edge and tire bead at the valve stem location, pry in and downward with both tire irons while depressing the tire bead opposite the tire irons with your foot. When tire bead is above the rim edge, remove one tire iron and move it **3~4 in. (76~100 mm)** further away from the tire iron supporting the tire bead and insert and pry the tire bead further off of the rim. Proceed in this manner until the entire side of the tire casing is above the rim edge.

f. The deflated inner tube can now be pulled from the tire casing and the inner tire casing inspected for damage or protruding sharp object, etc. Locate and eliminate cause of puncture.

g. If the tire is to be replaced, pry the other tire bead from the wheel rim as described in step "e", and remove the tire from the rim (this step is not necessary if only the inner tube is to be replaced). Install one bead of the new tire on the rim and proceed with the installation of the inner tube.

h. Inspect the wheel rim inner tube protector strip to see that it is in good condition and centered over the spoke nipples.

i. Align the tire balance mark with the valve stem hole in the rim and insert a new inner tube of the correct size after inflating very slightly. Leave the valve core in the valve stem.

j. Work the inner tube into proper position in the tire casing and insert the valve stem through the valve stem hole in the rim. Install a valve stem retaining nut partially, but not tightly onto the valve stem. Remove valve core.

k. The tire can now be stepped into place using your heels. Place both heels on the tire bead opposite the valve core and press the tire bead into place progressively with each step in opposite directions around the wheel.