Please read this manual fully before using your new Adams Trail-A-Bike.

Trail-A-Bike ➤ Original 1 ➤ Compact 1 ➤ Original 24
Original Shifter 7 ➤ Original Alloy 1 ➤ Original Tandem

www.trail-a-bike.com
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* Most specific Trail-A-Bike parts mentioned in this document are illustrated at the back of this document. 
  (A) Applies to all 2005 - 2008 models, including Trail-A-Bike Folder and Shifter from 2004 and earlier.
General Instructions and Disclaimer:

Please read this manual fully before using your new Adams Trail-A-Bike.

Before mounting the Adams Trail-A-Bike to any bicycle and going out for a ride with your children, please read and understand the following installation and use instructions. If in doubt with any element comprised in this manual, please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com.

Compatibility with Adult Bicycles:

- This unit is designed to fit and attach securely to most adult bicycles using a wheel size of 26” (mountain bike size), 27” or 700C.

- It should not be fitted to bicycles with 20” or 24” wheels, as they may not have enough pedal clearance between the Trail-A-Bike’s pedals and the ground when leaning or turning.

Compatibility with Smaller Bicycles:

- On smaller bicycles, it is recommended that the minimum height for the Trail-A-Bike is 76cm or 30” from the ground to the bottom of the hitch assembly or 7.5cm or 3.5” between the bottom of the hitch and the rear tire of the towing bicycle.

- This same clearance should be kept if using a fender or pannier rack.

- This will ensure proper clearance for the Trail-A-Bike pedals when cornering as well as clearance for the towing bicycle rear tire, rear fender, or rack under the hitch arm.

Recommendations:

- We recommend using only a high quality chromoly seat post to tow the Trail-A-Bike. Seat posts made of thin alloy, steel, or carbon fiber, could bend or break.
• Always use the flag supplied with your Trail-A-Bike to make you more visible. This flag mount is designed to have the flag mounted on the left rear wheel side of the Trail-A-Bike or directly on the frame from 2004 models onward.

• We also recommend to install a full coverage rear fender on the towing bicycle to stop debris from being tossed onto the Trail-A-Bike rider.

**Weight Limits:**

• The Compact, Folder 1, Shifter 7, and Alloy Folder 24 Trail-A-Bikes have been designed to carry one child with a maximum weight limit of 38.5kgs or 85lbs.

• The Tandem Trail-A-Bike has been designed to carry two children with a total combined weight of 56.8kgs or 125lbs.

• For the Compact, Folder 1, Shifter 7, and Alloy Folder 24 Trail-A-Bikes, the adult-to-child weight ration should be at least 2:1. Therefore, the rider up front should be at least double the weight of the child at the back.

• For the Tandem Trail-A-Bike, we strongly recommend the lead rider to be at least 91kgs or 200lbs. to ensure proper control of the lead bicycle.

**Young Children:**

• We do not recommend riding with children who are not already able to ride on a smaller bicycle with or without training wheels.

• If this product is to be used by children that are too young, too small, or due to any disability not physically able to balance themselves on the seat. We strongly recommend using the optional backrest (see picture on www.trail-a-bike.com or appendix). Also, if the infant is really small or below riding age, the optional baby seat should be used.
Terrain:

- This Trail-A-Bike is designed for paved or smooth gravel roads. We strongly recommend using it on bicycle paths, bicycle lanes, or low traffic roads only. Although not advised, if the Trail-A-Bike is to be used on streets shared with other vehicles, extreme caution should be taken.

- Do not use this Trail-A-Bike on trails, rough roads, or where the Trail-A-Bike will be subjected to significant or constant jarring and/or shock, as your child could be bumped off the unit. Avoid large bumps, potholes, and riding off curbs with the Trail-A-Bike attached with a young rider on it.

Speed:

- Slow speeds are safe speeds. The Trail-A-Bike is designed for slower speeds (under 20kph). If that speed is exceeded, it could cause a loss of control and possible injury or death to either rider.

