

THE LINGO
dancing on
the pedals

Effortlessly standing up
on your pedals and pushing
your way up a steep climb.
(It takes practice!)

FOOLPROOF STEPS TO FIX A FLAT

Take professional mountain bike racer Kelli Emmett's advice to remedy a bum tire and you'll never be stuck phoning a pal to pick you up after a blowout.



WHAT YOU'LL NEED A spare inner tube, a CO₂ inflator, two cartridges, and two tire levers. Carry these items in your saddlebag (see our recommendations below).

- 1 **"Remove the wheel** and squeeze all the excess air from the tire," says Emmett.
- 2 **"Hook a lever under one side** of the tire wall and push down to lift the wall up over the rim—repeat with your second lever a few inches away and continue until the tire pops off the rim," says Emmett.
- 3 **Take out the inner tube**, then carefully run your fingers along the inside of the tire and remove any objects that may have caused your flat.
- 4 **Partially inflate spare tube** using your CO₂ inflator.
- 5 **Feed the tube under the tire**, then put the tube's valve through the hole on the rim.
- 6 **Lift the side of the tire back over the rim**, all the way around the wheel, until the tire is fully inside the rim. Use your tire levers to get the last bit of tire onto the rim.
- 7 **"Double-check that the tube isn't sticking out**, then top off the air in the tire," says Emmett. "Soon you'll impress your riding buddies with how fast you can switch a tire out."

Store a
Genuine
Innovation
Ultraflate Plus
(\$22; genuineinnovations.com)
in this Eastern
Mountain
Sports Wedge
seat pack
(\$20; ems.com)



online bonus!

Go to shape.com/fixafat to watch Emmett perform a how-to instructional.