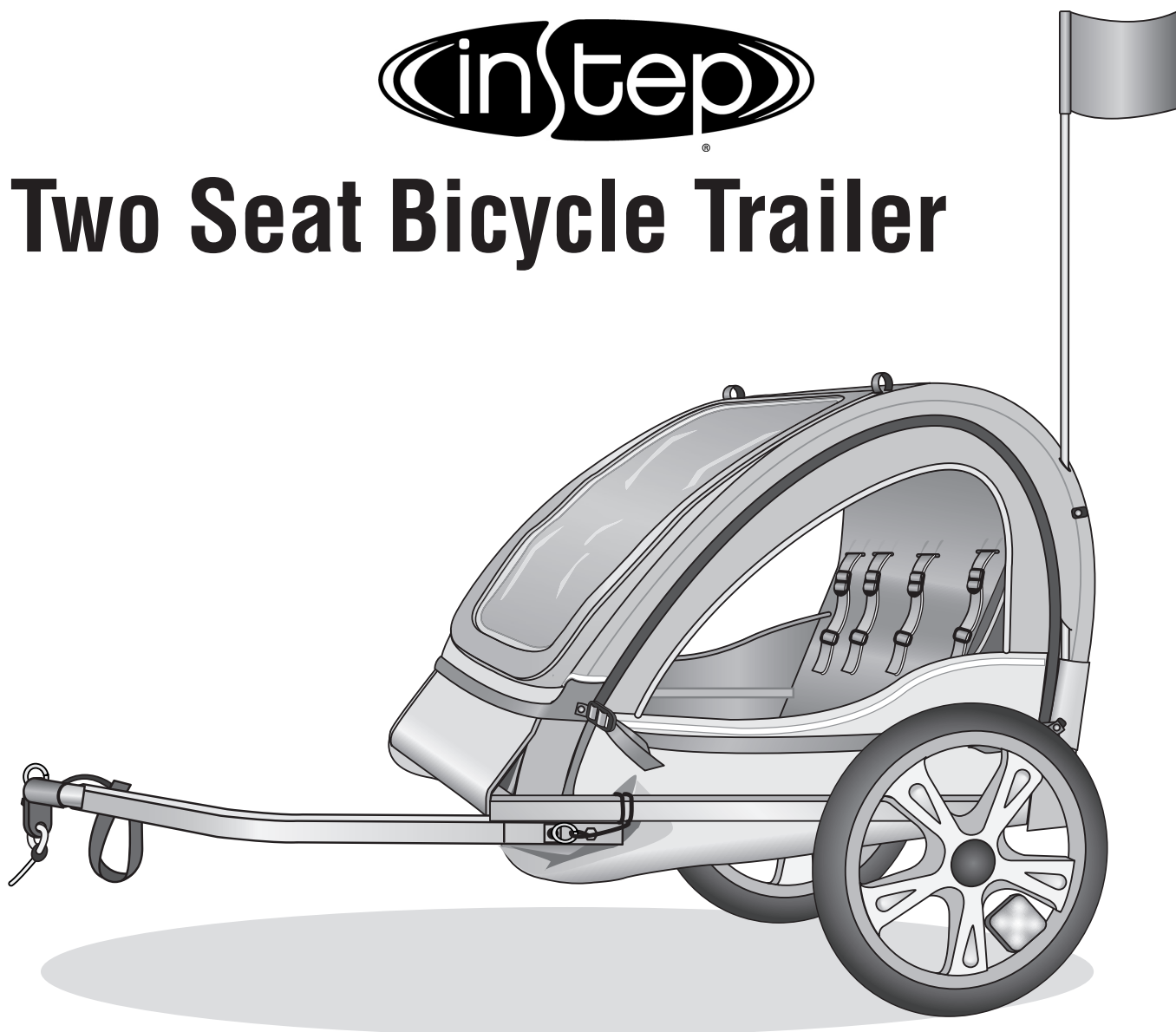




# Two Seat Bicycle Trailer



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## User'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.

**Important! Keep instructions for future reference.**

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# 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:

## Contact us:

**Phone:** 1-800-242-6110

**The Web:** [www.instep.net](http://www.instep.net)

**Email:** [info@instep.net](mailto:info@instep.net)

**Address:** 4730 East 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.

# 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. ANY IMPLIED WARRANTIES, INCLUDING ANY WARRANTY OF MERCHANTABILITY AND WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN DURATION TO THE DURATION OF THE EXPRESS 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, NEGLECT, 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. at 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.

# 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

- An adult who has read and understands the information and warnings in the manual shall 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.
- Never allow children to assemble, fold, or disassemble the trailer.

## Children

- The maximum weight capacity per child is 50 lbs. The total weight (children and cargo) in the trailer cannot exceed 115 lbs. Never have more than two children in the trailer at one time.

- This vehicle is intended for use with children at least 12 months old and weighing up to 50 lbs. Never use with children that cannot support their own head.



**WARNING** Avoid serious injury from falling or sliding out. Always use the 5-Point Safety Harness.



**WARNING** Never leave children unattended in or around the trailer.

## Use

The manufacturer recommends the bicycle to be used with the trailer undergo a safety check with a qualified bicycle mechanic before attaching the trailer.

### Before each use check:

- The trailer for damage. Do not use if damaged.
- The tire pressure. 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 fasteners are tight. Tighten if necessary.
- The safety flag and reflectors are in place. Do not use the trailer without the safety flag and reflector in place.
- Attach a rearview mirror on the bicycle to check on the (child/children) in the trailer.
- Ensure the brakes work properly! Braking distance is increased when pulling a trailer.
- When using the double trailer with one child, seat them in the center.



