



# Owner's Manual

June 2019

# **The most comfortable upright bicycles ever made.**

At Day 6, we hope you will enjoy riding our bicycles as much as we enjoy designing them. We have combined the best features of a recumbent (feet on the ground; wide, comfortable seat and backrest; reduced stress on the wrists, shoulders, low back, and crotch; easy on and off) with the best features of a traditional bike (dual 26" wheels, upright sitting position, positive steering, classic styling, great visibility, easy to find replacement parts) to give you an exceptional biking experience!

If you have any questions about your bicycle, please call the dealer you purchased it from or call Day 6 Bicycles at 406/570-1927, or email Day 6 at [kelly@day6bikes.com](mailto:kelly@day6bikes.com)

For most accessories and replacement parts, call your local bicycle dealer.

# Bicycle Assembly

**All Day 6 bicycles must be assembled by a professional bicycle dealer for proper set-up.**

**Failure to do this voids all warranties and could result in damage to the bike or serious injury.**

Important: Beginning in July of 2017, the Dream8, Dream24, Journey, Cyclone, and Patriot have a weight limit of 300 pounds. Samson has a weight limit of 400 pounds. Behemoth is 375 pounds. Previous Dreams and Journeys had a 250 pound weight limit.

Bikes pre-2015 only came in small and large. Never ride with more than 4" of seat post showing between the top of the seat post collar and the bottom of the Horizontal Backrest Tube clamp - with clamp all the way up on seat post. Riding with the seat post out too far can lead to seat post or frame failure and cause personal injury.

Anyone weighing more than the above weight limits voids all warranties and assumes all responsibility.

# Bicycle Set Up

**Seat Height.** When adjusted properly, your leg should have a slight bend when the pedal is in the extended position. If your leg is straight when pedaling, you need to lower the seat. If your leg has more than a slight bend or your opposite femur is above parallel with the ground, you need to raise the seat.

Too Low (knee too high)



Too High (too much seat post showing)



Just Right

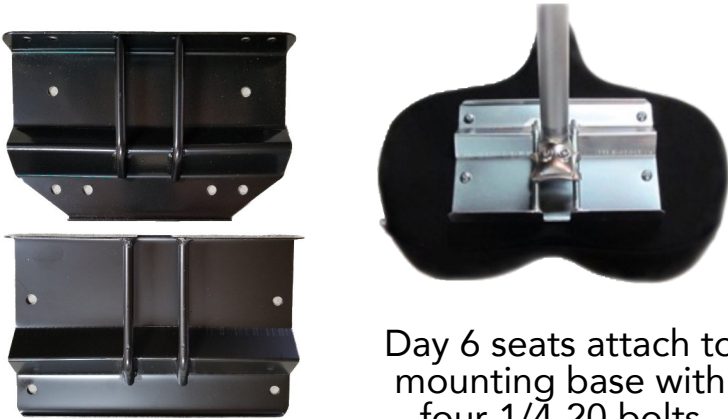


There is a maximum height for extending the seat post.

There should NEVER be more than 4" of seat post showing above the seat post collar and below the bottom of the Horizontal Backrest Tube clamp - when the

Horizontal Tube is adjusted to the top of the seat post. If there is more than 4" showing, you need the next size frame.

**Seat Angle and Depth.** Newer Day 6's have two bolts at the top of the seat post. Loosen them. (If the Horizontal Backrest Tube is attached to the seat post, you will first need to move it out of the way.)



Day 6 seats attach to mounting base with four 1/4-20 bolts

The upper seat pan is the new style and works with the Sport Seat and Contour Seat. The lower seat pan will not work with the Sport Seat.

When installing seat post, allow it to tilt forward as far as it will go. Tighten the two seat post bolts securely, going back and forth between them until they are tight. This will put the bottom of the seat parallel to the ground which is correct for most people. If not, loosen bolts and readjust angle. Securely tighten the bolts after finding the correct seat position and then reinstall the Horizontal Backrest Tube.

**NOTE: It is CRITICAL that the 2 seat post bolts are tight at ALL times. Check your seat before each ride. Failure to do this can cause serious injury.**



Proper seat angle for most people.



Horizontal Backrest Tube should be clamped as high as possible.

**NOTE: Older Day 6 bicycles have a quick release to secure the seat post. If you are concerned about someone stealing your seat or you can't get the quick release tight enough to secure the seat post, you can purchase a seat collar that uses bolts instead of a quick release. New Day 6 bicycles come with a dual bolt seat post collar. The seat post on a Day 6 bicycle is 30.4mm.**



Day 6 seat post collar with dual bolts.

