

# Spoke Weights

**Size:** approx. 31" long, 4 ½ diameter

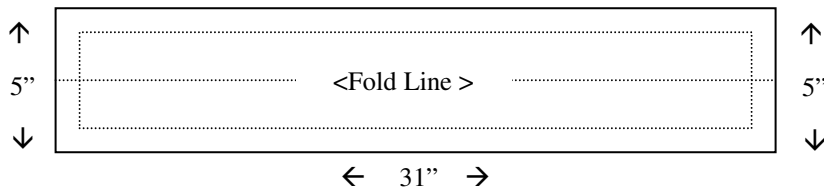
## Materials for one spoke weight:

- 5" denim or similar material, 36"-45" wide
- Thread to match
- 3-4 lbs. Aquarium gravel or small pebbles



## Preparation:

- Wash gravel thoroughly to remove any dirt and dust particles.
- Wash material to shrink and to prevent dye from bleeding on weaving material.



## Instructions:

1. Cut a piece 5" x 31" from fabric material. Increase the length if a longer spoke weight is desired. However, additional gravel will be needed.
2. Fold material lengthwise with right sides together.
3. With sewing machine sew a ¼ seam along one 2 ½ inch and the 31" side. Sew a second seam between the stitching and edge or sew a zigzag overcast stitch over the edge.
4. Trim corners and turn right side out.
5. Fill tube with gravel. Shake to pack the gravel and leaving approximately 4" unfilled from the top. Gravel must be able to move inside the tube for the spoke weight to bend and fold.
6. Turn the open end to the inside ¼ inch. Close with a whip stitch or sew ¼ inch from the edge.

Note: After each use be sure to dry thoroughly before storing.