Night Riding:

- We do not recommend using this Trail-A-Bike after dark or in low light conditions. If you must use the Trail-A-Bike in poor light conditions, it is the responsibility of the owner and user to provide an adequate lighting system for both the tow bicycle and the Trail-A-Bike that will clearly be visible from the front, sides, and back.
Disclaimer:

• Proper installation of this Trail-A-Bike to your bicycle is critical and is not the responsibility of the manufacturer or retailer. See specific installation instructions within this manual (page 5 onward).

• Improper use of this unit may result in damage to your Trail-A-bike and your bicycle and could even result in serious injury or death for the child on the Trail-A-Bike or the rider on the bicycle towing the Trail-A-Bike.

• After reading this manual, if you have any additional questions regarding the assembly, installation, and/or use of this Trail-A-Bike, please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com.

• Before mounting the Adams Trail-A-Bike to any bicycle and going out for a ride with your children, please read and understand the following installation and use instructions. If in doubt with any element comprised in this manual, please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com.

Attaching your Trail-A-Bike to your bicycle

• Before attaching the Trail-A-Bike to your tow bicycle and taking your child out for a ride, please read and understand the following mounting instructions. Please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com for additional help.

• For a visual on all parts with reference numbers, see page 21.
Installing the Front Hitch Assembly

• The patented ‘universal hitch assembly’ is already mounted to the forward arm of the Trail-A-Bike. You only need to remove the front portion (from the quick release pin forward, #1, pg. 21) from the Trail-A-Bike and install it on the seat post of the towing bicycle. To do this, follow these instructions:

1) Undo the black plastic thumb-nut at the end of the quick release pin assembly (#8, pg. 21). Open the quick release lever and slide the hitch pin out of the universal hitch assembly.

2) Pull forward this front section and slide it out of the universal hitch assembly.

3) Remove the seat and seat post of the towing bicycle, taking care to mark or measure the seat height in order to later return it to its original position. To remove the seat and seat post, use the quick release or loosen the Allen Key bolt or the nut and bolt.

4) Select one of the four plastic shims (#6, pg. 21) that come with the Trail-A-Bike and slide the best fitting one over the bottom of your towing bike seat post. Refer to the seat post diameter size engraved on the shim. Seat post diameter is also engraved on the seat post.

• When slightly compressed, the shim should be as snug as possible over the post but should not close tight against itself.

• If a seat post diameter is smaller than 24mm or 7/8”, it may be necessary to add additional shim material to bring it up to minimum size. Please ensure that once installed and fully tightened, the Trail-A-Bike hitch is tight enough to not allow the hitch and shim assembly to rotate on the seat post.

5) Slide the hitch (#1, pg. 21) over the seat post.

6) Slide the shim up over the bottom of the seat post, with the step facing down.
• Make sure to install the shim (#6, pg. 21) with the step facing downwards (closet to the frame). This thick lower edge will protect the frame from being damaged. If the shim is incorrectly installed with the step on the top, the hitch assembly could slide downwards off the bottom of the shim and hit the frame. Not only could the Trail-A-Bike become loose and hard to handle, but it could also damage the frame of the towing bicycle.

7) Slide the hitch assembly (#8, pg.21) down over the plastic shim.

8) Re-install the seat post and seat assembly back into the bicycle, making sure to adjust the seat height back to the correct position.

• Seat post insertion is very important. There should be at least 75mm or 3” of seat post inside the bicycle frame.

9) Tighten the seat post into the towing bicycle correctly at the correct height.

10) Slide the plastic shim and metal hitch assembly down on the seat post as low as possible or according to the previous guidelines for compatibility with smaller bicycles (see page 2).

11) Rotate the hitch unit so it faces directly backwards off the back of the seat post unit and tighten it securely in place using the two 5mm Allen bolts. Alternate tightening the upper and lower bolt until hitch assembly does not rotate on the seat post.
Attaching the Trail-A-Bike to your bicycle

1) Lift the Trail-A-Bike unit up behind the towing bicycle and carefully slide the universal joint section on to the hitch assembly.

