



Sync

SINGLE SEAT BICYCLE TRAILER

Owner's Manual

This manual contains safety, assembly, use and maintenance instructions. Read these instructions carefully before use and keep them for future reference. Your child's safety may be affected if you do not follow these instructions. The InStep Bicycle Trailer must be assembled by an adult who has read and understands the instructions in this manual. Keep the packaging away from children and dispose all packaging before use.



Do not return to store. Call toll free **1-800-242-6110** for assistance and replacement parts.

Keep instructions for future reference.

Thank You

For purchasing the InStep Bicycle Trailer. You will be sure to enjoy hours of pleasurable exercise and family time. If you have any questions or comments our customer service hours are:
8:00 AM - 5:00 PM Monday through Friday CST.

You may also reach us through the following:

Web: www.instep.net

Email: info@instep.net

Mail: P. O. Box 344
4730 E. Radio Tower Lane
Olney, IL 62450

Important!

Do not return the product to the store. Please contact customer service at 1-800-242-6110 for assistance and replacement parts.

Contents

1 SAFETY	1	5 USING THE SAFETY HARNESS	17
Assembly Warnings	1	Adjusting the Shoulder Straps	18
Child Warnings	1	6 DISASSEMBLY AND STORAGE	19
Trailer Use Warnings	2	Remove the Tow Bar from the Bicycle	19
Safe Riding Warnings	2	Disassemble the Trailer	20
Recommendations	3	7 WARRANTY	23
Care	3		
2 PARTS AND FEATURES	4		
3 ASSEMBLY	5		
Unfold the Frame	5		
Attach the Canopy	7		
Extend and Secure the Tow Bar	8		
Attach the Wheels	9		
Insert the Safety Flag	10		
4 TRAILER ATTACHMENT	11		
Attachment with Quick Release	13		
Attach the Safety Strap	16		

1 Safety

WARNING!

FAILURE TO FOLLOW THE SAFETY INSTRUCTIONS LISTED BELOW MAY RESULT IN SERIOUS INJURY OR DEATH. Always read and understand the information and warnings in this manual before using the Bicycle Trailer.

If you are unsure of any information in this manual or have a question regarding assembly or use please call customer service. Always keep this manual for reference and include it with resale of the Bicycle Trailer.

ASSEMBLY WARNINGS

- An adult who has read and understands the information and warnings in the manual must assemble this product according to manufacturer's instructions.
- Do not use the product if there are any missing or damaged parts. Do not return the product to the store. Please contact customer service at **1-800-242-6110** for assistance and replacement parts.
- Dispose of all plastic bags and wrapping material immediately.
- Check the assembly (i.e.: crossbar locked, screws tight) before using the product.
- Use caution to avoid pinch points when folding or unfolding the trailer.

- Never allow children to assemble, fold, or disassemble the trailer.

CHILD WARNINGS

- The maximum weight capacity for the child is 40 lbs. The total weight (child and cargo) in the trailer cannot exceed 47 lbs.
- The child should not exceed the weight limitations as it increases the risk of tipping the trailer
- This trailer is intended for a child that is at least 12 months old and weighing up to 40 lbs.
- Avoid serious injury from falling or sliding out. Always use the 5-Point Safety Harness.
- Never leave children unattended in or around the trailer.
- Never have more than one children in the trailer at one time.
- The child must be seated in the center passenger compartment
- Never use with children that cannot support their own head.
- Never use the trailer with children who cannot sit unaided
- Check the trailer (pram) body or seat unit attachment devices are correctly engaged before use.
- Always use the crotch strap in combination with the waist belt.

WARNING!

- Do not allow any of the child's body, clothing, shoe laces, or toys come into contact with a moving trailer.
- Take proper steps (clothing, ventilation, hydration) to protect the child from exposure hazards such as wind chill and heat exhaustion. These hazards will have a greater impact on the less active passenger.

TRAILER USE WARNINGS

- Failure to comply with the manufacturer's instructions can lead to serious injury or death of the passenger/rider
- Do not install inside the trailer, a car seat or any other seating device not approved by manufacturer.
- Before each ride, ensure the attached trailer does not interfere with braking, pedaling, or steering of the bicycle.
- Do not add a seat pad (mattress) thicker than 2.5" (63.5 mm).
- Parcels or accessories placed on the trailer may cause the trailer to become unstable.
- Do not place items on the trailer. Hazardous conditions may exist if package carrying accessories are added to the product.
- This product may contain a chemical known to the State of California to cause cancer, birth defects, or other reproductive harm.
- Check the trailer for damage. Do not use if damaged.
- Be sure the fasteners are tight. Tighten if necessary.

- Over inflation of tires may result in failure and risk of serious injury. Do not exceed maximum pressure as shown on tires.
- If necessary inflate the tires to within the range shown on the tire sidewall. Always use a foot or hand pump to inflate the tires.
- The safety flag and reflectors must be in place. Do not use the trailer without the safety flag and reflector in place.
- Always have the canopy in place.
- Do not make any modifications to the trailer as it increases the risk of failure.
- Accessories not approved by the manufacturer must not be used.

SAFE RIDING WARNINGS

- Child must wear a certified helmet.
- Be sure the brakes work properly. Braking distance is increased when pulling a trailer.
- Avoid braking suddenly.
- Always maintain a safe speed. The trailer is not intended for use at high speeds. Do not exceed 10 MPH.
- The trailer requires a wide turning radius. Do not turn sharply. Sharp changes in direction may cause a tip over.

continued on next page

⚠ WARNING!

- Use caution when turning on loose or uneven surfaces and when going downhill.
- Allow extra clearance for the trailer when near curbs, parked cars, and other obstacles.
- Do not ride over curbs, bumps or holes.
- Do not use the trailer in hazardous weather or at night.
- Do not pull or push the trailer with a vehicle.
- This product is not suitable for running or skating.
- Red reflectors must be visible on the rear of the trailer
- Never ride a bicycle at night without adequate lighting. Obey all local legal requirements for lighting

RECOMMENDATIONS

- The manufacturer recommends the bicycle to be used with the trailer undergo a safety check with a qualified bicycle mechanic before attaching the trailer.
- The maximum weight that can be carried in the cabin pockets is 1 lb. each. The maximum weight that can be carried in the rear storage area is 5 lbs.
- Attach a rearview mirror on the bicycle to check on the (child/ children) in the trailer.

CARE

- **To clean the trailer:** use only mild soap and water. Do not use cleaning solvents.
- **Routinely check** that all fasteners and equipment (wheels, reflectors, flag, etc) are tight and properly assembled.
- **Check the tire pressure often.** The recommended tire pressure range is printed on the tire. Only use a foot or hand pump to inflate.
- **Have a qualified bicycle mechanic** perform routine safety checks on your bicycle before using with the trailer.
- **Routine bicycle maintenance** is recommended to be performed every year.
- **Do not leave trailer outside after use.** Inclement weather and harsh elements may stress the fabric on the trailer.

2 Parts and Features

Note: The following accessories can be ordered from www.instep.net. Additional Coupler Kits (includes; coupler plate, tab washer and locking pin).

