Flat tires? Don't postpone the ride just yet.



Inner tubes lose air...and this is completely normal. Since bicycle tubes are very thin and under higher pressure than automobile tires, air molecules escape through the rubber quicker than we may expect (\sim 2-3 weeks).

So what do you do?

of MEDICINE







www.iBikeSafe.org

(or sit on the bike for five) to see if they hold air.

- and your bike ride.

*Don't do this if your tires have dry rot or fraying - the inner tube may explode. Replace your tires first, if so.

It's simple: Try re-inflating the tubes to the pressure recommendation on the sidewall.* Wait about 10 minutes

<u>If they do</u>, you should be good to ride. You saved some effort

