



# How to True a wheel

In this guide we will learn how to true a bike wheel that is out of round.

Written By: aaron thielk



---

## INTRODUCTION

A rim can be out of round in the radial or axial direction. A wheel truing stand is helpful but not a necessity. When tightening the spokes on one side of the wheel, remember to loosen the opposite spokes the same amount so they don't become over tightened.

---

### TOOLS:

- [Spoke Wrench](#) (1)
-

## Step 1 — How to True a wheel



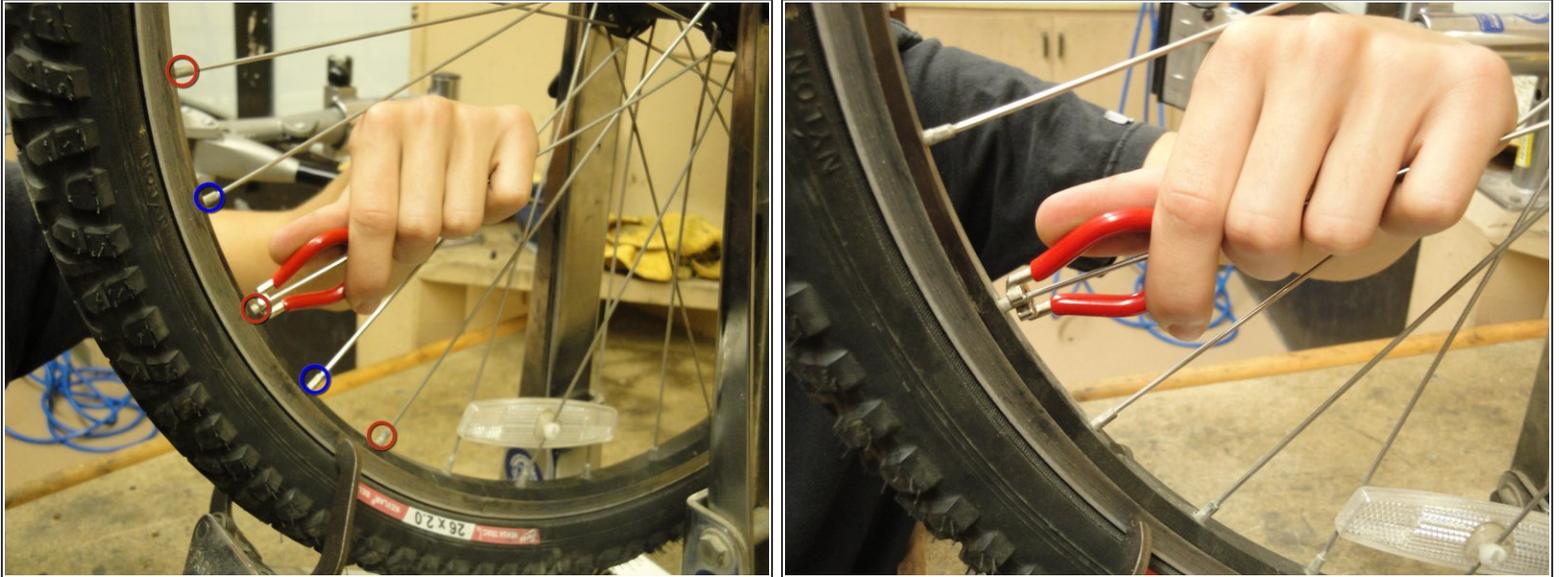
- Fit the wheel into the wheel truing stand.
- ⓘ The wheel should be snug and securely fixed to the stand.
- ⓘ Make sure hub does not have play in it since this will impede your ability to true the wheel.

## Step 2



- Slowly rotate the wheel.
- Slowly tighten the calipers until they touch at some point on only one side of the rim.

### Step 3



- Select the a spoke wrench that fits the spokes on your wheel.
- Loosen the spokes that attach to the same side of the wheel as the caliper contact point. At the same time, tighten the spokes that attach to the opposite side of the wheel as the caliper contact point. To start, try a half turn for each of the spokes near the caliper contact point.
- In the photo, the red marked spokes are being tightened, and the blue marked spokes are being loosened. This will shift the rim closer to the viewer.
- Spin the wheel. Tighten the calipers again until they touch the rim on only one side at a time at certain point. Repeat steps 2-3 until when tightening the calipers, they touch both sides of the rim evenly at every point on the rim.

The wheel should spin without wobbling from side to side or wavering up and down.