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# Team 09: Sprag Clutch Addition to Reciprocating Lever Transmission

Daniel T. Dudley; Samuel E. Grambling; Iain C. Marsh; Grant T. Parker; Angela N. Trent

FAMU-FSU College of Engineering 2525 Pottsdamer St. Tallahassee, FL. 32310

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## How to Adjust Seat Height

1. Locate clip under seat.



2. Pull clip away from the seat.



3. Adjust seat to preferred height.



4. Push clip back towards seat post firmly.



## How to Apply Brakes

These steps begin with the rider's hands on each side of the handlebars.

1. Position right hand above brake.



2. Slowly squeeze brake until desired speed is achieved.



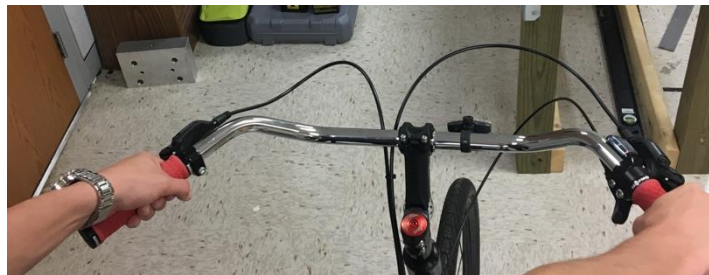
3. Release brake.



## How to Mount the Bicycle

These steps begin with the bicycle in an upright position resting on the kickstand.

1. Stand on either side of the bicycle facing the same direction as the bicycle is facing.
2. Grab the handle bars with one hand on each side.



3. Use your foot closest to the bicycle to sweep the kickstand towards the rear of the bike.



4. With the same foot, position the pedals so that the pedal closest to you is at its lowest position. (This may require the bike to be walked forward).



5. Swing leg closest to bicycle over the seat and straddle the frame.
6. Place foot on higher pedal while keeping balance on one leg.



## How to Attach Shoes to Clipless Pedals

These steps begin with the rider and bicycle in the same orientation as the steps above.

1. With the foot on the pedal, angle toes downward and push foot forward until shoe catches into groove.
2. Push heel down until shoe secures in pedal.

## How to Ride the Bicycle

These steps begin with the rider and bicycle in the same orientation as the steps above.

1. Push down on the higher pedal and place your other foot on the other pedal.
2. Sit on the seat.
3. Alternate pedaling and maintain balance on bicycle.





### **How to Maneuver During Riding**

These steps require the rider to be riding the bicycle.

1. Initiate a slight lean into the turn.
2. Turn handle bars to desired direction.

### **How to Detach Shoes from Clipless Pedals**

1. Rotate the foot away from the bicycle until the shoe is free.

### **How to Maneuver Bicycle on Foot**

1. Maintain two points of contact with the bicycle at all times.
2. If turning, rotate handle bars towards desired direction.



## How to Walk Bicycle Backwards

1. If bicycle is equipped with freewheel cog at the rear wheel,
  - a. Proceed to walk bicycle backwards.
2. If bicycle is equipped with fixed cog at the rear wheel,
  - a. Grab seat with one hand.
  - b. Lift seat so that rear wheel does not touch the ground.



c. Proceed to walk bicycle backwards.