**WARNING** Any load attached to the handle affects the stability of the trailer (pram/push chair). Unstable hazardous conditions may exist if package carrying accessories are added to the product.

- The maximum weight that can be carried in the cabin pockets is 1 lbs. each. The maximum weight that can be carried in the rear storage area is 10 lbs.

### During use be sure to:

- 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.



**WARNING** 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.

- Always have the canopy in place.
- Always maintain a safe speed. Avoid quick, sharp changes in direction, as tip-over may occur. The trailer is not intended for use at high speeds. Do not exceed 10 MPH.
- Allow extra clearance for the trailer when near curbs, parked cars, and other obstacles. The trailer requires a wide turning radius. Do not turn sharply.
- Use caution when turning on loose or uneven surfaces and when going downhill. Avoid braking suddenly.
- 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.



**WARNING** Do not add a seat pad (mattress) thicker than 2.5" (63.5mm).

- Accessories not approved by the manufacturer shall not be used.
- If the trailer has a parking brake then always engage when stopping, releasing the handle or loading / unloading children.

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## Storage

- Use caution to avoid pinch points when folding or unfolding the Jogging Trailer.



**WARNING** Do not use cleaning solvents; clean only with mild soap and water.

## Additional Warnings for Customers in the European Union



**WARNING** Use the harness as soon as your child can sit unaided.



**WARNING** The seat unit is not suitable for children under 12 months old.



**WARNING** This product is not suitable for running or skating.

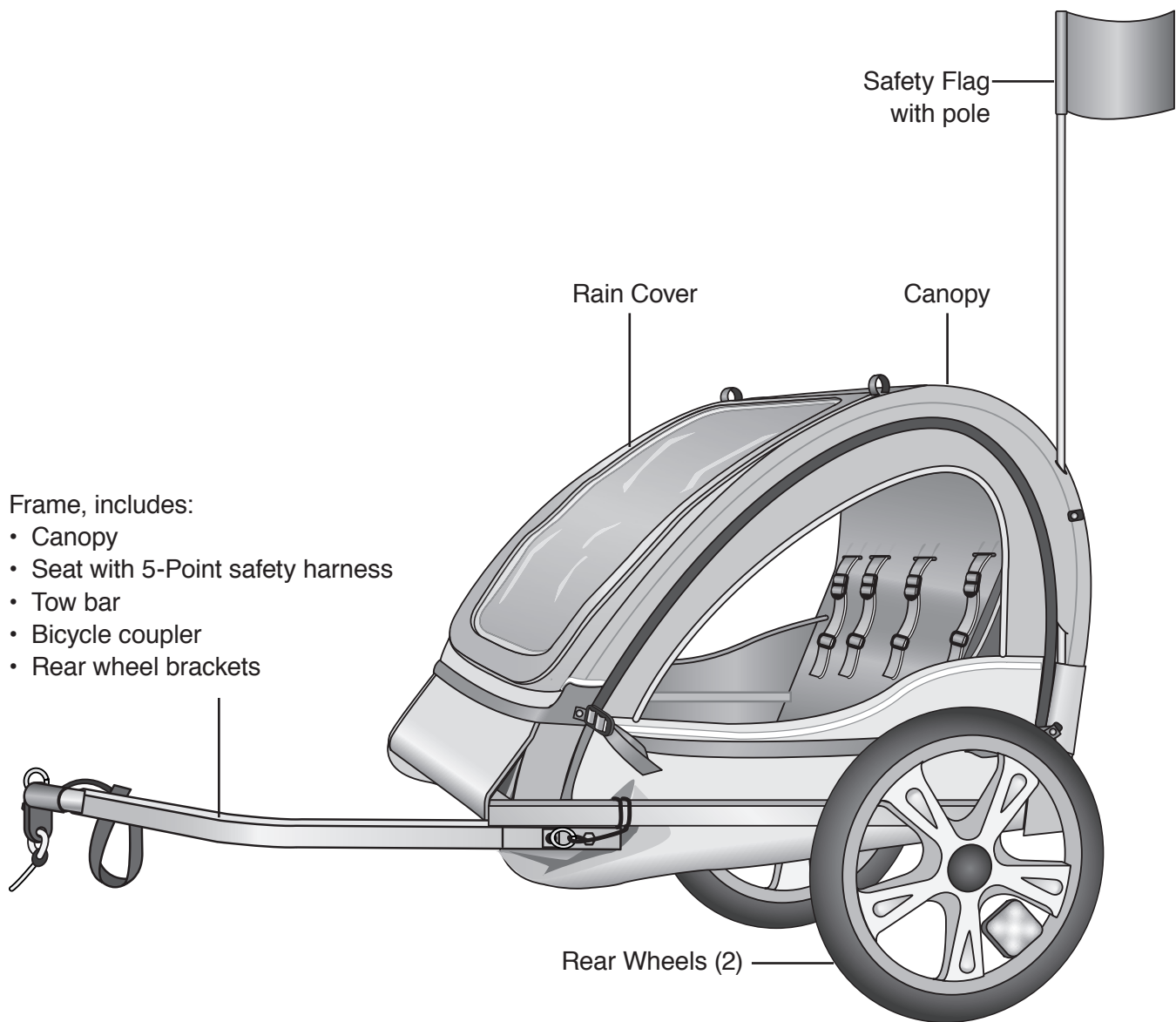


**WARNING** Check the trailer (pram) body or seat unit attachment devices are correctly engaged before use.



**WARNING** Always use the crotch strap in combination with the waist belt.

# Parts and Features



# Assembly

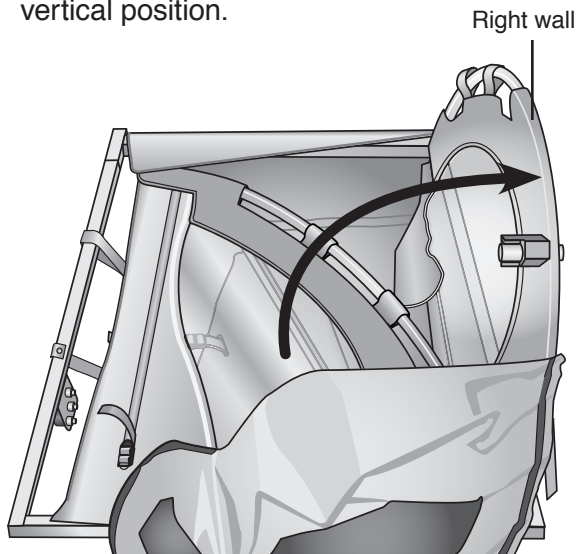
## Unfold the Canopy Frame

### **WARNING!**

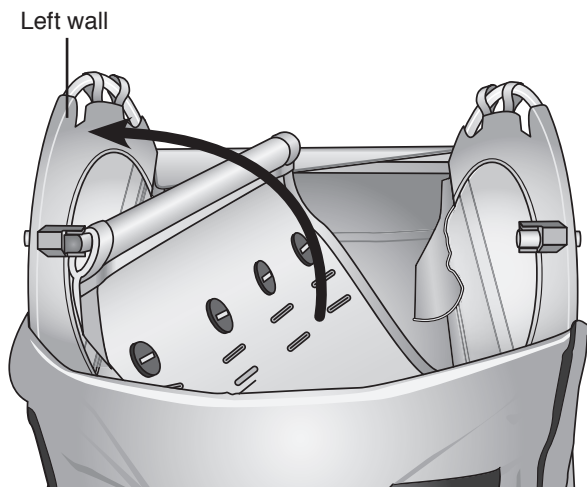
There are pinch points between the sidewalls and the frame of the trailer that may cause injury. Fold or unfold the trailer slowly using caution. Keep children clear when folding or unfolding the trailer.

Ensure that all locking devices are engaged before use.

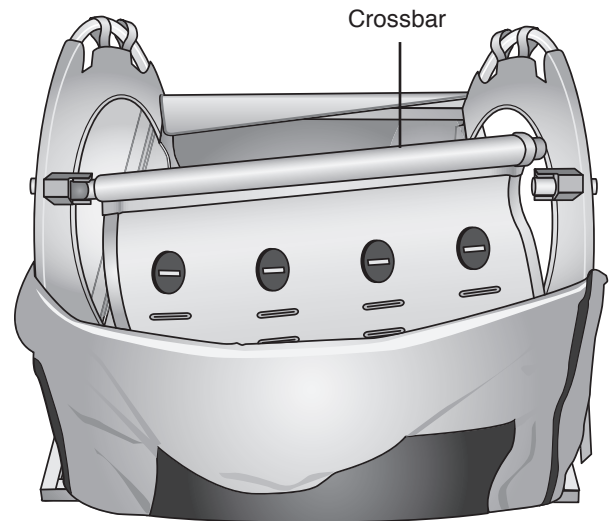
1. Standing behind the trailer, lift the right side wall upward until the upper half is in the vertical position.



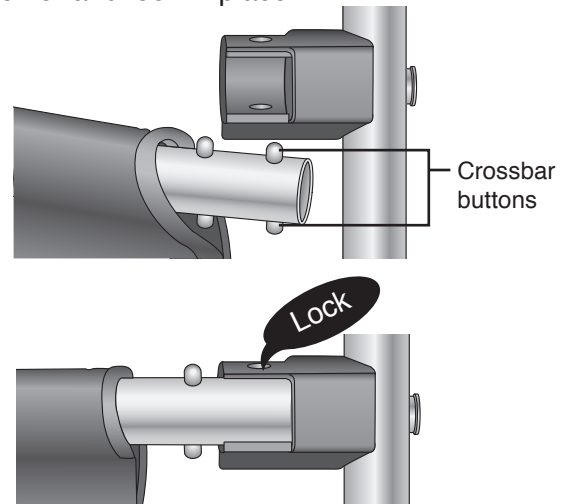
2. Lift the left side wall upward. Unfold the upper half into the vertical position.



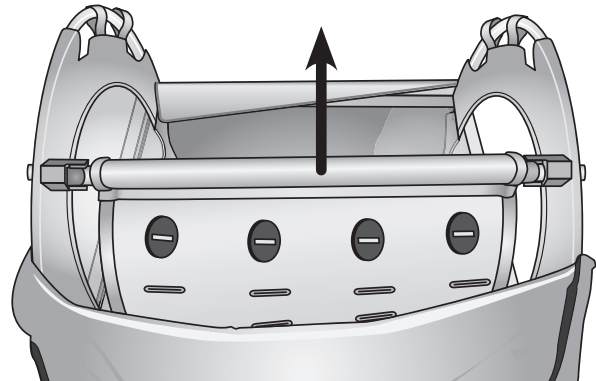
3. Rotate the crossbar into the joiner housing.