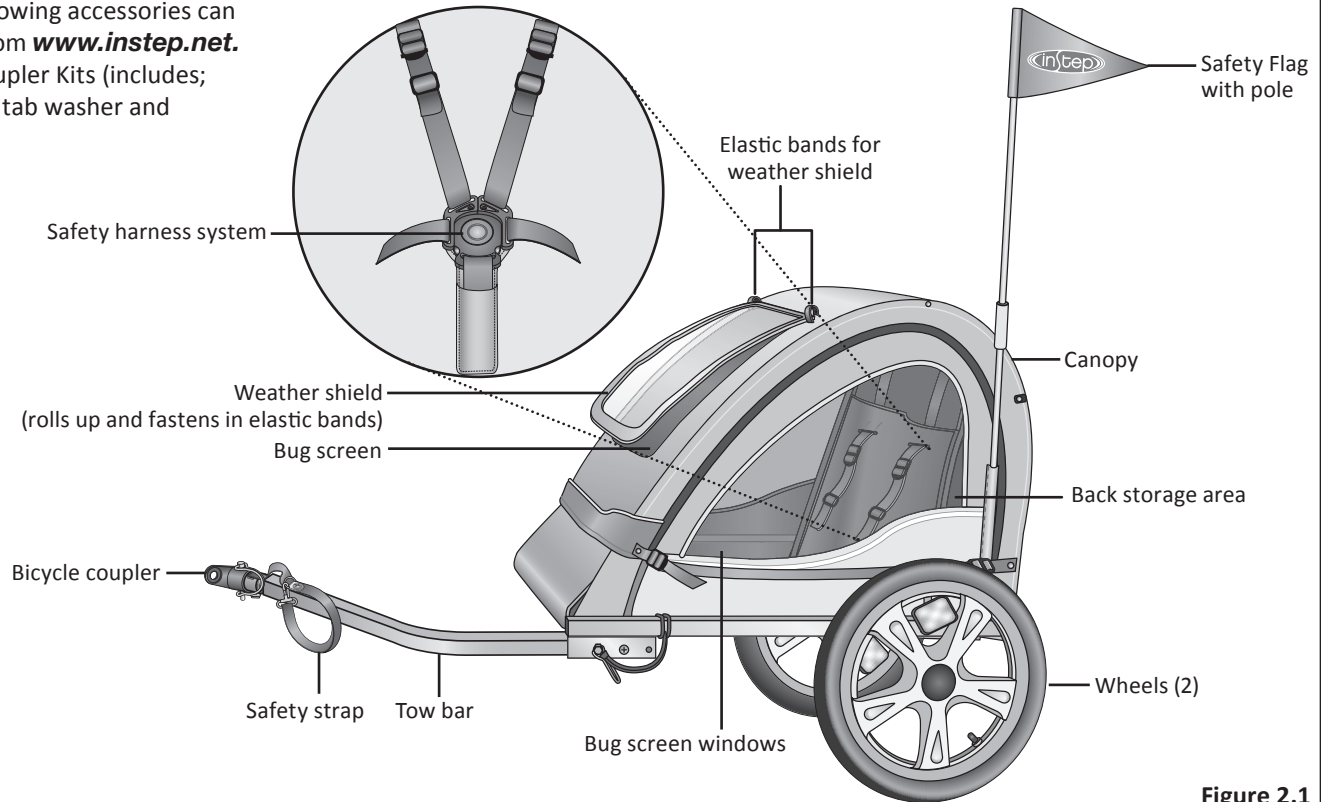


Figure 2.1

3 Assembly

UNFOLD THE FRAME

⚠ WARNING!

- There are pinch points between the sidewalls and the frame of the trailer that may cause injury. Fold or unfold the trailer slowly using caution.
- Keep children clear when folding or unfolding the trailer.
- Ensure that all locking devices are engaged before use.

- 1** Unfold the side walls upward to a vertical position. **Figure 3.1**

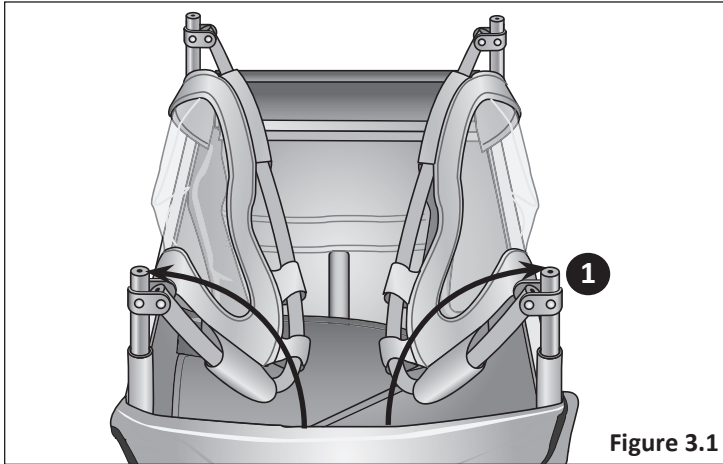


Figure 3.1

- 2** Unfold the upper halves of the side walls into a vertical position. **Figure 3.2**

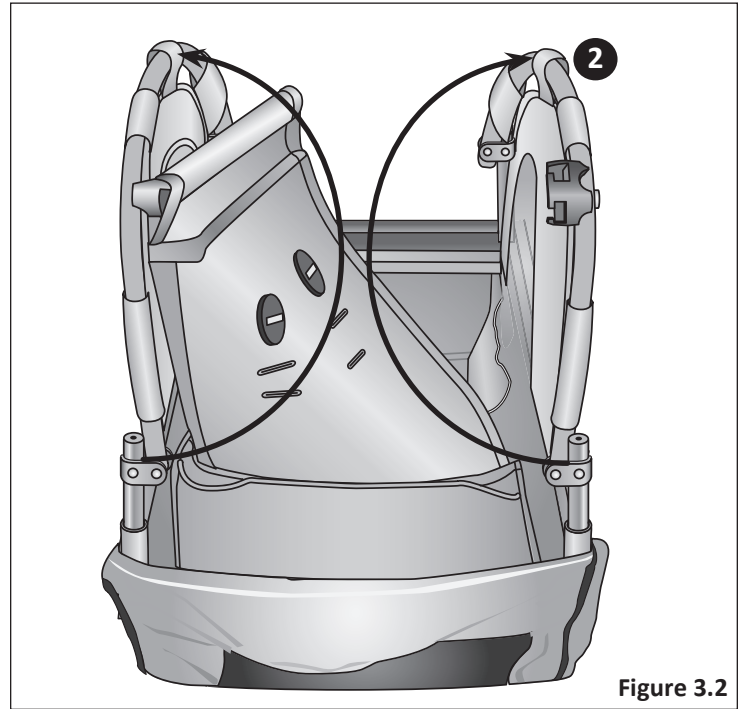
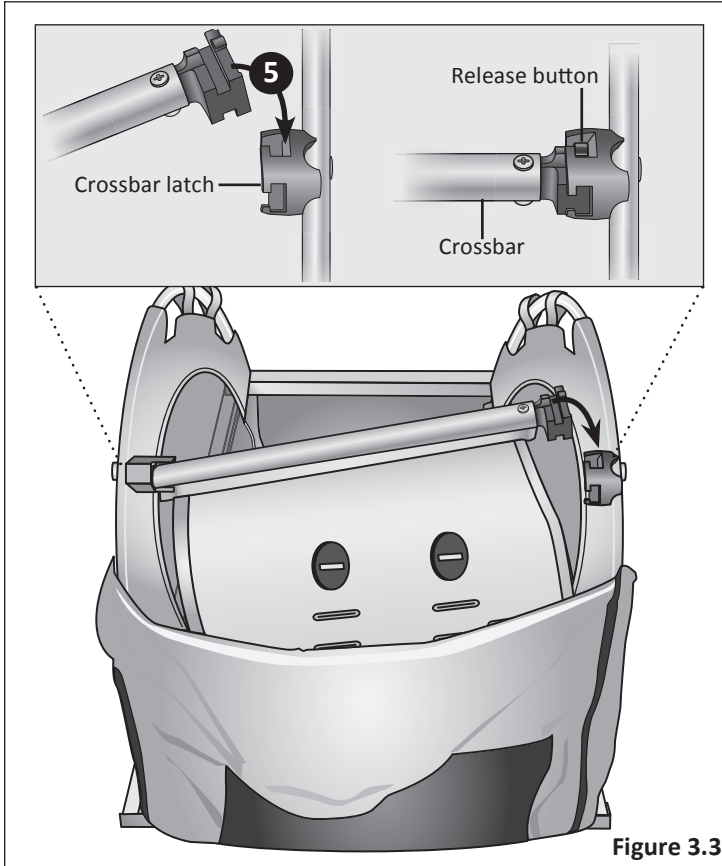
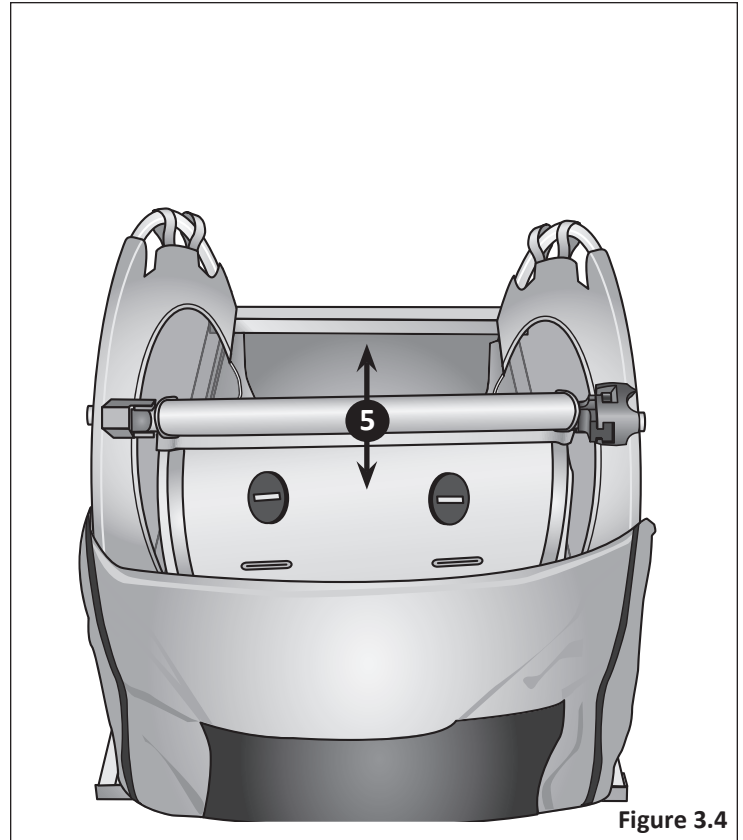


Figure 3.2

- 3 Rotate the crossbar into the crossbar latch. **Figure 3.3**



- 4 Check the crossbar is locked into place by pulling up and down on it. **Figure 3.4**



ATTACH THE CANOPY

- 1 Place the canopy over the canopy frame **Figure 3.5**
- 2 Fasten the three snaps on the front, back and top of the canopy to the side walls (six snaps total).
- 3 Attach the hook and loop fasteners to the canopy to the strips on the front and back of the frame walls.
- 4 Roll the weather shield up into the bands at the top of the canopy if you are not using