2a) Re-install the hitch pin by snapping the quick-release locking pin (#8, pg.21) over the unit and by winding the black plastic knob on to the end of the pin to lock it in place.

• If the quick-release locking pin is incorrectly installed and is not locked in place with the additional snap clip and locking knob, the pin could come out, causing the Trail-A-Bike to come off the towing bicycle. Serious injury or death could result.

2b) Make sure the protective sleeve is properly installed over the universal hitch. This protects the components against the elements as well as preventing your hands to get dirty or pinched between its components.

Adjusting your Trail-A-Bike

• Before taking your child for a ride on your new Trail-A-Bike, please read and follow these simple adjustment instructions. This will make the ride safe and more enjoyable for both you and the rider of the Trail-A-Bike.

1) Make sure the Trail-A-Bike seat (#26, pg.21) is level to the ground. If not, loosen the 13mm nut under the seat and click it to a level position. Re-tighten the seat post clamp.
2) Sit the child on the seat and place the child’s feet (with shoes) on the pedals (under the ball of the foot is best). Rotate one of the pedals to the lowest position and check that the child’s knee is slightly bent.

3) If the seat appears to be too high or too low, using the quick-release (#28, pg. 21) or 6mm Allen bolt (#29, pg.21), adjust the seat post up or down. Once this is done, return to steps 1 and 2 and re-check for correct seat height adjustment. Ensure the seat post minimum insertion mark (located on the seatpost) is not visible and is inside the Trail-A-Bike seat tube.

4) Tighten the seat post and seat post clamp securely to prevent unwanted rotation or slippage.

5) Check the reach of the child from the seated position to the handlebars. You may need to adjust the angle of the bars if the child has to reach too far forward or if the bars are too close.

**Adjusting the handlebar**

1) To adjust the bars, simply loosen the 5mm Allen key bolts (#18, pg.21) on the stem and rotate the bars slightly forward or backward until the reach is comfortable for the young rider.

2) Tighten the bars in position sufficiently to prevent unwanted rotation.

- When the bars are set in the correct position, the child should be riding in a comfortable upright, riding position with arms slightly bent at the elbows when their hands are on the grips.

- Please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com for additional help.
Pre-Ride Safety Checks

- Before attaching the Trail-A-Bike to your tow bicycle and taking your child out for a ride, please read and understand the following pre-ride safety check instructions. Please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com for additional help.

1) Make sure the seat height and handlebar adjustments are appropriate for the child that will be riding the Trail-A-Bike.

2) Make sure:
   - The hitch pin (#8, pg. 21) is completely inserted through the universal joint.
   - The additional snap clip is snapped over in place.
   - The plastic locking knob on the Trail-A-Bike is secured properly.

3) Make sure the protective sleeve cover (#7, pg. 21) is installed back over the entire universal hitch connection at all times. This sleeve should always be in place to ensure that your hand or fingers won’t get caught or pinched when moving the towing bicycle and Trail-A-Bike around.

4) Check to ensure correct tire pressure (35 to 40 PSI).

5) Check quick-release or Allen bolt for seat post and handlebar tightness.

6) Ensure all bolts and nuts as well as hitch parts are tight and working properly. If there is any sign of wear in the hitch or loose parts, see your point of purchase or nearest Adams Trail-A-Bike dealer for replacement parts and avoid using the Trail-A-Bike until the necessary repairs have been performed. Serious injury or death to either the rider of the tow bicycle or the rider of the Trail-A-Bike could result if failure of this hitch assembly was to happen while riding.

- When in doubt, please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com for additional help.
Protection

- Both the rider on the towing bicycle and the child riding the Trail-A-Bike must wear approved cycling helmets. Helmets can prevent or reduce injuries in the event of an accident. You and your child should also wear additional protective gear such as gloves, pads, and sunglasses.

