

TIP OF THE WEEK # 8

Mechanical Problems

Have you ever heard someone saying : "I'm not interested in cycling! What if my chain fell off? What if I puncture?!! "

Chain Fell Off? Simply Shift It Back On!

Sooner or later your chain will fall off the front sprockets while you're riding. On most bikes, to get it back on, all you have to do is shift it on by moving the left shift lever as if you were shifting onto a bigger chainring. Pedal lightly and finesse the chain back into place. This will spare your hands a serious dose of chain grease. If the chain drops when you're climbing, head down hill for a bit, shift the chain back on and turn back.

How To Change a Flat

Step 1 - Removing the wheel

1. Completely deflate the tire.
2. Release or open the brakes.
3. If quick release (QR), move lever to open position. If axle nuts, turn anti-clockwise.

For front wheel Release front wheel retention clips (some bikes).

QR – hold left side skewer nut and turn lever in open position anti-clockwise 5 revolutions – remove wheel.

For rear wheel:



**Shift rear derailleur to smallest cog.
Move QR to open position or loosen axle nuts**



**Pull the body of the derailleur towards the
back of the bike so that the axle can clear
the derailleur - remove wheel**

Step 2 – Removing the tire



1. Position wheel in vertical position with valve stem at the bottom making sure that tire is completely deflated.



3. Repeat step 2 for the remaining two tire levers pacing them 2 to 3 inches apart. Continue to work your way around the wheel.



4. Remove the tube from inside the tire.

2. Place tire lever under the bead. Make sure tube is not between lever and tire. Pull the lever down to attach hook end to spoke.

5. Remove the tire from the rim.

Step 3 – Inspection

1. Visually inspect the tire for cracks, rips, cuts, or foreign objects
2. Carefully use fingertips to feel for glass or thorns, stretching and folding tire as you go. Remove object.
3. Inspect the rim strip. Strip should cover the spoke nipples completely. Even a small break could cause a flat.
4. Inflate tube. Locate puncture by placing tube underwater or by holding tube up to wet lips. If unable to locate puncture inflate tube larger and stretch the tube as you do the inspection.
5. If two holes are found side by side (snakebite) tube has pinched against the rim. Possible cause would be impact or riding with tire under-inflated. If you find a single small hole, but were unable to locate object in tire, place the tube next to the tire in the same position that it was removed to help locate imbedded object in tire. Thorns can be very difficult to detect.

Step 4 – Patching the tube



1. Using sandpaper rub area to be patched until seams are smooth and tube is not shiny.



2. Apply rubber cement or vulcanizing fluid to the tube. Allow it to dry completely. Do not touch.



4. Inflate tube to make sure patch is secure and that air does not escape.

3. Remove the foil from the patch and apply to prepared area. Leaving the clear plastic on the patch helps prevent the patch from adhering to the tire casing.

If you have a spare tube you may use that instead of the patched tube. However, it is best to patch the tube with the hole and place it in your bag if you use the spare. That way if you get another flat, you still have a spare

Step 5 – Installing tube/tire



- 1. Inflate tube slightly so that it keeps its shape.**
- 2. Place the tube inside the tire so that the valve stem is in line with the tire label and the rim valve hole.**

- 3. Place one side of the tire on the rim and the valve stem through the hole in the rim. Mount directional tires according to arrow on the sidewall.**



- 4. Starting from the valve stem, with both hands, roll tire onto rim. Work evenly in both directions from the valve stem. When Tire becomes tight, hold tire and wheel in upright position. Twist and push tire in a downward motion. Rotate wheel and continue rolling tire onto rim. Never use tire levers or screwdriver to mount the tire because this will pinch the tube.**

Step 6 – Reinstall the wheel

1. For the front:

*Place axle evenly into dropouts making sure wheel is centered.
Install retention clips and axle nuts. For QR skewer lever should be on the non-drive side of the bike. Tighten skewer nut so that lever is snug when moved to the closed position.*

For rear:



***Pull derailleur body towards back of the bike.
Place the wheel so that the chain from top pulley of the rear derailleur is on the smallest cog. Place wheel into dropouts and center.
Tighten axle nuts or QR.***

2. Inflate the tire:

Make sure the valve stem is straight. Inflate tire just enough so that the tire keeps its shape. Rotate the tire making sure the tire is seated evenly around the rim. If not seated, use both hands to work tire into proper position. Continue to inflate to recommended PSI. Check periodically to make sure tire is seated. Replace valve cap.

3. Reconnect and adjust the brakes.