

## How To Change a Tube

**You Will Need:**  
Flathead Screwdriver  
Marathon Replacement Tube  
Gloves  
Eye Protection



**Step One:**  
Release all the air from the tube.  
Use your screwdriver to push the side of the tire out from the rim so that you will be able to reach your hand in to pull out the tube.



**Step Two:**  
Once you have the screwdriver inside the tire, glide your screwdriver around the edge of the tire and rim so that the tire is entirely off the rim on that side.



**Helpful Hit:**  
The tire should be loose and separated from the rim as shown in the image below.



**Step Four:**  
Reach inside the tire and pull out the tube.  
Hint: It is best to push the valve stem through the hole in your rim prior to pulling the tube out for easier removal.



**Step Five:**  
Remove old tube.



**Step Five:**  
Line up the valve stem with the valve hole on the rim. Put the new tube in your tire by working your way around the tire opening. Press the tube up against the edge of the tire as you install it. Pull the valve stem through the valve stem hole in your rim.



**Step Six:**  
Work your way around the tire and push it back onto rim until the tire is securely in place within bead of the rim. Hint: You may need to use the screwdriver to help get the tire back onto the rim, however some tires can be pressed back on by hand. Inflate tube before use.



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