Starting Position

- Ensure that the child riding the Trail-A-Bike is holding on and is in a safe riding position before starting out or going for a ride.

- Please ensure that while riding, your child is seated properly and is holding on to both grips. If the unit was to hit a bump when the child has only one hand or no hands on the grips, or is already off balance, it is very easy for the child to lose their balance and possibly fall off the Trail-A-Bike.

Riding with the Trail-A-Bike

- Before riding with the Trail-A-Bike, please read and understand the following instructions. Please refer to your bicycle dealer, point of purchase, and/or www.trail-a-bike.com for additional help.
**Riding Characteristics**

- Remember that with a Trail-A-Bike attached to your bicycle, the unit is longer than before and the riding characteristics will be quite different.

1) Flat ground
   Take extra care to make your moves on the towing bicycle very slow and smooth. This will make it easier for the rider on the Trail-A-Bike. Look far ahead in order to move straight.

2) Turning
   Avoid extremely sharp turns while towing a Trail-A-Bike as it will be very difficult to maneuver. Try to follow a smooth and wide arc whenever possible.

3) Uphill
   When you are riding uphill, we strongly recommend using a very smooth in-the-saddle position. Climbing out of the saddle will tend to sway or lean the bicycle from side to side. This movement is greatly exaggerated at the Trail-A-Bike and it may be very difficult for the child to hang on. Serious injury or death may result for the child or the rider of the tow bicycle.

4) Downhill
   Due to additional weight, we advise being extremely cautious when you are coasting downhill towing a Trail-A-Bike. Make sure to control your speed at all times by using both brakes.

**Traffic Regulations**

- As a Trail-A-Bike towing bicycle, you are considered a vehicle operator - please observe and obey all traffic regulations when riding.
Teaching your child

The art of shifting (Original Shifter, 24”, and Tandem)

• Your child will enjoy learning to shift gears on their own as the Trail-A-Bike allows them to become familiarized with selecting an appropriate gear combination for the terrain. We recommend that you explain to your child how to shift gears and which gear they should use to follow the demand of the terrain. Your child will quickly realize how convenient it is when going uphill and enjoy that they can help with the work by pedaling in an easy gear.

• This new Trail-A-Bike is equipped with a wide range 7-speed Shimano derailleur (5-speed for pre-2004 models) and a shifter. Your child will also find it helpful and easier to learn when riding on the back to adapt their pedaling to yours. This gear shifter and Shimano rear changer combination is easy to use and requires little maintenance.

• To shift gears, explain to your child that the Trail-A-Bike should be moving forward and that it is best to only shift 1 or 2 gears at a time. Shifting more gears at once or adjusting the shifter while the child is not pedaling could result in miss shifting and/or damage components.

• Please also explain that damage to the shifting system can occur if the system is pedaled backwards, especially if the shifter is moved out of position at the same time.

• When starting out or going uphill, it is best to start with the chain in the easiest 1st gear (when the chain is on the largest rear cog, or closest to the spokes of the wheel). As your child needs a bigger or harder gear, they can adjust the shifter to change the gears to a more appropriate one. While moving the shifter, your child will hear an audible “click” and will see the indicator line up with the “2” gear, and so on. This is perfectly normal.

• It is important to instruct the child to always pedal forward and to decrease the pressure on the pedals while shifting. This will make the shifting much
smoother, quieter, and easier on the Trail-A-Bike components. Use this same procedure to shift from 1st through 5th gear (or hardest or highest).

- To downshift, or to get back into an easier gear for climbing hills or before coming to a stop, simply explain and show the child that they can push back on the gear shifter in order to move the rear changer from 5th to 4th to 3rd gear and so on. Again, explain that it is important to keep pedaling forward and to decrease the pressure on the pedals before trying to shift the gears.

The art of coordination

- While riding with the Trail-A-Bike, teach your child to match your pedaling style, cadence, and safe riding. Also explain that to minimize the side-to-side movement you the rider will feel, your child should avoid throwing their weight from side-to-side as much as possible.