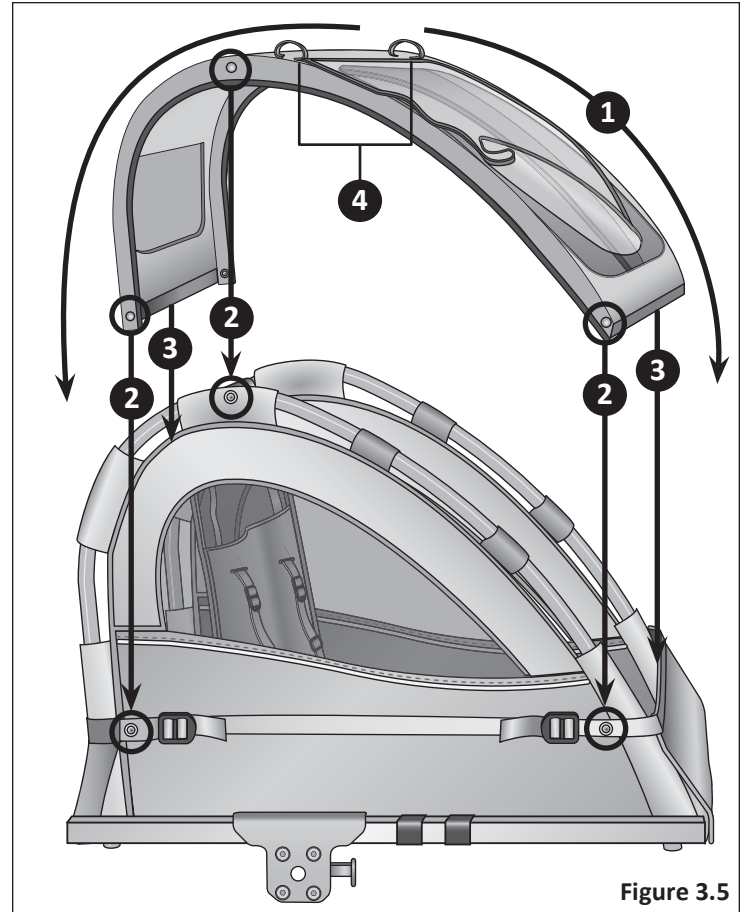
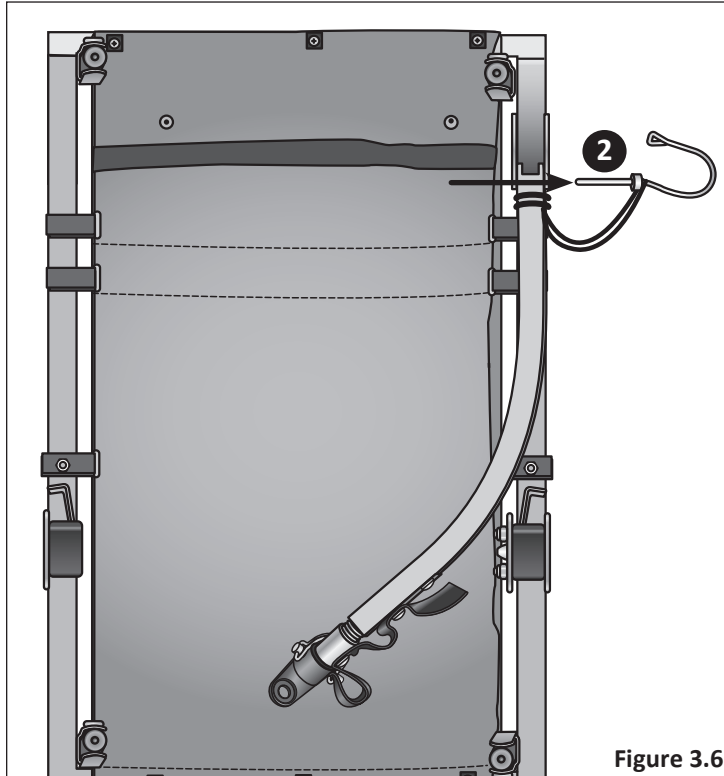


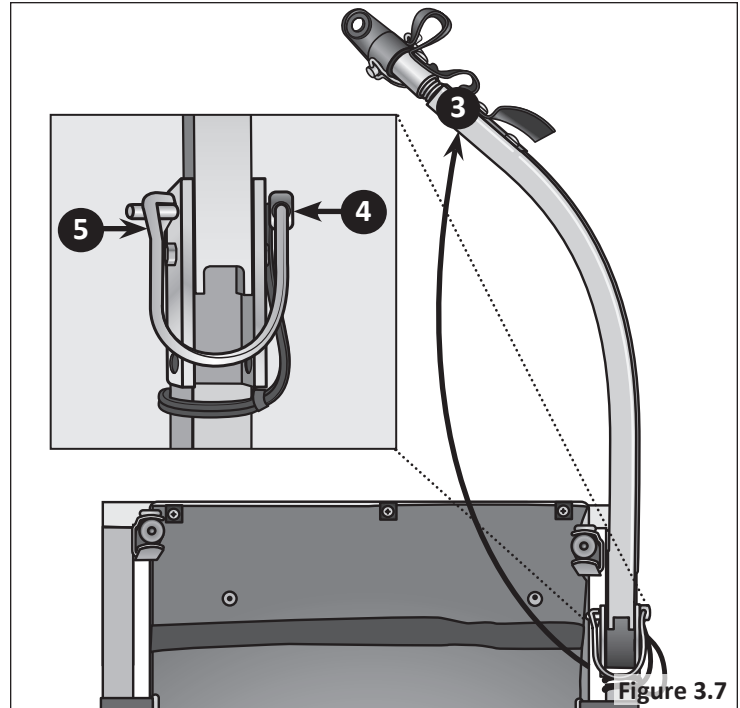
Figure 3.5

EXTEND AND SECURE THE TOW BAR

- 1 Place the trailer on its side with the tow bar facing up.
- 2 Remove the locking pin from the tow bar bracket. **Figure 3.6**



- 3 Rotate the tow bar until it rests on the front end of the frame.
- 4 Insert the locking pin through both the bracket and tow bar.
- 5 Slide the metal safety loop on the end of the locking pin. Check that it is securely in place. **Figure 3.7**

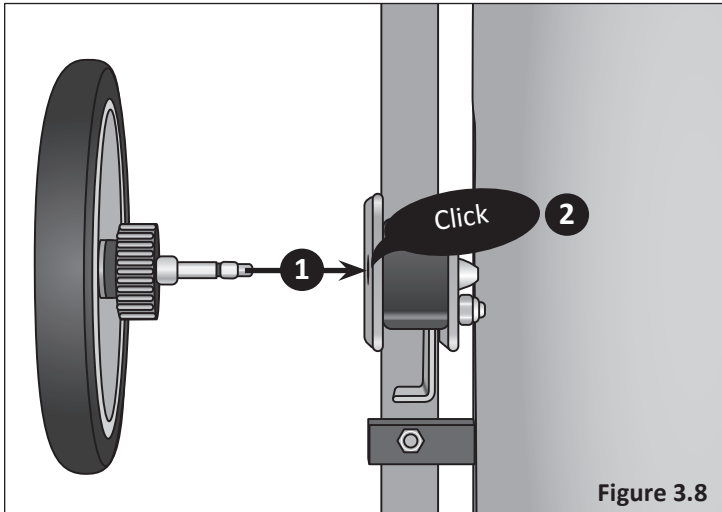


ATTACH THE WHEELS

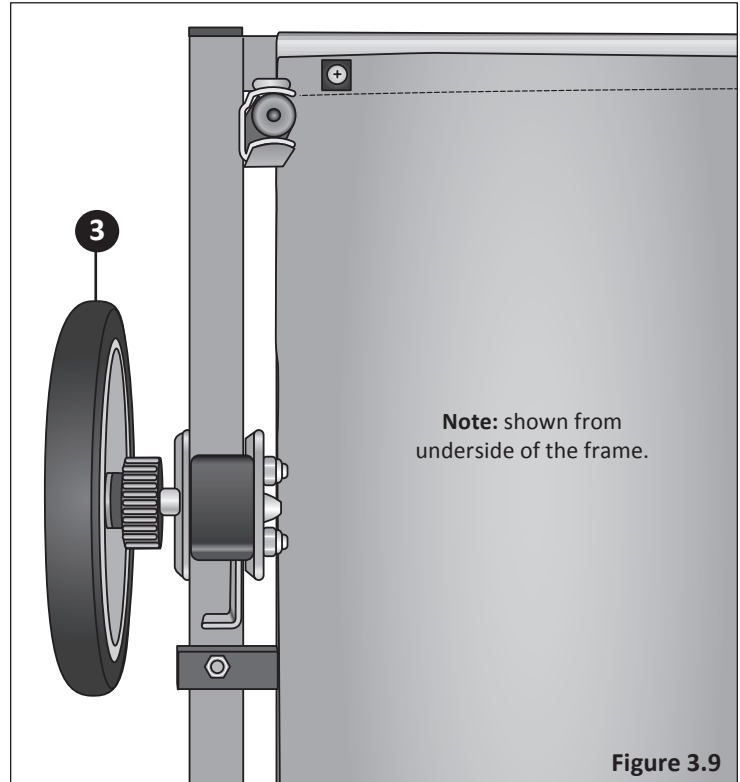
⚠ WARNING!

