- The seat height is adjustable by a “quick release” skewer. When closing the quick release, there should be enough resistance to leave an impression in your skin (it should be hard to close, but not impossible).
- When standing over the frame, lift the frame until it hits your inseam. You should have 2-3” clearance between the top tube (top of the frame) and your inseam.
- Optimum seat height is a point where you knee is slightly bent when your foot is at the bottom of the pedal stroke.
- For transport, wheels should not be removed. Bikes are easily damaged by transporting in the trunk of a car due to the trunk lid. We don’t recommend placing a bike in the trunk of a car.
- Do not set the bike on its side; lean the rear wheel against a stable object.
- Ensure shoelaces are not caught in crank.
- Tire pressure should be about 35 PSI.
- Visually inspect the bike before each ride to ensure all bike components function properly.