Folding your Trail-A-Bike (except Tandem model)

- It is easy to fold the Trail-A-Bike for handling, storage, and transportation. To put the frame into the folded position, please read and follow these steps:

1) Remove the Trail-A-Bike from the tow bicycle by undoing and pulling out the quick-release locking pin (#8, pg. 21) located at the front of the universal joint area (directly behind the seat post).

2) Undo the quick-release seat post clamp (#28, pg. 21) and slide the seat post out of the frame.

3) Holding onto the handlebars (#22, pg. 21), fold the front section of the Trail-A-Bike unit to the right, all the way around until it lines up directly over the rear section of the Trail-A-Bike.

Warning:
Take care not to get your fingers anywhere near the pivoting sections as the frame tube swings around. Serious injury could result if they are caught between the tubes. To prevent this, hold the Trail-A-Bike by the handlebars, leaving the rear tire in contact with the ground.
4) Insert the quick-release locking pin (the one you just removed from the universal joint main hitch area, #16, pg. 21) into the hole in the main frame hinge located just in front of the cranks). This will keep the frame in folded position as well as prevent losing the pin.

5) Once the pin is inserted into the frame holes, it will be ‘locked’ into the folded position and will be much easier to handle. This way, it will not unfold when you are handling it.

**Unfolding your Trail-A-Bike**

**Note:**
If you have a foldable Trail-A-Bike, please read and follow these steps to ensure your Trail-A-Bike is correctly unfolded and locked into the ready-to-ride position before attaching it to the tow bicycle.

1) Remove the locking pin from the frame locking holes (#17, pg. 21).

2) Unfold your Trail-A-Bike counter-clock-wise until the upper portion of the seat post area lines up with the lower seat section frame tubes. If your model is a multi-spied version, take care not to tangle, kink, or break any cables while doing this.

**Warning:**
Take care not to get your fingers anywhere near the pivoting sections as the frame tube swings around to line up. Serious injury could result if they are caught between the tubes.
3) Slide the seat post (with the seat attached #27, pg. 21) into the upper and lower frame tubes once these are lined up.

4) Using the quick-release seat post clamp (#28, pg. 21), secure the seat post into place. This also holds the frame together and in line.

**Note:**
See the ‘Adjusting the Trail-A-Bike’ section (page 8) to ensure correct seat height. If it is always the same rider at the back, it may be easiest to mark the seat post at the right height (putting a strip of electricians black tape is the easiest way) so it is very quick and easy to set the seat to the right height without always re-adjusting.

**Warning:**
Please ensure that there is a minimum of 100mm or 4” of seat post down inside the frame so that it is inserted past the junction between the upper and lower folding sections. It is important that the seat post is not too high or it will not correctly secure the frame in the ready-to-ride position.

**Trail-A-Bike Hitch**

- The hitch is the component that connects your Trail-A-Bike to the lead bicycle. By design, it exceeds the Canadian and US metallurgical standards by 8 times.

- Prior to each ride, the hitch and universal joint should be inspected as it still represents the most important component on the Trail-A-Bike. Here are the few inspection points that should be covered before each ride:

**Hitch and universal joint**

- The hitch and universal joint should be inspected before every ride. You should look for integrity and any sign of cracks. Most importantly, areas to be inspected should include: around the welds and around connecting points on the universal joint.
Universal joint hardware

- Another part of the inspection should include the hardware connecting the Trail-A-Bike frame to the hitch, the universal joint. Visual inspection can provide valid confirmation that the hardware is properly installed. The bolt should protrude through the ‘Nylock’ nut for the nut to provide a high friction fit for the bolt, preventing the nut to loosen off under vibrations.

- Additionally, you should periodically inspect bolts for tightness. Bolts should be tight against the hitch’s first knuckle. Do not over-tighten.

Protecting Sleeve

- A protecting sleeve is installed on the universal joint at the factory. This sleeve has several purposes. First, it protects your hands from pinching while handling the Trail-A-Bike. It also protects the universal joint parts from the elements, prolonging the life of the components.

