

SAFETY FIRST: Important advice on riding your iXi bike

Practice starting pedaling and stopping a number of times until it feels natural and you're completely confident you can control the bike in a sure and competent manner. Only then should you attempt to go for a ride.

Important: Before venturing out practice getting familiar with the bike on a surface that is smooth, flat and spacious without obstacles, like an empty parking lot. Feeling comfortable enough to easily control the bike is all about gaining confidence, which only comes from repeated actions undertaken instinctively.

1. To Start:

You've already made sure the bike is ready to ride; all parts tightened and tires fully inflated (yes 100 psi is good!) and the pedals are out and not folded. The gear control should indicate position #1.

a) The first important safety action, just like with an automobile, is to apply the brake by holding the lever on the left hand while you get on the bike. This will prevent it moving before you're ready. Keep holding the brake until you're ready to go.

b) Now place one foot on the pedal that's most forward (**remember you can't back-pedal** since that action operates the coaster brake).

c) Release the brake at the same time you put pressure on the forward pedal and bring your other foot up on to the other pedal; and there you go!

d) Keep pedaling; it will help maintain balance. Keep your hand ready to control that front brake on the left hand. Avoid putting your feet on the ground while the bike's moving; that can easily make you lose your balance and control, which could lead to injury.

2. Stopping:

You can stop by a) pedaling backwards to engage the coaster brake, b) using the front disc brake by gently squeezing the left hand, or a combination of the two. Never attempt to slow down by putting one or more feet on the ground as it can be very dangerous.

Control your speed by using the front disc brake operated by squeezing the lever on the left hand. Never grab the lever but rather squeeze it in a controlled manner; it is very effective and easy to operate.

To stop quickly, apply the rear coaster brake by pedaling backwards, followed by squeezing the front disc brake lever.

Only when the bike has rolled to a complete stop should you attempt to put your feet on the ground and dismount.

3. Riding:

a) The handlebar control of an iXi will feel lighter and more responsive than traditional bikes. Most people get used to this within the first few hundred yards of cycling. Practicing turning maneuvers in both directions and controlled stopping should be done a number of times in order to gain full familiarity with the riding and braking characteristics of the iXi bike.

b) Keeping tires inflated hard (recommended 100 psi) increases the speed and responsiveness of the bike.

c) Use the gears to maintain optimum pedaling cadence, which will vary according to each rider's preference. It is always better to keep a higher pedaling rate rather than pushing hard on the pedals if there is a lower gear.

d) The correct seat height can make a big difference in proper pedaling performance and reduce fatigue. Please refer to the illustrated manual supplied with the iXi.

More useful hints:

Changing Gears. Hold the black portion of the grip next to the dial in the cradle between your thumb and index finger of your right hand. Starting on position 1, gently but firmly rotate that portion of the grip until you feel it 'click' into the next gear. Then release it. Repeat the procedure again until you engage the desired gear (1 is for lower gearing up hills, 4 is for faster speed but a lower pedaling rate).

Comfort: Moving your hand grip position frequently can prevent numbness on longer rides. The same applies with seat position. Don't overdue things until you're used to it. Like all skills, regular practice makes perfect!

Noises: It is normal to hear whirring and clicking noises from the rear hub in some gears. The rear coaster brake can also sometimes be noisy when engaged; the sound can be amplified by the hollow frame tubing.