



Trek 800 Bicycle Rear Tire Bike Tube Replacement

Learn how successfully remove and replace a worn or punctured rear bicycle tube. Similar procedure can be applied to a front bicycle tube.

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INTRODUCTION

There are many reasons why a bicycle tire may become flat. Often it is caused by running over debris or pumping up the tires too much. Punctures can create small holes that can cause slow leaks whereas tires pumped up too much will cause the inner tube to burst. When anything like this occurs, the inner tube needs to be replaced. This guide will demonstrate the process required to fix a worn or punctured bike tube on a Trek 800 model bicycle with no prior experience. After finishing, your bicycle will be ready to ride!



TOOLS:

- [Generic Air Pump](#) (1)

Verify the bike pump head will fit onto your valve.

There are two types: Presta and Schrader.

- [Tire Levers](#) (1)

Optional



PARTS:

- [26" x 2.0" Bike Tube](#) (1)

Step 1 — Rear Tire Bike Tube



- Acknowledge that you have a flat tire.
- ① Signs of a flat tire: deflated without rider. If the tire looks inflated, but deflates when sitting on the bicycle, it is not inflated enough. In general, the pressure should be at the maximum recommendation on the sidewall of the tire (less wear and drag, and reduces risk of puncture).

Step 2



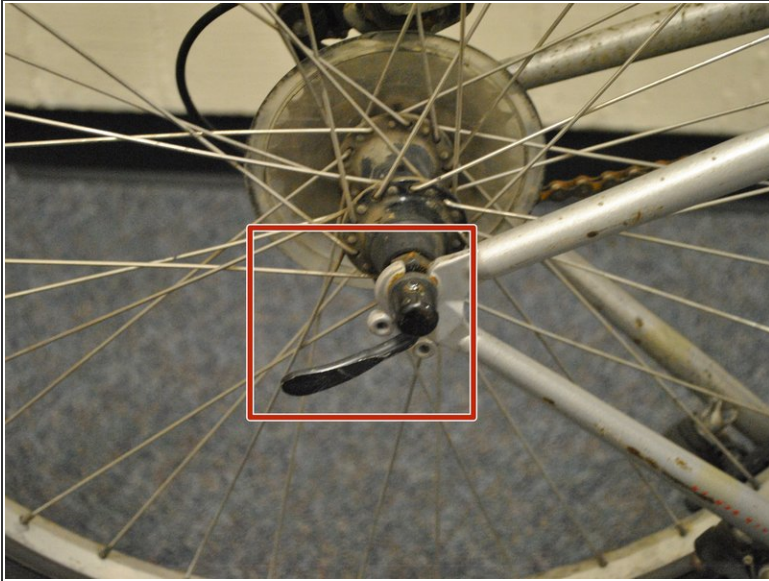
- Note the size of tube needed and optimum tire pressure.
- ① It is best to know this prior to purchasing a bicycle tube, as well as inflating the tube to the proper maximum pressure in the last step.

Step 3



- Disengage the rear brake before you remove the rear wheel.
 - Pinch the arms to compress the brake cable.
 - Pull the cable out of the lever and it will fully release.
- i** If your brake does not have a quick release (as shown in the picture) you may have to loosen the nut securing the brake cable to open the brakes.

Step 4



- Locate the skewer on the center of the wheel attached to the bicycle frame slots.
 - Turn the skewer lever away from the bicycle.
 - Turn the skewer cap counter clockwise.
 - Once it is loose enough, you can pull the tire off, but do not pull it yet entirely off.
- i** If your bike does not have a quick release for the wheel, you will need to unscrew the axle nut.
- i** Some anti-theft gravity nuts require the bike to be upside down, others need a special wrench. However, you'll know if you have bought such an anti-theft device.

Step 5



- Remove the chain from the sprocket.

⚠ The chain will usually be covered in grease or rust. Wear gloves or use a rag to avoid getting dirty when moving the chain.

Step 6



- Pull the tire and the rim off of the bike.
- Pinch the tire and separate from the rim.
- i** A plastic tire lever can be useful.

Step 7



- Pull out the punctured tube from the tire and replace with the new tube.
- Alternatively you might want to [patch your tube's puncture.](#)

Step 8



- Put the tire with the new tube inside back on the rim.
 - ❗ Inflate the tube slightly to make it easier to insert inside the tire prior to attaching the tire and tube combo back on the rim.
 - Make sure the hole in the rim lines up with the valve on the tube properly.
- ⚠️ Avoid a misaligned valve. This can cause the valve to break internally as the rubber will be cut around the valve stem by the wheel where the valve protrudes from the rim.

Step 9



- Re-attach the rim to the bike frame in reverse order of removal.
- Make sure the chain aligns with the sprocket.
- Slide the quick-release skewer into the slots in the bike frame.

Step 10



- Make sure the skewer is completely inserted into the frame slots before tightening.
- Rotate the skewer cap clockwise and ensure a snug contact between the skewer caps and the frame slots.
- Rotate the skewer lever towards the bicycle frame.
- ❗ If the skewer lever is too difficult to twist towards the frame, back off the skewer cap until you can twist the lever towards the bicycle frame and it feels snug.

Step 11



- Re-attach the rear brake.
- ☑ Reference step 3 in reverse order.

Step 12



- ☑ Inflate the tube to the specified pressure on tire sidewall (refer to step 2).
- Insert the tire pump head into the valve, and lock with lever on the pump head.
- ⓘ This tire is inflated to a maximum pressure of 40 psi.

If all of your steps were completed correctly you should be free to ride. Enjoy.

