



Trek Road Bike Spoke Replacement

Learn how to replace broken or damaged bike spoke.

Written By: Kimberly Radford



INTRODUCTION

This is a guide all about how to properly replace a spoke on a Trek Road Bike. This is a very important thing to know how to do because a broken or damaged bike spoke can have a big effect on the overall integrity of your bike. This guide could be used for other bikes as well you will just need to look up the spoke information about your bike so that the replacement spoke is correct.



TOOLS:

- [Flathead Screwdriver](#) (1)
- [Spoke Wrench](#) (1)
- [Park Tool TL-1 Tire Lever Set](#) (1)



PARTS:

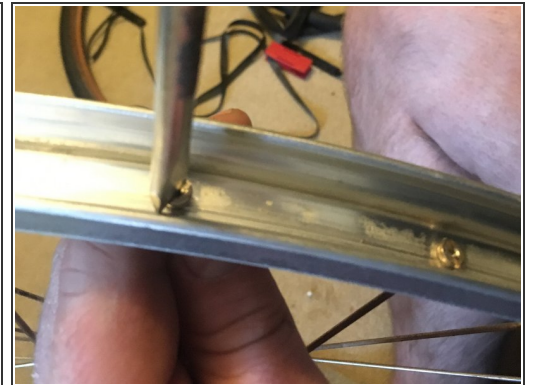
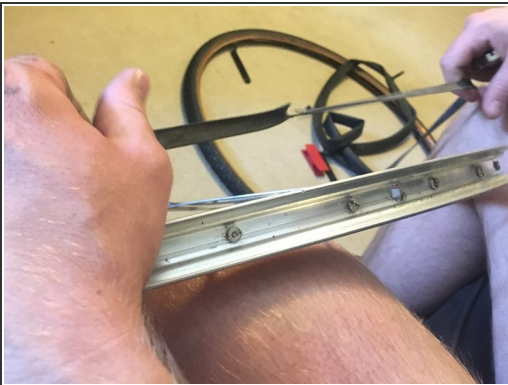
- [Wheel Spoke](#) (1)

Step 1 — Spoke



- First step is to remove the tire from the wheel frame.
- Use Tire Leaver tools to get underneath the tire and remove it from the frame. Be careful not to damage the tubing inside the tire.

Step 2



- Next you will need to remove the nipple that is attaching the spoke to the rim.
- Remove the rim tape, the thin rubber band that is on the rim covering the nipples, and then begin by using your flat head screw driver to remove the nipple from the spoke.

Step 3



- Before you unthread the spoke from the hub eyelet of the wheel, make sure to look at how the spokes cross each other.
- Unthread the spoke from the hub eyelet in the center of the wheel by sliding it out of the hole and remove it from the tire.

Step 4



- Again, looking at other spokes on the bike, determine if it is a 3-cross, 2-cross or straight pull.
- Thread the new spoke through the hole in the eyelet that you removed the other spoke from and match the cross pattern.
- line up the spoke to match up with the hole on the rim that is currently missing a spoke nipple.

Step 5



- Once you have the spoke threaded on to the hub eyelet with the proper crossing, you can use the flat head screw driver to reattach the spoke nipple to the top of the spoke
- Match up the spoke to the hole and place the nipple on it. Begin to attach the nipple and spoke with the flat head screw driver
- The screw driver won't be able to tighten it completely so that is when you need to use your spoke wrench to finish tightening the spoke

Step 6



- After you have the spoke attached, you can go ahead and put the rim tape back over the spoke nipples.
- After you put the rim tape back on, you can go ahead and reattach the tire and tubing.
- You need to put the tire on first and then by lifting up one edge of the tire slide the tubing back inside of the tire. Make sure to match up the filling hole to the hole in the rim so that you will be able to inflate your tire
- Be careful not to put the tubing in kinked because that will effect how it inflates.