- It is very important that the universal joint cover stays on at all times in order to protect your investment.

Note:
The cover also represents a safety feature for the universal joint hardware.

- If you have any doubt about the function of safety of the Trail-A-Bike hitch, immediately stop using Trail-A-Bike and see your dealer for inspection of the product. You can also contact us on the Trail-A-Bike website at www.trail-a-bike.com or see our FAQ page for information.
Trail-A-Bike Maintenance (Every 100km or 3 months)

• Periodic maintenance (lubrication, tire pressure verification, etc.) is required. Although the Trail-A-Bike is no different than a bicycle, there are a few key points to check.

• Should you be unsure about the following maintenance guidelines and/or any safety aspect of the Trail-A-Bike, please contact your nearest Adams authorized dealer for assistance.

1) Should the universal joint section (#1 or #12, pg. 21) or any of the securing pins (#8 or #16, pg. 21) used on the Trail-A-Bike appear to be worn, damaged or loose, stop using the Trail-A-Bike and replace them immediately. Damaged or worn parts and pins are dangerous. See your nearest Adams Trail-A-Bike authorized dealer for replacement parts if necessary.

2) Lubricate the universal joint section (#12, pg. 21) by sliding the universal joint cover back (#7, pg. 21) and away from the hitch area. This will expose the center block (#11, pg. 21) in the universal hitch area. You will notice a small hole at the top and on the side of this block. Using a needle grease gun (available at any bicycle shop), force grease into these holes until you see extra grease squeezing out.

3) Lubricate the chain (#40, pg. 21) with proper bicycle chain lube or lightweight oil.

4) Feel free to wax the Trail-A-Bike bike with UV protective wax to protect and preserve the finish. Car waxes work great for this; follow the appropriate instructions.

5) Ensure the reflectors (#36 and #39, pg. 21) and flag (#37, pg. 21) are clearly visible, clean and not damaged.

6) Should the Trail-A-Bike need cleaning, only use soap and water. Some cleaners use solvents, which may damage the paint and/or parts.
Summary and Warranty

Note:
There are clauses that may limit your warranty. Please read the following:

• To ensure customer satisfaction, the Trail-A-Bike has a limited lifetime warranty on the frame against any defect in material or workmanship. This covers exclusively, for the original owner, problems found under normal use and service from the date of purchase. Adams will also repair or replace, at no charge, any original equipment if determined to be defective for a period of 90 days following the date of purchase to the original buyer.

• Should this product fail in any way due to manufacturer’s defects, please call or visit your nearest Adams Trail-A-Bike authorized dealer. You will need to show your original sales receipt or similar proof of purchase. Your nearest Adams distributor or Norco branch office (warranty centers) will provide the dealer with a prompt replacement part and/or help you with a repair as necessary.

Note:
This warranty does not cover normal wear items such as: wheels, tires, tubes, cables, etc. It also does not cover damage arising from: neglect; accidental or intentional damage; institutional, commercial or rental use; or any other misuse of the product. Expressly excluded by this warranty is liability for consequential property or commercial damages.

• Should the Trail-A-Bike need to be returned, contact your point of purchase, nearest authorized Adams Trail-A-Bike dealer or distributor and they will handle the situation for you.

• Note that shipping charges will be paid by the customer and that once the repair or replacement is complete, the unit will be shipped back to the dealer. If in the case of replacement, your exact unit is not available, one of equivalent type, quality and/or price will be substituted. Please always include a letter explaining the problem in detail and a photocopy of your bill of sale.

THIS IS A LIMITED WARRANTY
Thank you for purchasing this quality Adams product. We know it will give you many pleasurable hours with your children and years of great performance.

Please see our website at www.trail-a-bike.com for further information on this or any of our products.
## TRAIL-A-BIKE PARTS ILLUSTRATION

All models except Tandem  
(models not exactly as shown)

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