Wheels that are not securely locked in place may fall off the trailer and cause serious injury or death. Always check the wheels are securely locked in place before use.

- 1** Insert the axle of the wheel into the rear wheel bracket hole. Interlock the gear on the wheel with the gear on the rear brake. **Figure 3.8**
- 2** Push the wheel into the bracket until you hear the axle click into place.



- 3** Pull firmly on the wheel to ensure the locking mechanism is engaged. Repeat these steps on the opposite side. **Figure 3.9**



INSERT THE SAFETY FLAG

Important! The safety flag is an important safety feature that warns others a trailer is present and on the bicycle. Always have the safety flag on the trailer when in use.

- 1 Assemble the flag pole sections by sliding the top half of the pole into the opening of the bottom half of the pole.
- 2 Insert the flag pole into the sleeve located at the rear corner of the trailer. **Figure 3.10**



Figure 3.10

4 Trailer Attachment

⚠ WARNING!

Use of the trailer without the safety strap attached to the bicycle may result in serious injury or death. Always attach the safety strap to the bicycle when using the trailer.

Important! This section provides instructions for attaching the trailer coupler to the bicycle's REAR WHEEL with a hub nut or quick release lever. The coupler attaches to **most** bicycles.

- 1 To ensure secure attachment of the coupler to the bicycle, be sure the thread of the **rear axle** extends at least 2 mm's from the hub nut **before** proceeding to the next step. **Figure 4.1**
- 2 Using a wrench, remove the hub nut and washer from the bicycle's back wheel. **Figure 4.2**
- 3 Place the tab washer on the axle. Fit the tab into the slot on the bicycle frame dropout. Note: If your bicycle frame doesn't have a slot in the drop out, rotate the tab to fit into the axle slot. **Figure 4.3**

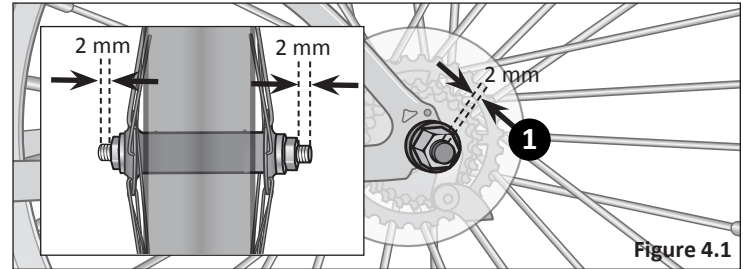


Figure 4.1

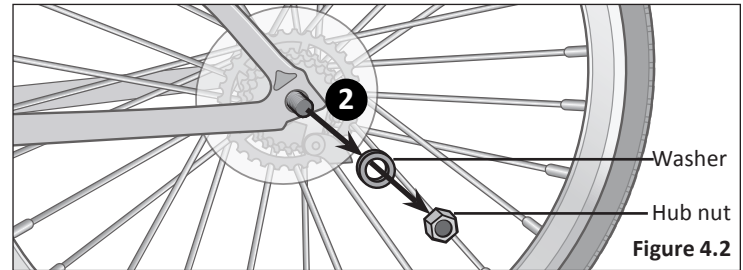


Figure 4.2

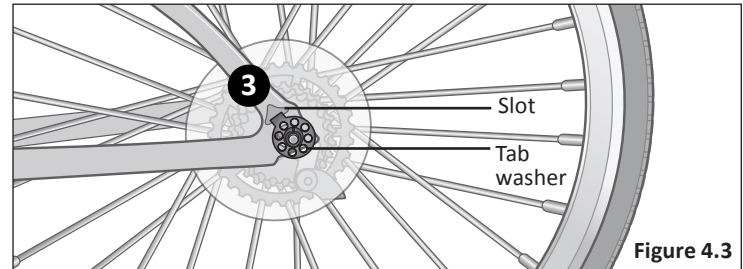
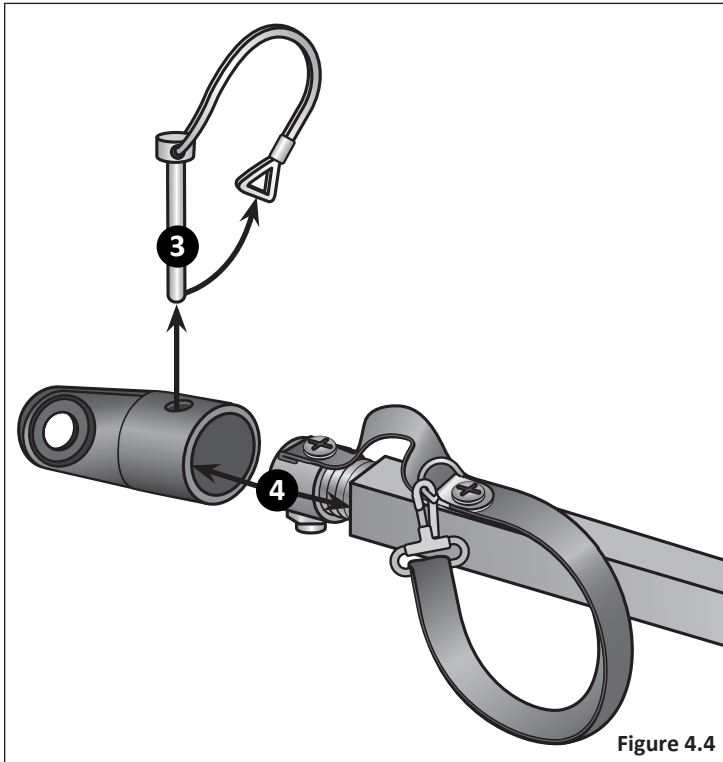
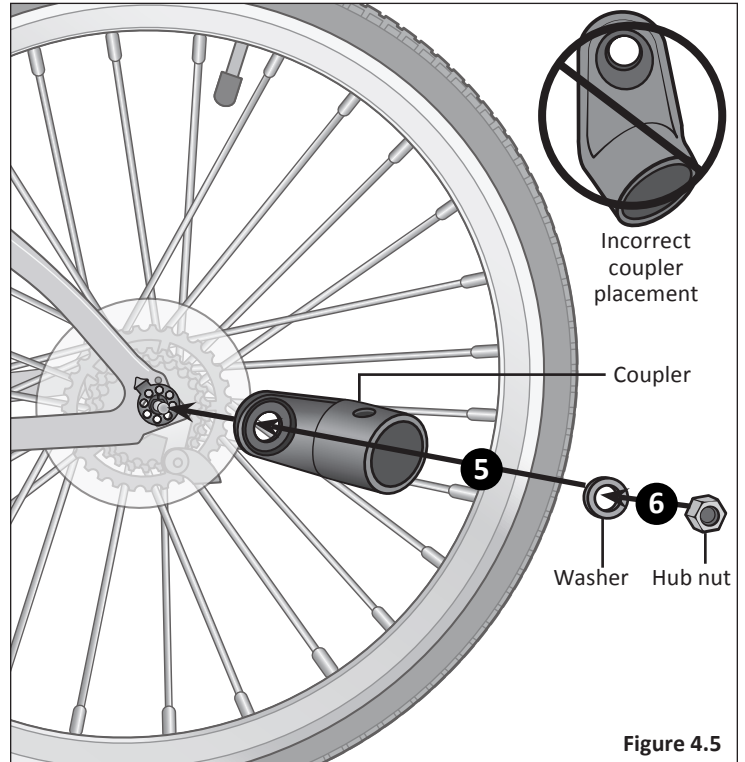


Figure 4.3

- 3 Remove the safety loop from the end of the locking pin on the end of the coupler. **Figure 4.4**
- 4 Remove the locking pin from the coupler and slide the coupler off the end of the tow bar.



- 5 Insert the coupler plate onto the wheel axle. Place the coupler in a horizontal position so that it is in line with the tow bar.
- 6 Place the hub nut and washer back onto the axle and tighten. **Figure 4.5**

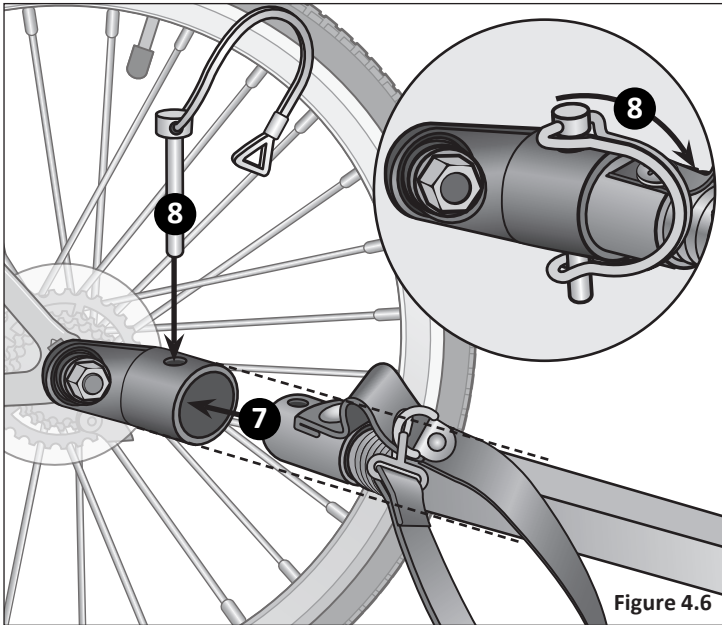


- 7 Slide the tow bar into the open end of the coupler.

