

MOUNTING OF AERO 150 TUBES & TIRES

There are many ways to change the tubes and tires. Some ski - bike shops tell us they have developed techniques so they can do it in a couple of minutes. This is one method shown to us by a person who changes a lot of tires because he weighs over 270 pounds and skis a lot. (We have modified the procedure because very few people have this persons hand strength. Except for removing the tire with the modified nail puller, shown in Fig. 1 below, he uses his thumbs to force the new tire back over the rim. **Tools Required:** A vise, two or three small finish nail puller's as shown in Fig 1. The puller's must have the claws ground down and polished so they are very dull and smooth. (Cost of nail puller about \$3.00) You also need a pump, a 5mm Allen Hex key and a 10mm socket.

Replacing the Tube: 1- If it still has air in it, remove all the air from the tube. Place the wheel in a vise as shown in Fig. 2 with the valve facing you, i.e. the valve stem should be angled toward you. Carefully insert the modified nail puller's as shown in Fig. 2. and pry the tire off the front side of the rim. With two nail puller's it's quite easy to free the tire from the rim. 2- Push the tire to one side of the rim so you can reach in and grab the tube and remove it as shown in Fig. 3. Pull out the valve stem last. To do this, push the valve stem up through the rim and while holding the tube rotate the rim back and forth until the valve stem is free. 3- Lubricate the new tube with **talcum** powder. Squeeze the tube as shown in Fig. 4 while depressing the valve so **all** the air is removed. 4- Grab the tube so only the valve stem portion is being pushed between the tire and rim as shown in Fig. 5. Rotate the rim so you can feed the valve stem into the hole in the rim. (Make sure the valve stem is facing you on the side where the tire is **outside** the rim.) When the valve stem is seated push the rest of the tube inside the tire and rim, making sure it's not caught in the tire bead. Next inflate the tube **very** slightly making sure it is properly seated between the rim and tire. 6- Mount the wheel in the vise and with two of the modified nail puller's force the bead of the tire over the rim as shown in Fig. 7. Once you have seated a portion of the tire loosen the vise, turn the wheel assembly 180 degrees and tighten the vise over the rim so the seated portion of the tire does not pop out when you do the final seating. The last few inches of the tire outside the rim are the toughest to seat so you need to have the rim very secure in the vise. (The day I wrote these instructions I removed the tube from the same wheel five times without pinching the tube or damaging the tire.) Inflate the tire to 85 PSI.

Replacing the Tire: You follow the same procedure as noted above, except you must also remove the tire from the rim as shown in Fig. 8. When installing the **new tire**, put one side of the tire over the rim, making sure the front of the rim, where the valve faces you, has the tire on the outside of the rim.

Caution! Roller skiing can be dangerous. make sure you always wear protective equipment and ski in places that are safe. Use common sense when roller skiing.

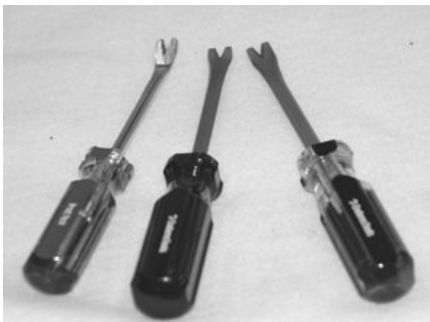


FIG .1

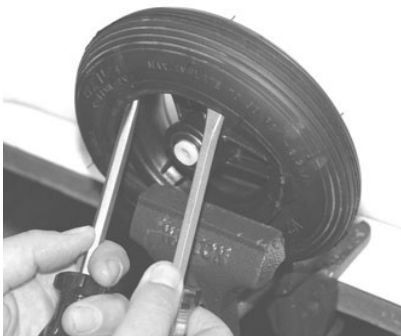


FIG .2



FIG .3



FIG .4



FIG .5



FIG .6



FIG .7



FIG .8

NOTE! When inflating a front clutch wheel on the 150SC, 125 RC or the Nordixc, engage the Speed Reducer so the tire does not rotate and and locks the pump nozzle between the fork and the tire.