



THE ORIGINAL

# Field Guide

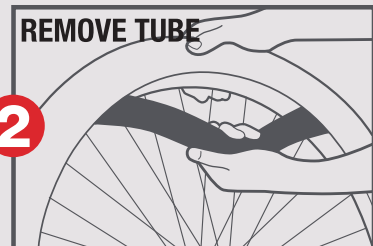
## REPLACE A TIRE AND TUBE

**NOTE: YOU WILL NEED TWO TIRE LEVERS, TUBE(S) AND A PUMP**



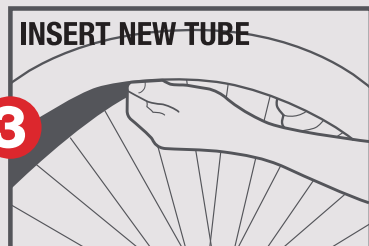
**1**

- Loosen brakes
- Remove wheel and lay on ground use thin end of tire lever to pry tire from outside wheel's rim
- Insert 2nd lever 3 spokes away
- Move levers in opposite direction



**2**

- Reach in-between rim and tire and remove tube
- Check inside of tire for sharp objects and remove them



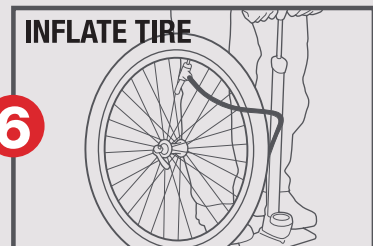
**3**

- Insert new tube valve through valve hole in wheel
- Push tube into wheel



**4**

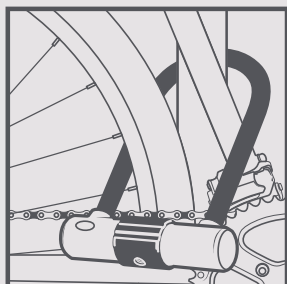
- Use tire lever and hand to reset tire back on wheel
- Pry last part of tire onto rim with tire lever



**6**

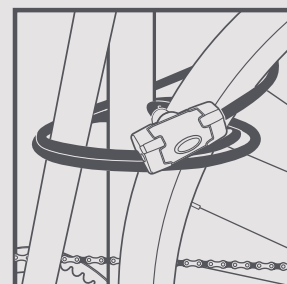
- Pump the tire up to the recommended PSI
- Remount tire on the bike
- Retighten your brakes

## 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.