Important! Ensure the coupler is completely in line with the tow bar. This reduces stress on the tow bar.

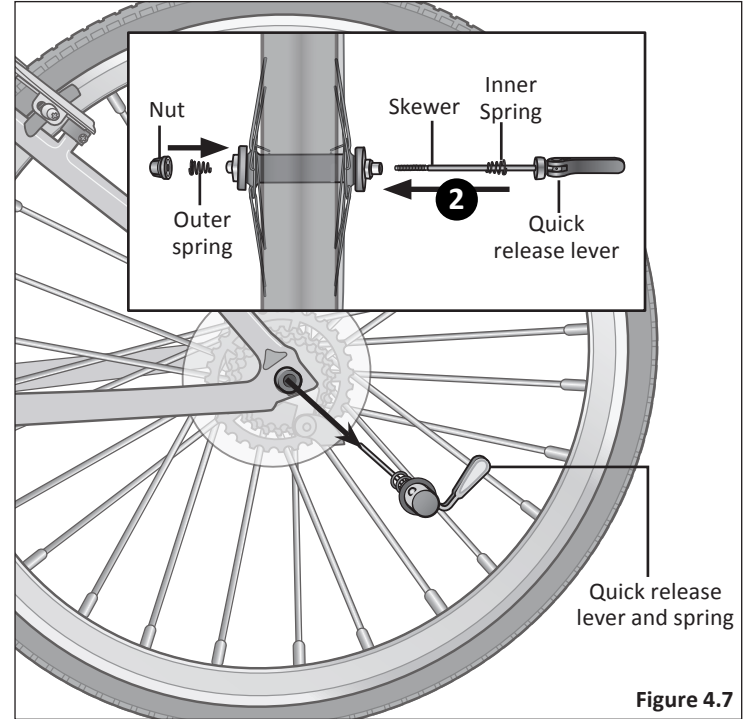
- 8 Insert the locking pin into the hole on the top of the coupler. Slide the safety loop over the end of the lock pin.

Important! Ensure the loop of the safety pin is facing away from the wheel to prevent possible friction against the wheel and spokes of the bicycle. **Figure 4.6**

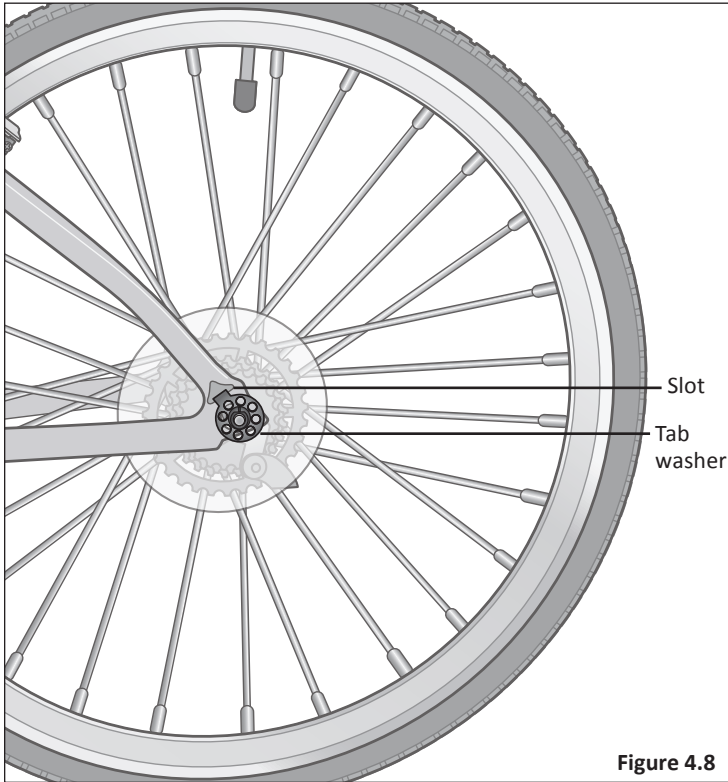


ATTACHMENT WITH QUICK RELEASE

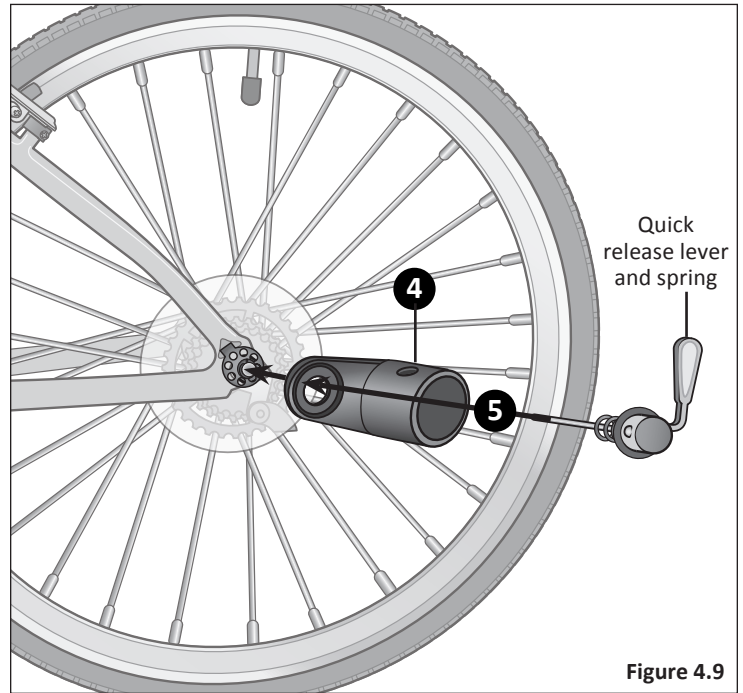
- 1 Release the quick release lever, skewer and remove the nut and spring from the opposite side of the wheel.
- 2 Remove the axle skewer and spring. Leave the wheel in place. **Figure 4.7**



- 3** Place the tab washer on the axle. Fit the tab into the slot on the bicycle frame dropout. **Note:** If your bicycle frame doesn't have a slot in the drop out, rotate the tab to fit into the axle slot. **Figure 4.8**



- 4** Insert the coupler plate onto the wheel axle. **Figure 4.9**
- 5** Insert the quick release lever, spring and nut that were removed in step 1 through the wheel.
- 6** Rotate the quick release lever up and tighten. When properly tightened, the quick release lever should leave an imprint in your hand. The pressure should be firm but not excessive.



- 7 Slide the tow bar into the open end of the coupler.

Important! Ensure the coupler is completely in line with the tow bar. This reduces stress on the tow bar. **Figure 4.10**

- 8 Insert the locking pin into the hole on the top of the coupler.

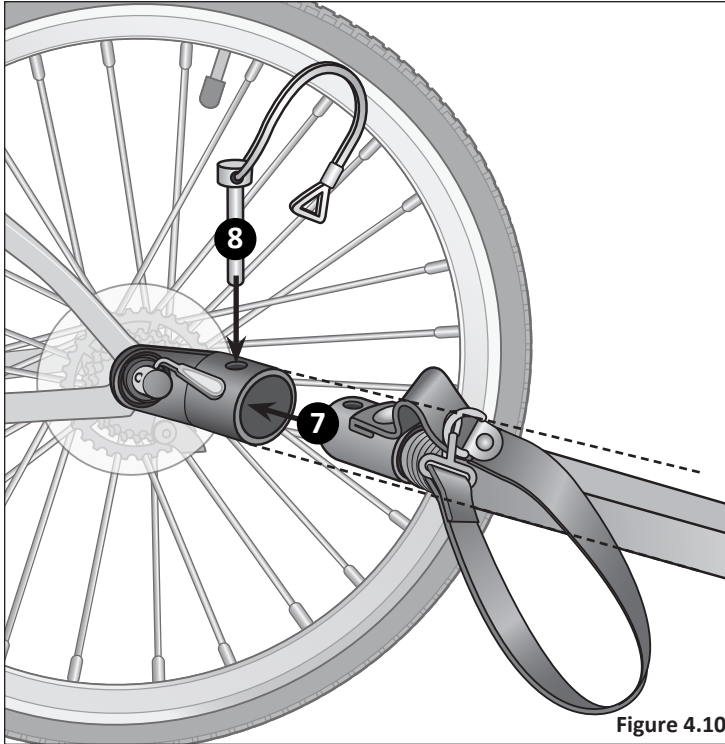


Figure 4.10

- 9 Slide the safety loop over the end of the lock pin. **Figure 4.11**

Important! Ensure the loop of the safety pin is facing away from the wheel to prevent possible friction against the wheel and spokes of the bicycle.