4. Depress outside buttons on crossbar to insert in joiner and lock in place.



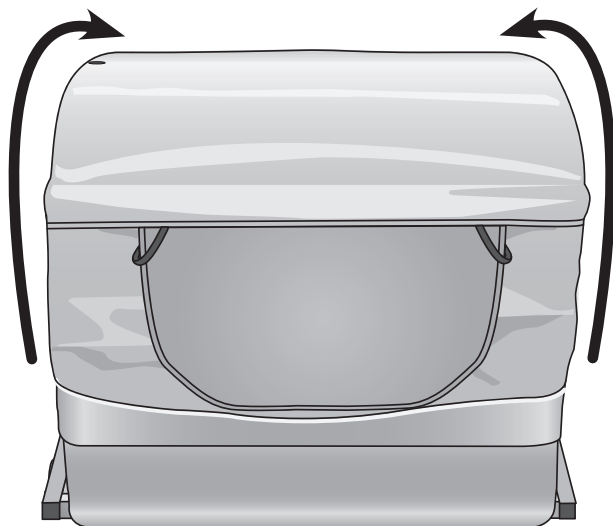
5. Pull up and down on the crossbar to make sure it is locked in place.



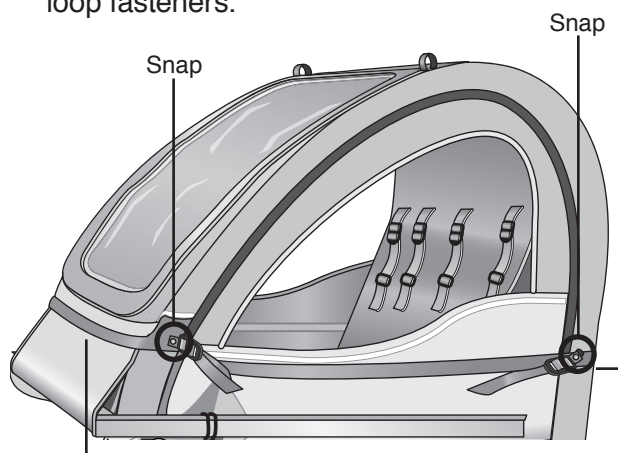


## Attach the Canopy

1. Slide the canopy over the canopy frame.



2. Snap the canopy in place, there are 2 snaps on each side, then secure with the hook and loop fasteners.

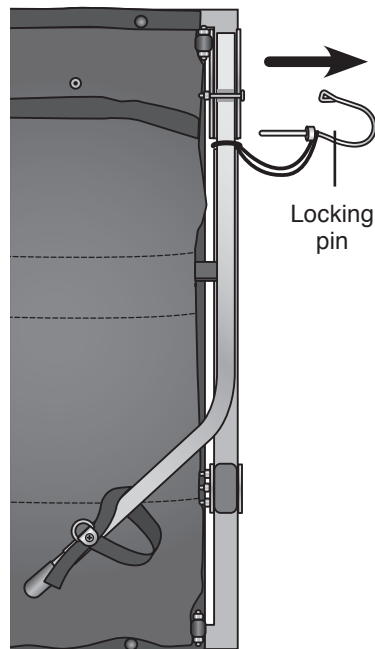


Hook and loop fastener  
(rear edge not shown)