**Backrest.** Backrest can be adjusted horizontally and vertically using the quick releases located under the zippered pouch. After adjusting the seat; slide the backrest forward until it rests comfortably against your back. Lock the quick release. Next, move the back cushion up and down until it fits comfortably in your lumbar area. Lock the quick release. You may need to readjust these after you ride for a while and find out what works best.

**Handlebars.** Height and angle can be adjusted to fit your size and riding preference. When the handlebars are adjusted correctly, you should be able to push comfortably against the back (you should not have to lean forward at all) and the handlebars should not hit your knees when turning. If you feel the handlebars are not tall enough, see your local bicycle dealer about getting an A-head style extension. If they are too tall and you don't have an adjustable stem, you can get one from Day 6 or at your local bicycle dealer.

**Handlebar angle adjustment.** Loosen the bolts on the stem at the base of the handlebars. Move handlebars to desired angle by pulling them toward you or pushing them away from you. Be sure to securely tighten all bolts after desired angle is set. Everybody is different but most bars should be set about parallel with the head tube as shown below.

**NOTE: Having the handlebars too far forward or backward can affect the steering and can be dangerous. If they are too far back, they can hit your knees while pedaling.**



Proper set up



Improper set up

# Bicycle Inspection

Before riding your Day 6, always inspect it to make sure all parts are adjusted and working properly. The frame and components are designed to be used in a responsible manner on streets and trails. Day 6 bicycles are not designed for racing, mountain biking, jumping, stunt riding, riding with more than one rider, riding with heavy loads, or any extreme type of riding or non-standard use and the warranty will not cover any of the above riding types. You are responsible for checking your bike before each ride and on a regular basis to make sure that the frame and parts are not cracked, loose, or broken and that they are working in a proper fashion. Failure to inspect your bike could lead to bike damage, severe injury, or even death.

If you choose not to inspect your bike and breakage or failure occurs, you are responsible and not Day 6 Bicycles or the dealer you purchased it from. Be responsible and safe – check your bike before each ride.

## The Big 4

These are the things people overlook most often when it comes to regular maintenance.

**Underinflated tires.** Check tires weekly to prevent premature aging of tires, hard pedaling, accidents, and getting stranded.



**Over lubricated chains.** Lubrication sounds good but too much attracts dust and dirt which wears out chains, derailleurs, and chain rings.

**Loose spokes.** Check spokes regularly. Loose spokes lead to broken spokes which can cause accidents and, at the least, lead to large repair bills.

**Seat post too high.** NEVER have more than 4" of seat post showing between the seat collar and the bottom of the horizontal backrest tube. A seat post pulled out too far can lead to serious injury if the seat post or frame breaks while riding.

## General Inspection

Check for loose parts by raising your bicycle about 3" off the ground and dropping it on the tires. If it is loose, it will rattle.

Make sure ALL quick release mechanisms/clamps are locked and tight.

Make sure wheels, fork, headset, seat, and seat post are tight.

Check frame/welds for cracks and bends.

Immediately replace a damaged frame as this can cause a crash and lead to a severe injury.

Take immediately to your local bicycle dealer.

**Quick Release Levers.** Quick release levers are used on both wheels (except Journey and Cyclone) and the backrest. Quick releases can be replaced with bolts if you are concerned about theft or having your settings changed. It is very important that all quick releases/bolts are tight.

The quick release lever should never be tightened like a nut.

To tighten, open the quick release lever, turn the nut clockwise and then close the quick release lever by pushing it in.

If the lever can be easily pushed closed, repeat above step until it takes a firm push to close it.

**Brakes and Pads.** While rolling slowly, squeeze brake levers. Bike should stop quickly and levers should be at least 3/4" from hand grips. Since brake cables stretch, it will be necessary to adjust cables periodically. See your local dealer for this.

Make sure pads are aligned correctly on rims. Replace worn or hardened pads.

**Wheels and Tires.** Check for loose or missing spokes. See your local dealer to get them fixed or replaced immediately.

Check front and rear wheel quick release levers every time you ride. Pick up end of bike and strike top of wheel with a few sharp blows to check for looseness.

Spin wheels to make sure they are centered and do not wobble.

Make sure tires are properly inflated to pressure listed on sidewall or just below that. Tires can lose a lot of air in just a week. Riding with under inflated tires is dangerous, hard on the tires, and it makes pedaling more difficult. If possible, avoid curbs, potholes, railroad tracks, and other hazards

**Chain and Derailleur.** Look for wear on chain rings, chain, or links that don't swivel easily.

If chain comes off chain ring, have your local dealer adjust derailleur.

## Bicycle Cleaning

It is important that you keep your bicycle clean – especially the moving parts (chain, derailleur, gears, etc.) since grit and dirt can damage these and shorten their useful life. If you are riding continually, it is best to wash your bike monthly or if it is noticeably dirty.