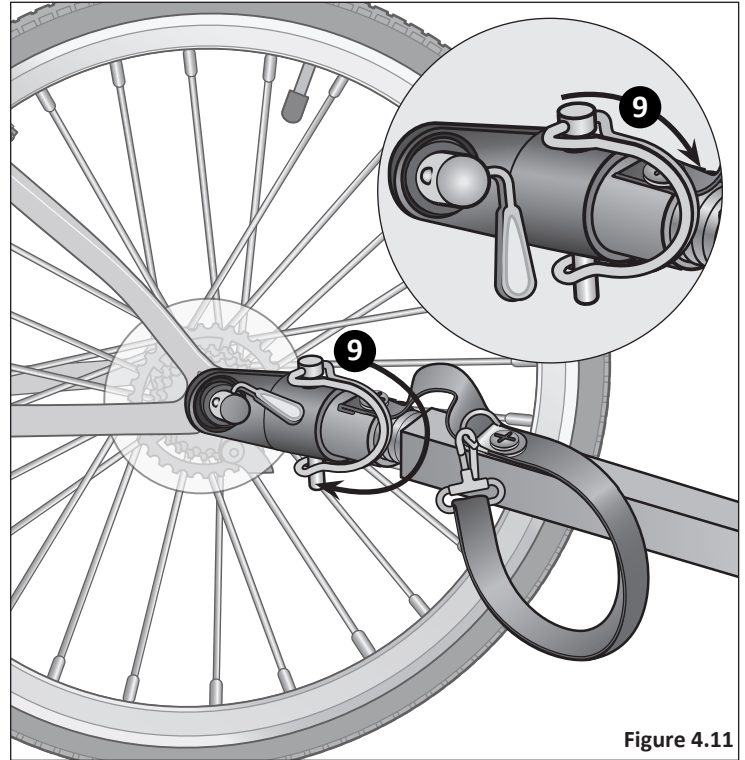


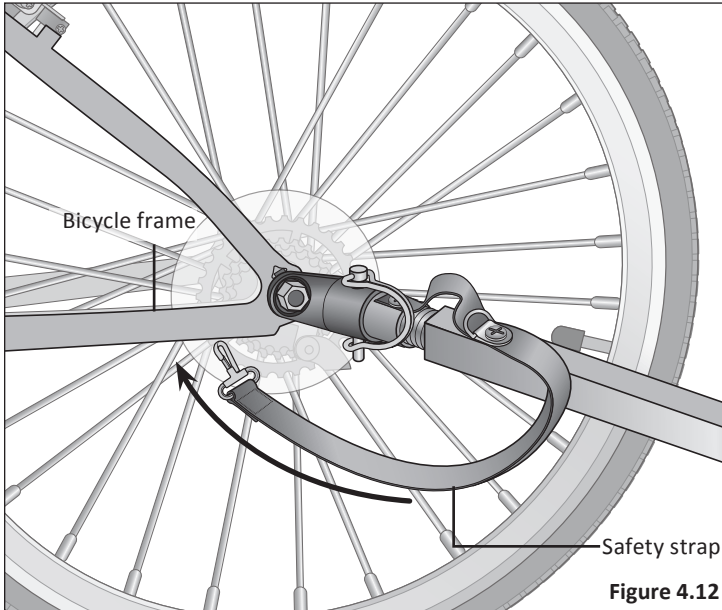
Figure 4.11

ATTACH THE SAFETY STRAP

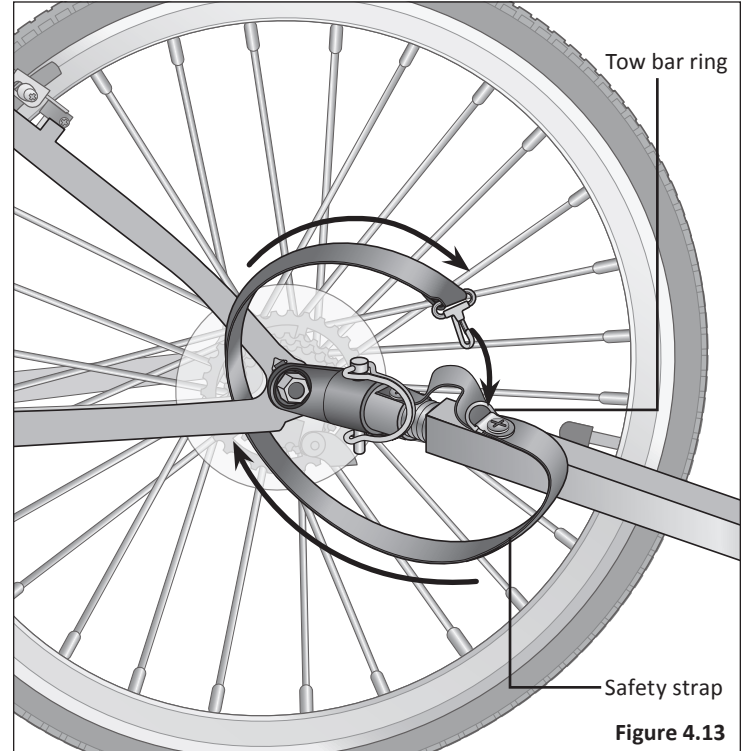
⚠ WARNING!

Use of the trailer without the safety strap attached to the bicycle may result in serious injury or death. Always attach the tow bar safety strap to the bicycle when using the trailer.

- 1 Wrap the tow bar safety strap around the bicycle frame.
Figure 4.12



- 2 Clip the safety strap to the tow bar ring on the end of the tow bar. Be sure the tow bar safety strap is securely attached before using the trailer. Figure 4.13



5 Using the Safety Harness

⚠ WARNING!

- Avoid serious injury from falling or sliding out. Always properly secure the passenger(s) with the safety harness.
- It may be dangerous to leave your child unattended. Never leave your child unattended in or near the bicycle trailer.

- 1 Seat the child in the center of the passenger compartment.
- 2 Child must be seated in the center passenger compartment.
- 3 Place the shoulder straps over the child's shoulders and the waist straps under the child's arms.

Important! Adjust the straps and lap buckle so they meet at the child's stomach.

- 4 Bring the waist straps across the child's hips, and fasten the clips into the lap buckle. Tighten as needed. **Figure 5.1**

To remove the child from the trailer:

Unfasten the clips from the lap buckle. Pull the straps away from the body and remove the child from the trailer.

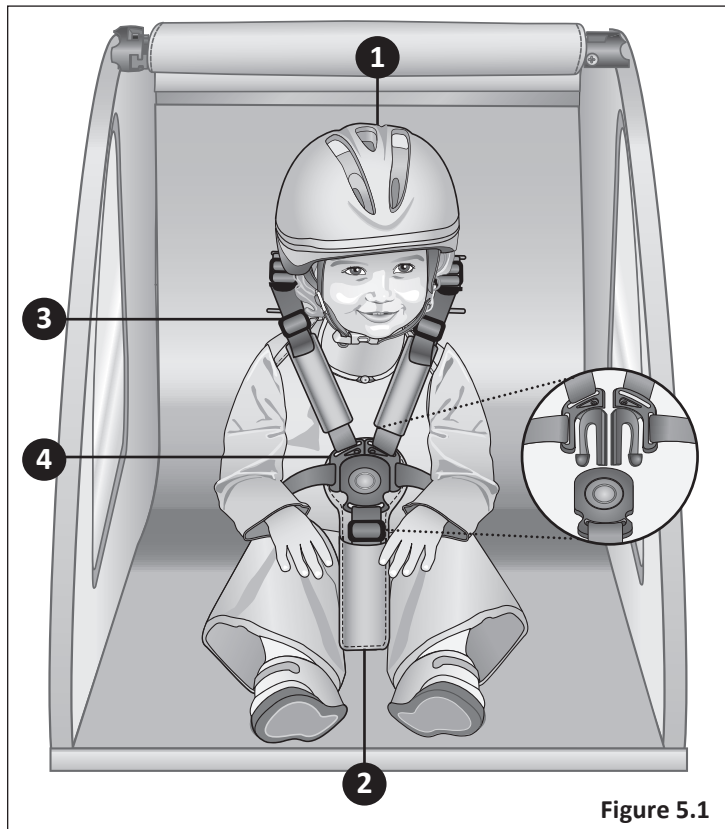
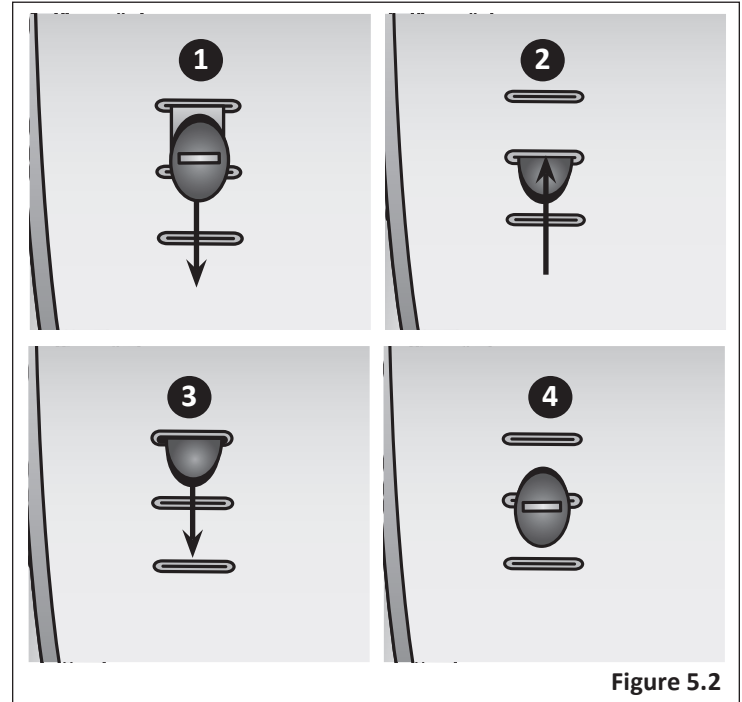