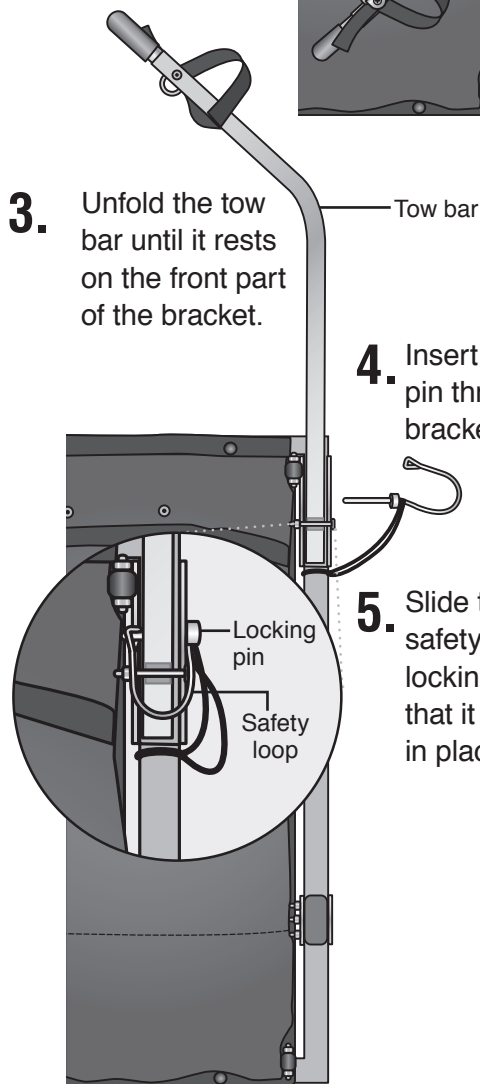
## Extend and Secure the Tow Bar

1. Place the trailer on its side with the tow bar on top.

2. Remove the locking pin from the bracket.



3. Unfold the tow bar until it rests on the front part of the bracket.



4. Insert the locking pin through both the bracket and tow bar.

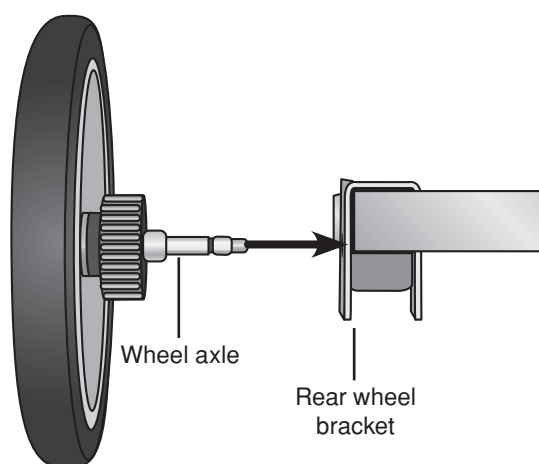
5. Slide the metal safety loop onto the locking pin. Check that it is securely in place.

## Attach the Rear Wheels

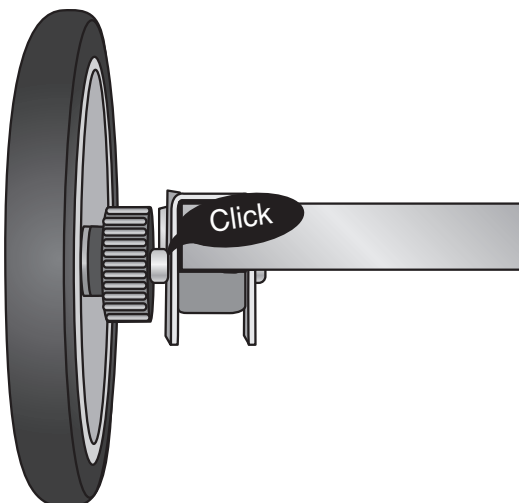
### **WARNING!**

Rear 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 rear wheel axle into the rear wheel bracket hole.



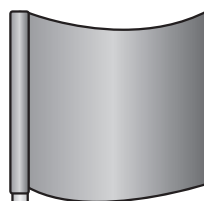
2. Push the wheel into the bracket until you hear the axle click into place.



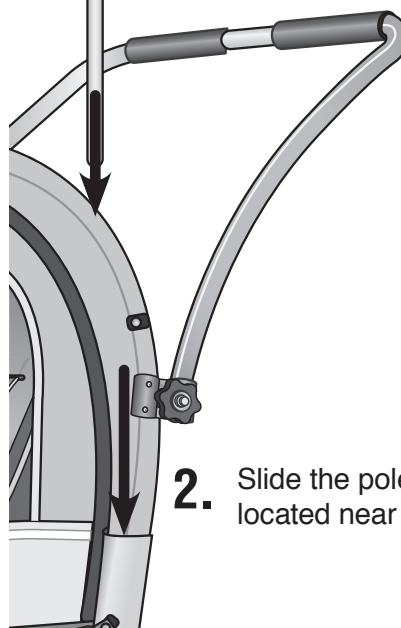
3. Pull firmly on the wheel to ensure the locking mechanism is engaged. Repeat these steps on the opposite side.

## 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. Slide the pole into the sleeve located near the rear corner.

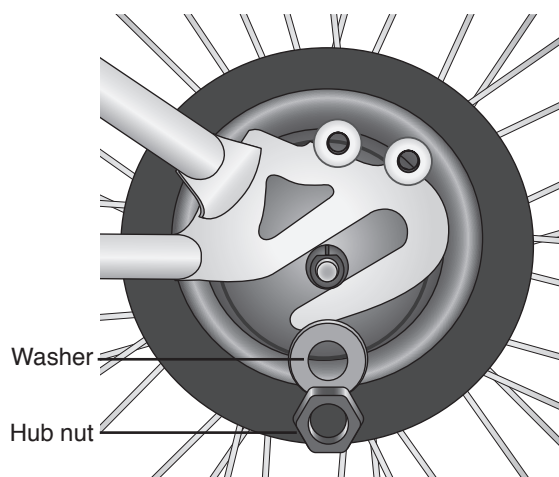
# Trailer Attachment

The following section provides instructions for attaching the trailer to a bicycle with rear hub nuts or quick release.

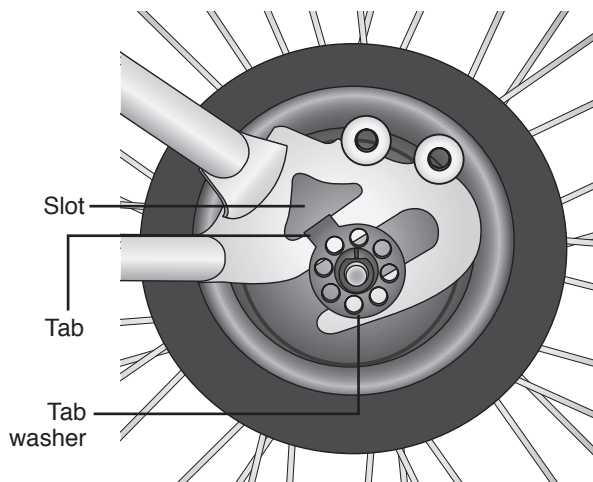
## WARNING!

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.

