



THE ORIGINAL.

Field Guide

REPLACE A TIRE AND TUBE



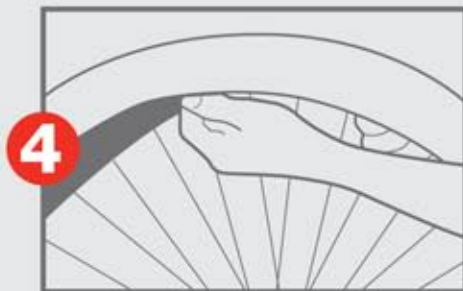
1 Loosen your brakes and remove the wheel of the punctured tire from the bike and lay it flat on the ground. Use the thin end of your first tire lever to pry the tire onto the outside of the wheel's rim.



2 Insert your second tire lever in the same manner a few spokes to the right, then move the two tire levers apart from each other along the rim of the wheel bringing the entire side of the tire outside of the wheel.



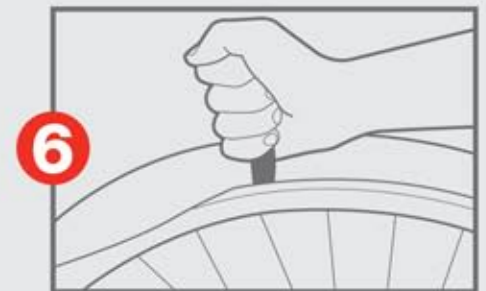
3 Pull out the old tube by reaching between the rim and the tire and then discard the old tube. Using your hand, carefully feel around the inside of your tire to ensure there is nothing sharp which will cause another puncture. **BE CAREFUL!**



4 Insert the valve of the new tube through the valve hole then work around the tube pushing it into the tire as you go.



5 Once the new tube is inside the tire, reset the tire back inside the rim using your hands and tire levers.

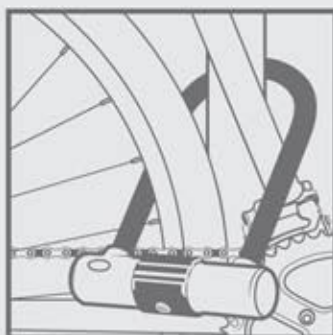


6 The last little bit of tire will be hard to get into the rim, use your tire lever to pry over the rim's edge.



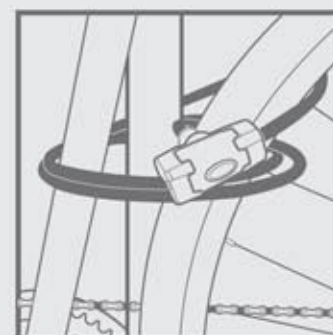
7 Pump the tire up to the recommended PSI. Remount tire on the bike and retighten your brakes.

PROPERLY LOCK YOUR BIKE



U-LOCK

Place the U-lock around a fixed object (bike rack, sign post, parking meter) and through both the bike frame and wheel. Lock your bike in a visible, well-lit location.



CABLE LOCK

Wrap the cable around your bike frame, front or rear tire and a fixed object (bike rack, sign post, parking meter). Lock your bike in a visible, well-lit location.