**Cleaning the frame.** To remove dirt, wash lightly with a hose. (Never use a pressure washer or take to a car wash as water can penetrate the bearings.)

Use warm soapy water and a SOFT brush to finish cleaning. (Never wipe the dirt with a rag as the dirt will scratch your bike's paint.)

Lightly rinse with hose.

**Cleaning greasy chains and drive train components.** Apply a degreaser and allow it to soak for 10 minutes. Scrub greasy area with an old brush.

Lightly rinse with a hose.

## Lubrication

Proper lubrication of moving parts means a longer life for the components of your bicycle. The chain needs to be inspected frequently. Be sure to use lubricants especially designed for bicycles. Never over-lubricate and wipe off any excess as this will attract dirt.

**Chain.** Lubricate with bicycle chain lube regularly, more often during wet conditions. It is best to do this in the evening so the lubricant has a chance to soak into the chain before riding again.

**Derailleur.** Oil pivot points each month.

**Hubs, headset, bottom bracket bearings, cables.** It is recommended that your local bicycle dealer lubricate these items every 6 months.

# Riding Rules

Always wear a helmet – most serious accidents involve the head.

Ride defensively – NEVER assume drivers of vehicles see you.

Watch for turning and stopping cars and opening car doors.

Be especially cautious at intersections and driveways.

Watch for hazards – pot holes, sand, curbs, RR tracks, manhole covers.

Watch for deep cracks running parallel with the road. Your front tire can get wedged in there and throw you.

Be careful when passing motor vehicles. Obey all traffic rules and signs.

Use the proper hand signals when turning and stopping.

Don't ride on sidewalks unless necessary – be courteous to pedestrians.

Do not hitch rides on motor vehicles.

Ride on the side of the road going the same direction as the traffic.

# Riding Tips

Wear comfortable clothing - but not loose clothing. Wear bright colored clothing.

Layer your clothing so you can add or remove depending on the temperature.

Never ride with bare feet. (If you are not convinced I will show you where my friend Terry used to have a little toe.)

Don't wear head phones – you won't be able to hear traffic.

Use a rear view mirror to see what is going on behind you.

At night, wear clothing with reflective material. Use an appropriate lighting system during the day and night.

Use extra caution when riding at night, in rain, on snow or ice – give yourself plenty of time to stop.

Never ride with more than one person on your bike.

Do not disturb wildlife.

Slow down when approaching another rider or pedestrian. Respect all public and private property. Be extra alert when cycling with children – make sure they know the rules!

# Day 6 Limited Warranty

Day 6 Bicycles, located in Logan, IA makes the following Limited Warranty concerning Day 6 Bicycles:

10 year frame warranty. Subject to the following limitations, terms, and conditions, Day 6 Bicycles warrants to the original owner of each new aluminum frame that the frame is free from defects in workmanship and materials for a period of 10 years. This Limited Warranty does not apply to damage or failure due to: accident, neglect, abuse (such as jumping, acrobatics, stunt riding or similar activities, competitive riding, riding over the weight limit, having seat post out further than 4", carrying excessive weight) and/or improper maintenance, alteration, collision, or normal wear and tear.

Limited Six (6) Month Warranty: Subject to the following limitations, terms, and conditions, Day 6 Bicycles warrants to the original owner of each new Day 6 bicycle that all other original parts attached to the frame (forks, seats, seat posts, drive train, wheels, brakes, stem, etc.) are free from defects in workmanship and materials for a period of 6 months. This Limited Warranty does not apply to damage or failure due to: accident, neglect, abuse (such as jumping, acrobatics, stunt riding or similar activities, having seat post out further than 4", competitive riding, riding over the weight limit, carrying excessive weight) and/or improper maintenance, alteration, collision, or normal wear and tear. This warranty does not include tires or tubes.

**Additional conditions.** All warranties are in effect for the original owner only and are NOT transferable.

To exercise your rights under this warranty, the Day 6 bicycle must be presented to a dealer or Day 6 Bicycles along with a receipt or other proof of purchase.

Should any part of your bicycle, as determined by Day 6, be covered under this warranty, it shall be repaired or replaced, at Day 6 Bicycle's sole discretion, which will be conclusive and binding.

This warranty does not cover any transportation costs to and from place of repair.

Day 6 does not authorize or permit anyone, including its dealers, to make any other warranties, expressed or implied, for Day 6.

Day 6 will not be responsible for incidental or consequential damages.

This warranty is expressly limited to the repair or replacement of a defective frame, fork, or other part and is the sole remedy of the warranty.

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