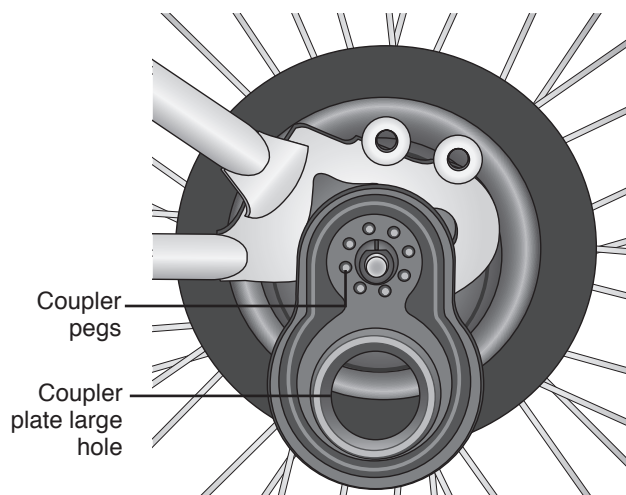
1. Using a wrench, remove the hub nut and washer from the bicycle's back wheel.



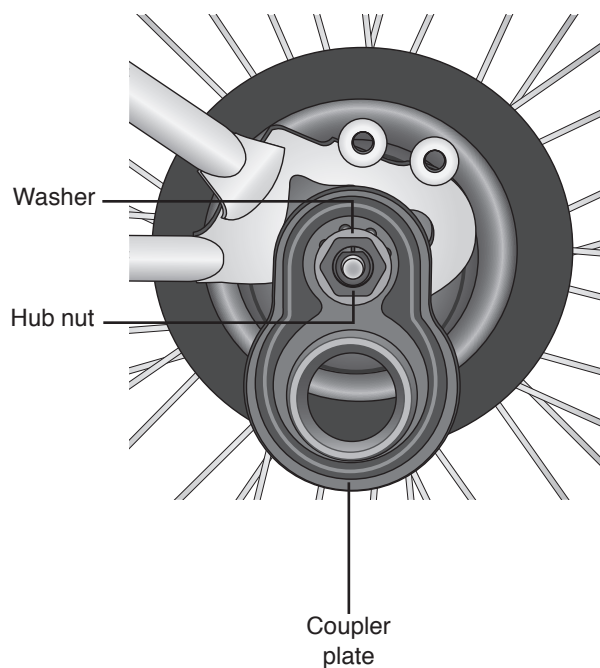
2. Place the tab washer on the axle. Fit the tab into the slot on the bicycle frame dropout.



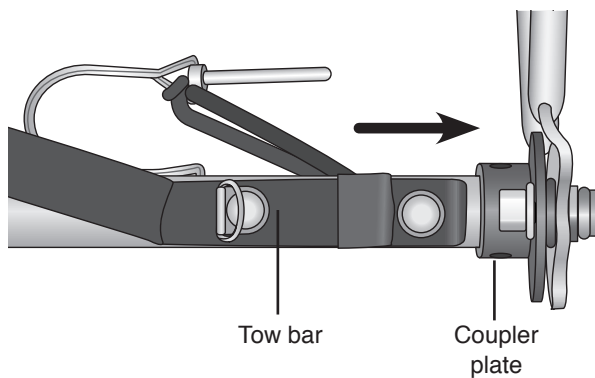
3. Place the coupler plate on the axle, in a vertical position and the large hole down. Align the pegs on the back of the plate with the holes in the tab washer.



4. Place the hub nut and washer back on the axle and tighten.

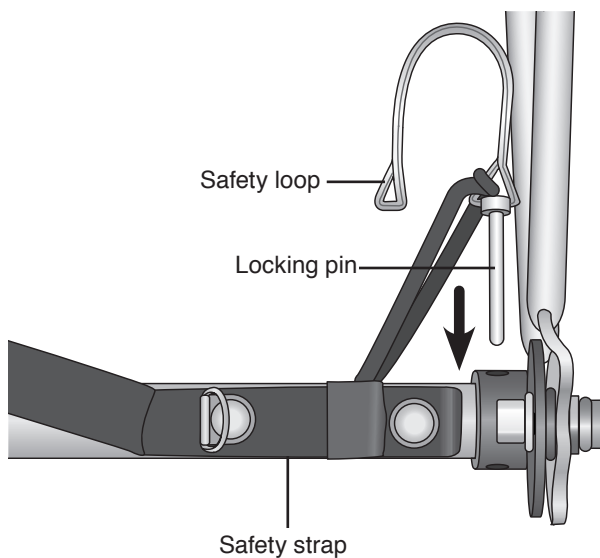


- 5.** Insert the tow bar into the large hole on the coupler plate.



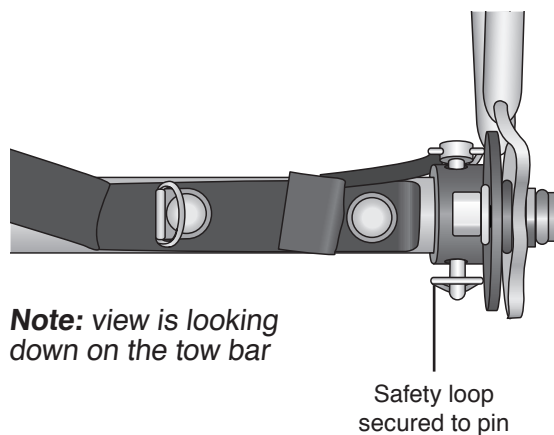
**Note:** view is looking down on the tow bar

- 6.** Insert the locking pin through the coupler plate and tow bar.