Figure 5.1

ADJUSTING THE SHOULDER STRAPS

There are three slots on the back of the seat. These slots are used to adjust the proper height of the shoulder straps to your child's height. To adjust the shoulder strap height:

- 1 Starting from the back of the seat, pull the shoulder strap anchor away from the seat.
- 2 Insert the anchor through the slit in the seat, pushing it towards the front.
- 3 Insert the anchor through the slit in the front of the seat at the desired height.
- 4 Pull the strap and anchor all the way through to the back. Make sure the strap is properly anchored on the seat back. Repeat these steps for the opposite strap. **Figure 5.2**



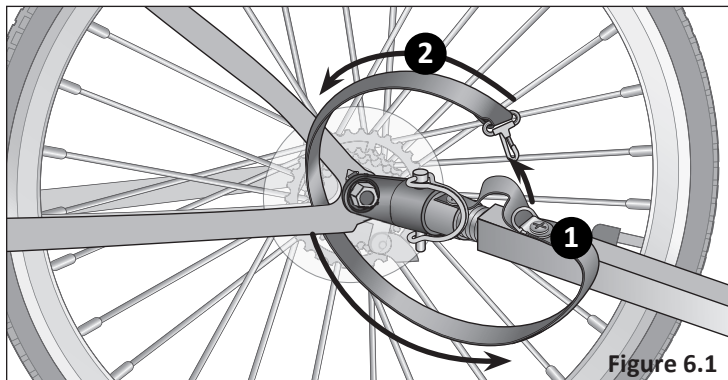
6 Disassembly and Storage

⚠ WARNING!

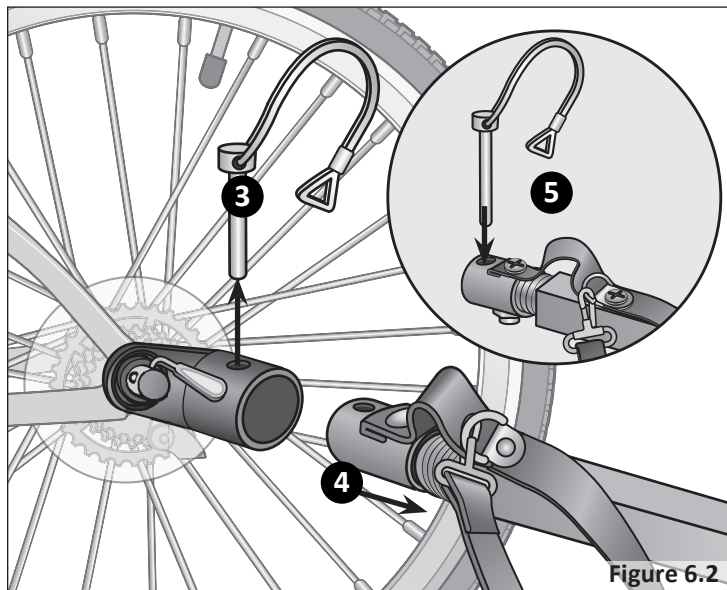
- There are pinch points between the sidewalls and the frame of the trailer that may cause injury.
- Always fold or unfold the trailer slowly and with caution.
- Keep children clear when folding or unfolding the trailer.

REMOVE THE TOW BAR FROM THE BICYCLE

- 1 Remove the child from the passenger compartment
- 2 Unfasten the clip on the safety strap from the tow bar ring, and unwrap it from the bicycle frame. Clip the strap back onto the D-ring of the tow bar. **Figure 6.1**



- 3 Remove the locking pin from the tow bar coupler. **Figure 6.2**
- 4 Remove the tow bar from the coupler.
- 5 Insert the locking pin through the end of the tow bar and secure it with the safety loop.
- 6 If desired, leave the coupler on the bicycle wheel hub for future use. It is not necessary to remove when storing.



DISASSEMBLE THE TRAILER

- 1 Remove the flag pole and separate the flag pole sections.
Figure 6.3

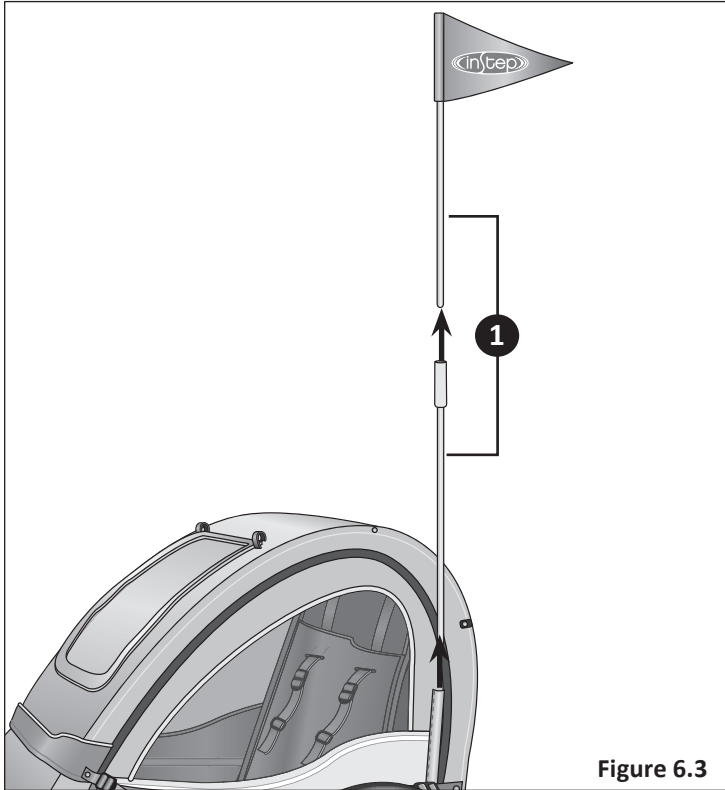


Figure 6.3

- 2 Remove the wheels by: **Figure 6.4**
 - a. Pulling the wheel release lever out and hold.
 - b. Remove the wheel.
 - c. Release the lever

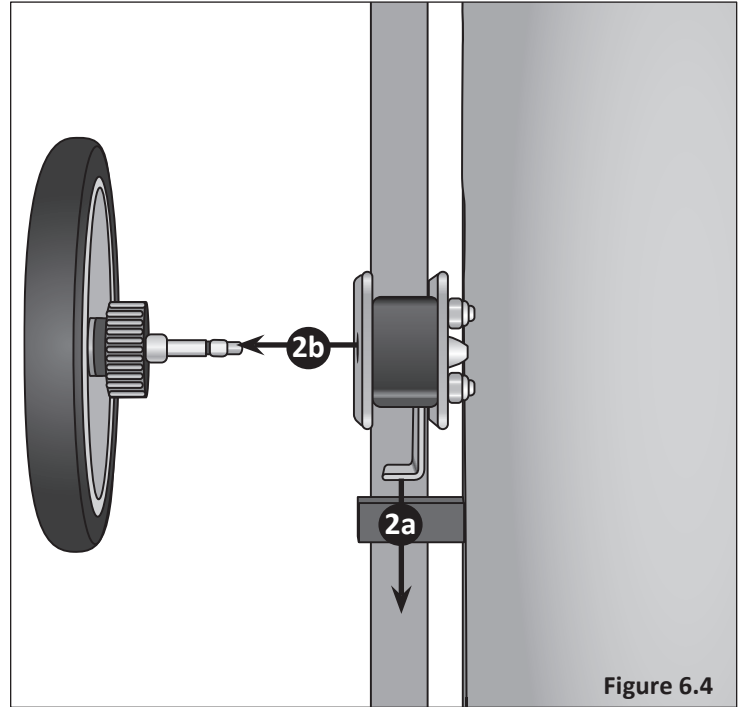


Figure 6.4

- 3 Remove the locking pin from the tow bar bracket. **Figure 6.5**
- 4 Fold the tow bar underneath the trailer.
- 5 Place the locking pin back through the tow bar and bracket

