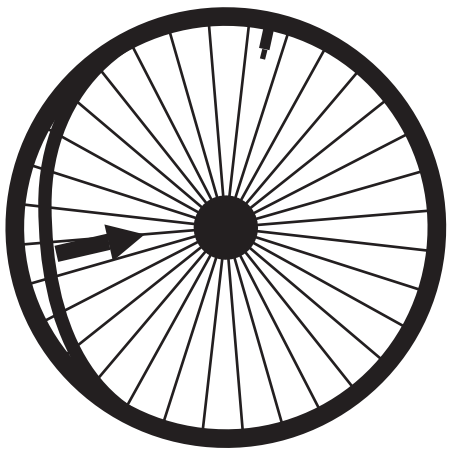


Wait until the fluid is dry to the touch, then press on the patch

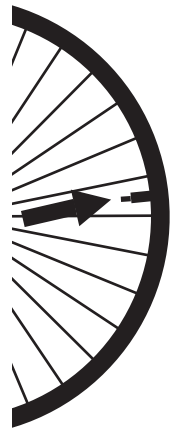


8

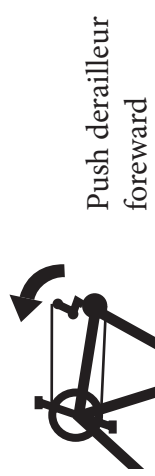
Pull tube out



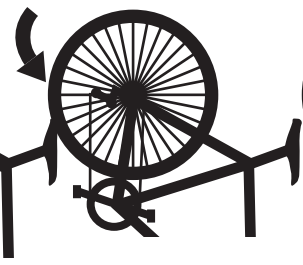
Push out valve



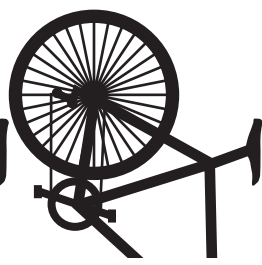
5



Push derailleur forward



Install wheel



Close quick release or tighten bolts

10

12

1