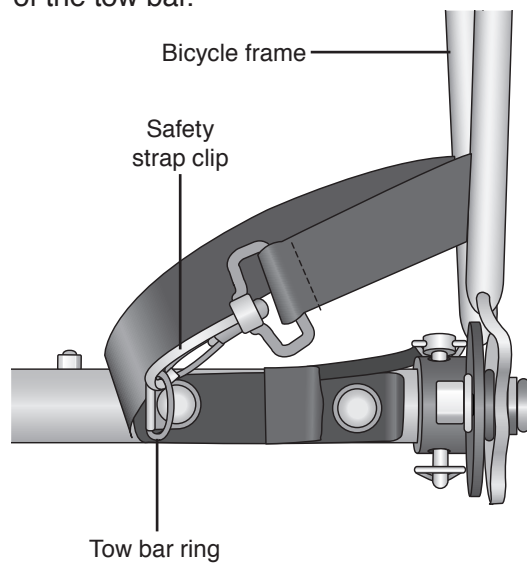


**Note:** view is looking down on the tow bar

- 7.** Slide the metal safety loop onto the locking pin. Check that it is securely in place.

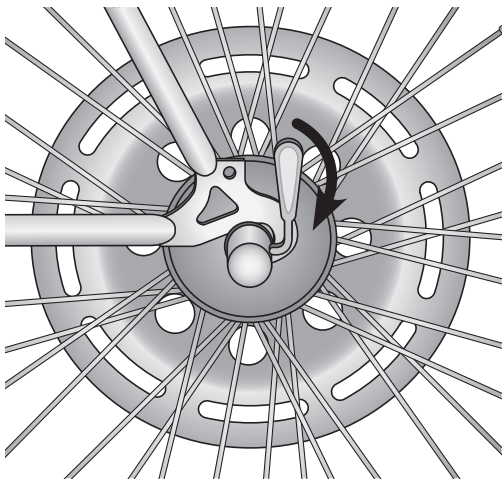


- 8.** Wrap the tow bar safety strap around the bicycle frame and clip it to the ring on the end of the tow bar.

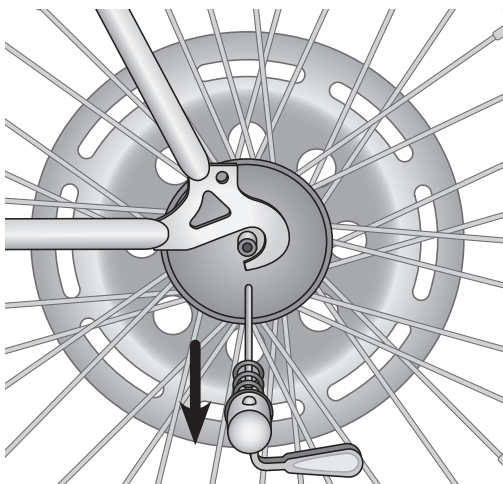


## Attaching to a Bicycle with Quick Release Axles

1. Flip the quick release lever and remove the nut and spring from the opposite side.



2. Remove the axle skewer and spring. Leave the wheel in place.

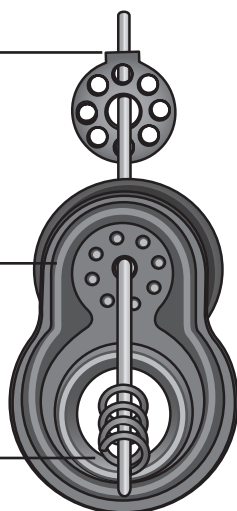


3. Slide the axle skewer through the coupler plate and tab washer.

The hook on the tab washer must face towards the wheel hub.

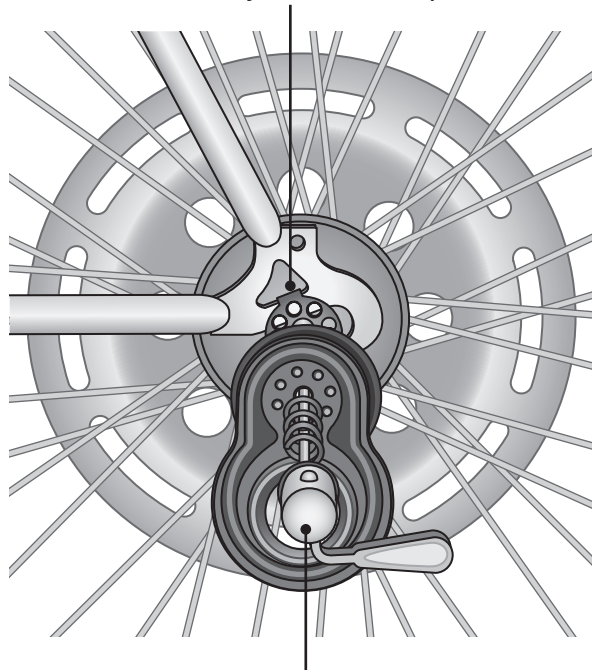
The *bell* on the coupler plate should face out.

The wide end of the spring must face out, touching the lever.