Note: Coupler plate will remain assembled to bike 99% of the time

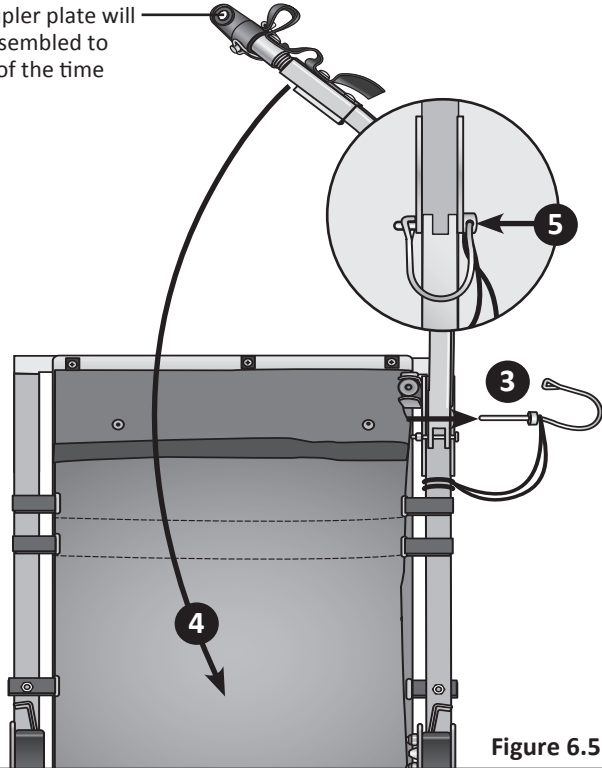


Figure 6.5

- 6 Unfasten the three snaps on the front, back and top of the canopy of the side walls, then unfasten the hook and loop fasteners from the strips on the front and back of the frame walls. Remove the canopy from the frame. **Figure 6.6**

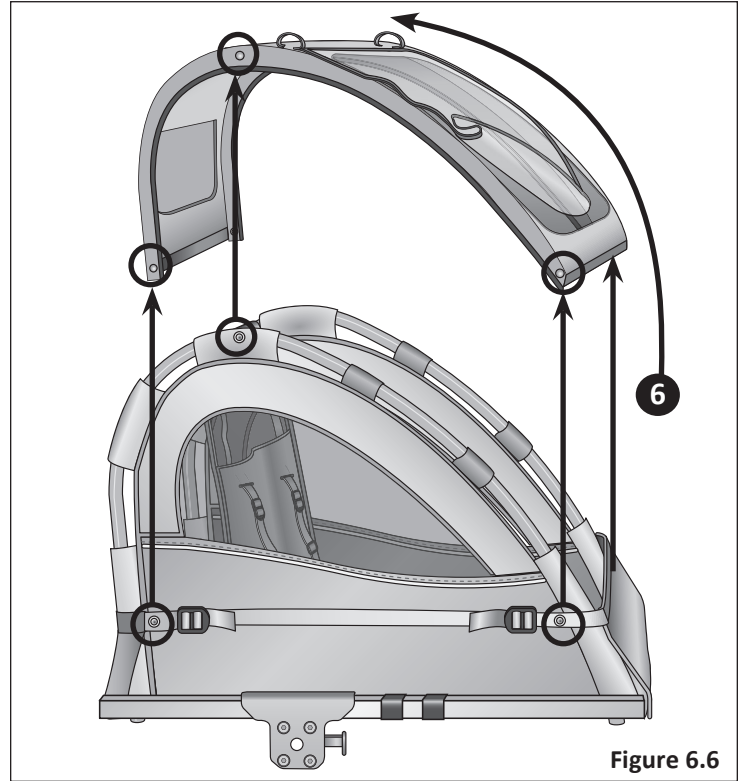
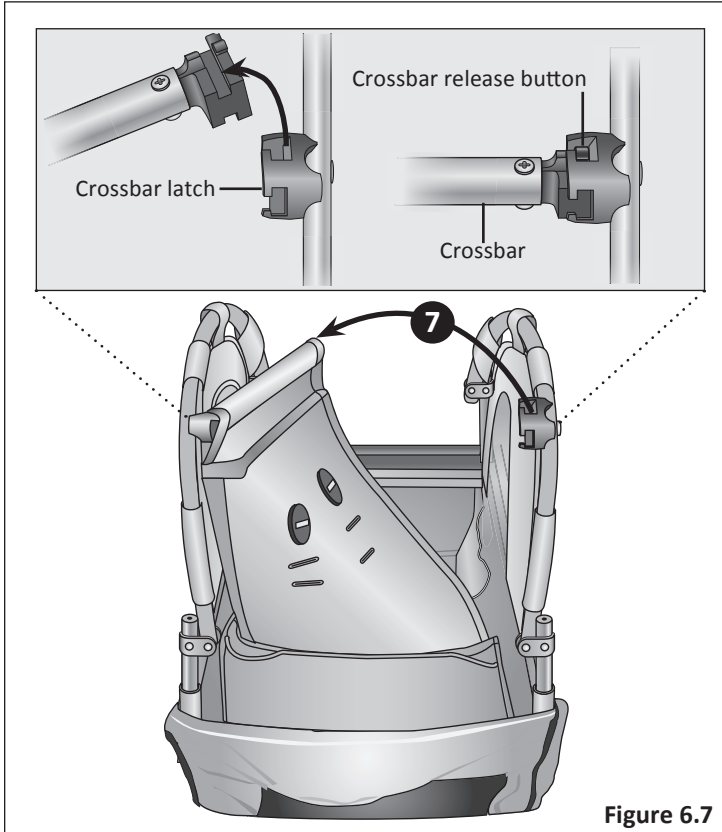


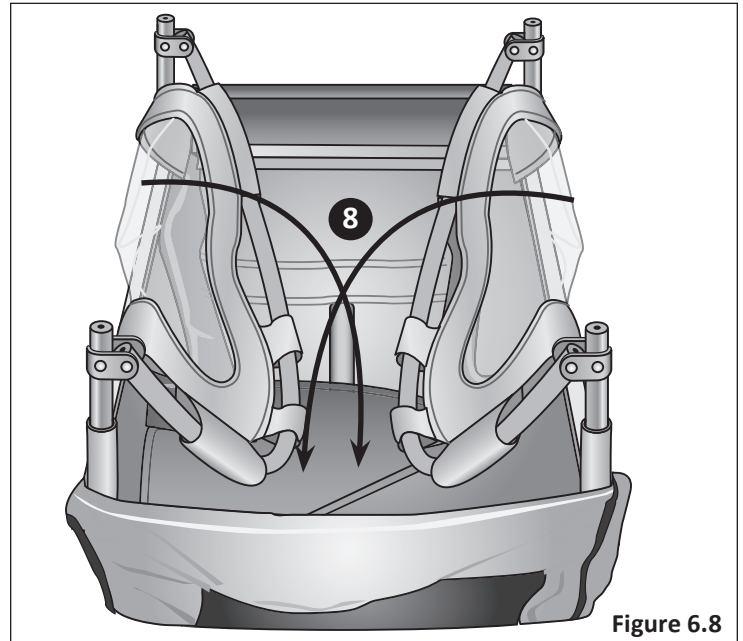
Figure 6.6

- 7 Press the release button on the crossbar latch and rotate the crossbar across until it meets the side wall. **Figure 6.7**



- 8 Carefully fold the upper half of the trailer side walls down, then fold the each wall down until they are in a horizontal position. **Figure 6.8**

- 9 Place any loose items such as the canopy, wheels and flag inside the passenger compartment.
- 10 Store in a dry place. **Important!** If the storage area is hot then release the some air from the tires. This will help prevent excessive expansion or popping.



7 Warranty

Pacific Cycle warrants this product to be free of defective materials and workmanship for 1 year from the date of original purchase.

THIS LIMITED WARRANTY IS THE ONLY WARRANTY APPLICABLE TO THIS PRODUCT, AND IS EXPRESSLY IN LIEU OF ANY OTHER WARRANTY.

This limited warranty give you specific legal rights and you may also have other rights which may vary from state to state.

This warranty is extended only to the original consumer purchaser for non-commercial use and does not cover tires or tubes, grips, brake pads, or other wear parts, ordinary wear and tear, abuse, misuse, neglect, theft, or damage due to accident.

PACIFIC CYCLE IS NOT RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. THIS LIMITED WARRANTY DOES NOT COVER ANY PERSONAL INJURIES, DAMAGE TO, OR, FAILURE OF THE PRODUCT OR ANY OTHER LOSSES DUE TO ACCIDENT, ABUSE, MISUSE, ALTERATION, NEGLIGENCE, NORMAL WEAR AND TEAR, IMPROPER ASSEMBLY, IMPROPER FIT, IMPROPER MAINTENANCE OR USE OF UNAUTHORIZED REPLACEMENT PARTS NOT DESIGNED FOR THE PRODUCT.

To make a claim under warranty, notification of such defect must be given to Pacific Cycle, Inc. the address stated on the previous page. You will be instructed on how the product or part needing replacement should be shipped postpaid to Pacific Cycle, Inc.

Manufactured for Pacific Cycle, Inc. (A Division of Dorel Industries)

Pacific Cycle, Inc.
4902 Hammersley Road
Madison, WI 53711

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