

## Ucycle - A step-by-step photo guide to puncture repair



Remember - keep your tyres inflated to the correct pressure and you'll be less likely to have a puncture in the first place!



The easiest way to mend a puncture is to remove the wheel from the bike, then use your tyre levers to help you get the inner tube out from inside the tyre.

### Dealing with gears

Removing the wheel is easier if you turn the bike upside down. If you have a rear wheel puncture on a bike with gears, put the bike in its highest gear (the smallest cog).



### Dealing with brakes

Unhook the **brakes** by popping the **noodle** out of its cage. This stops the **brake pads** from clamping onto the wheel when you try to lift the wheel out.

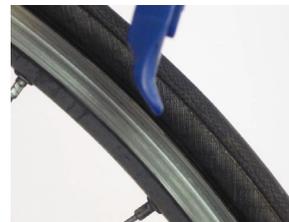
(With calliper brakes you'll need to undo a nut to release the tension in the cable.)



### Removing the wheel

Undo the **wheel nuts** or **quick release lever** at the centre of the wheel. The wheel should lift easily out of the **frame**.

Now you can start to fix your puncture!



### Stage One

One end of the **tyre lever** has a lip. (The other end will probably have some kind of hook). Point the lip end towards the tyre, with the lip turned up away from the centre of the wheel.



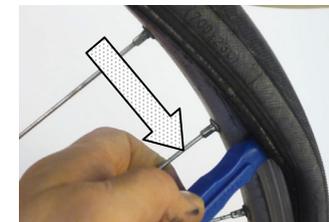
### Stage Two

Push the tyre lever into the gap between the tyre and the wheel. This will be easier if you angle the lever so that you're digging in towards the **metal rim** of the wheel.



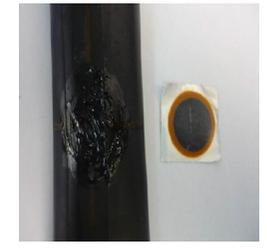
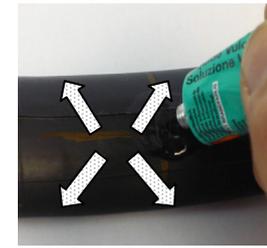
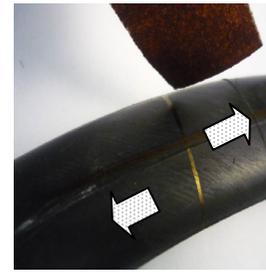
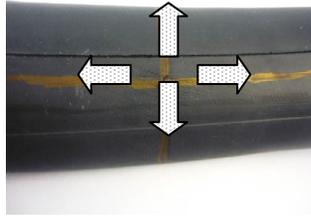
### Stage Three

Pull the end of the tyre lever down and it will "pop" the edge of the tyre over the rim of the wheel. You can "lock" the **hook** at the end of the lever onto a **wheel spoke** and repeat stages one and two with another lever to pop more of the tyre over the rim.



### Stage Four

Once there is some slack tyre over the edge of the rim, you can pull a lever all the way around the rim in a slicing motion to release the whole tyre. At this point, all your levers will fall out—don't lose them!



### Stage Five

Now reach in and pull out the **inner tube** from inside the tyre. You will need to push the **valve** up inside the tyre so that the inner tube can be released. Make a note of which way you remove the the inner tube as this will help determine the location of the puncture.

### Stage Six

Use a **pump** to inflate the **inner tube** until you can hear, see or feel the air escaping. Examine the tube very carefully, and keep re-inflating it until you find the puncture. There might be more than one hole!

### Stage Seven

As soon as you have found your puncture, mark it! Use **crayon** or a **biro** to draw a large cross with the puncture at the centre. Don't just draw a circle around the puncture as you're about to sandpaper this area and you'll rub out your marking.

### Stage Eight

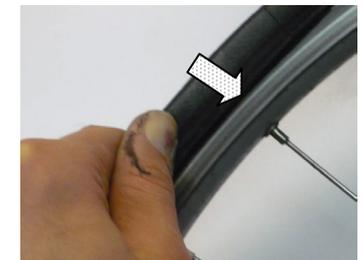
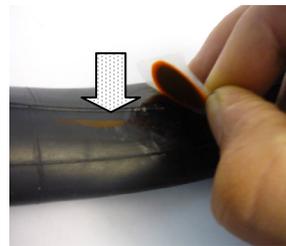
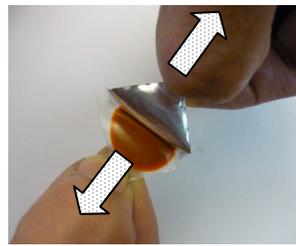
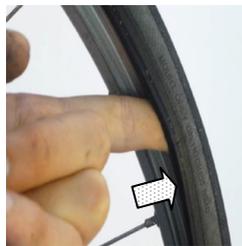
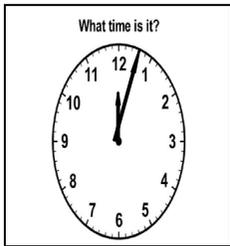
Use the **sandpaper** to remove any ridges of rubber moulding around the puncture, and then to roughen up the surface of the tube. Roughen up an area larger than the patch you are going to use.

### Stage Nine

Squeeze a pea-sized amount of **rubber solution** onto the centre of the cross and spread it around. Use the end of the tube rather than your fingers.

### Stage Ten

Make sure the solution is spread in a thin layer across an area that is larger than the patch you want to use.



### Stage Eleven

You have to let the rubber solution dry for two to three minutes. If it is still wet when you apply the patch, it will not bond to the inner tube. Wait for the solution to change from shiny to dull. Your patience will be rewarded.

### Stage Twelve

While you are waiting, it's a good time to check the tyre for what caused the puncture in the first place. Lay the inner tube on the tyre to see the location of the puncture and reduce the area that needs checking. Being very careful, look for sharp objects in the tyre. If you don't remove them they will puncture the inner tube again and all your hard work will be wasted.

### Stage Thirteen

Peel the foil backing away from the **patch**. The orange side is going to stick to the tyre, so be careful not to touch it or get any dirt on it.

### Stage Fourteen

Lay the patch onto the centre of the puncture and press it down hard. You can use the end of a tyre lever to press the patch from the centre to the edge, removing any air bubbles and bonding the patch onto the inner tube.

### Stage Fifteen

Carefully peel the cellophane off the patch, making sure the edge of the patch is bonded to the inner tube all the way around. To stop any remaining rubber solution sticking to the inside of the tyre when you reinsert it, sprinkle some dust around the patch. You can grate chalk onto it if your puncture repair kit has a small block.

### Stage Sixteen

Push the inner tube back inside the tyre, pop the valve through the hole in the wheel rim, and then push the tyre back onto the rim with your fingers. The last section might be a bit tight but keep pushing and wiggling and it will go on. Inflate your tyre to the correct pressure. Don't forget to tighten up your wheel nuts and reattach your brakes.

Your puncture is now fixed! Happy cycling.