

# PUMPING UP YOUR TYRES

## FACTS & GUIDE

For more information or advice contact  
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### 3 reasons to keep tyres properly inflated for 'on road' use:

**Less rolling resistance** = less effort and more speed

**Less punctures** = repels debris and no 'pinch' punctures

**Better handling** = front turns freely especially on tight turns



### For 'off road' use you may want a lower pressure for better comfort and grip



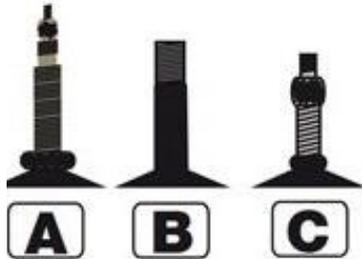
### 5 Basic facts:

You should always use a track or foot pump with a **pressure gauge** so you can pump easily to recommended pressure;

The **recommended pressure** is written on the side of your tyres. It's usually around 40 PSI on child bikes and mountain bikes. Thinner tyres will have higher numbers.

Inner tubes have different **valve types e.g.**

- A: **Presta** (narrow, typically for high pressure tyres)
- B: **Schrader** (like a car tyre)
- C: **Woods** (usually on 'Dutch' style city bikes)



Tyres **deflate** over time and with heavy use. Inflate to recommended pressure once every two weeks or before use if not used so often.

### How to pump your tyres:

1. **DO NOT** inflate tyres that have heavily cracked sides or tread. The tube will force its way out of the tyre and pop **VERY LOUDLY**. **Inspect them carefully first!**
2. Take off the dust cap and keep it safe
3. Check your pump has the correct sized hole for your valve type e.g. small = presta, big = schrader
4. Push the pump onto the valve firmly (lever down = open, up = locked on). For presta valves unscrew the top of the valve a few turns before connecting the pump.
5. Pump tyre while monitoring the pressure gauge (if no air will go in, take off and re-connect pump)
6. Disconnect the pump once inflated & screw the dust cap back on (screw presta valve closed also)
7. Squeeze the tyre to give you a sense of how firm it should be at correct pressure