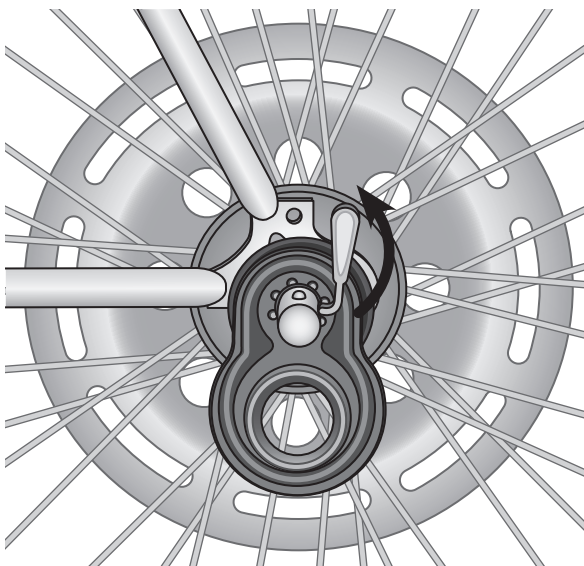


4. Insert the axle skewer, tab washer, coupler plate and spring through the wheel, with the parts oriented as described in step 3.

Fit the tab on the tab washer into the slot on the bicycle frame dropout.



5. Place the spring and nut (removed in step 1) on the axle skewer and tighten.
6. Rotate the quick release lever up and close fully and tightly.



7. Follow steps 5 - 8 on Page 10.

# Using the 5- Point Safety Harness

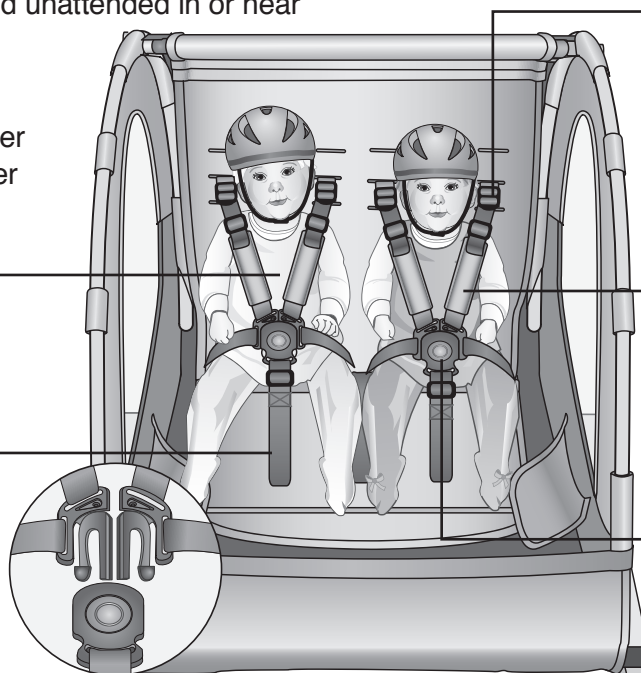
## Using the 5-Point Safety Harness with Two Children

### **WARNING!**

Avoid serious injury from falling or sliding out.  
Always properly secure the passenger with the 5-Point Safety Harness.

It may be dangerous to leave your child unattended. Never leave your child unattended in or near the bicycle trailer.

1. Unbuckle the shoulder straps from the center lap buckle.
2. Seat the child in the center of the passenger compartment.
3. Place the lap belt buckle between the child's legs.



4. Place the shoulder straps over the child's shoulders with the waist belt under the child's arms.

See **Adjusting the Shoulder Strap Height** below for more detail.

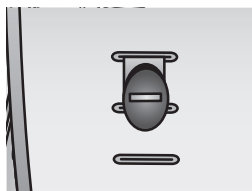
5. Clip the shoulder straps into the lap belt buckle, and adjust the shoulder straps.

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

## Adjusting the Shoulder Strap Height

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:

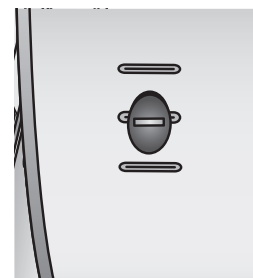
1. Starting from the back of the seat, pull the shoulder strap anchor away from the seat.
2. Insert the anchor through the slit in the seat, pushing it towards the front.



3. Insert the anchor through the slit in the front of the seat at the desired height.



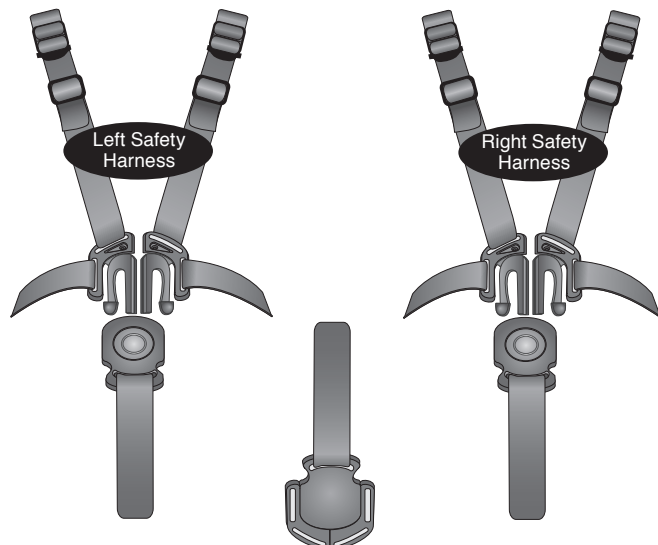
4. Pull the strap and anchor all the way through to the back. Make sure the strap is properly anchored on the seat back. Repeat these steps for the opposite strap.





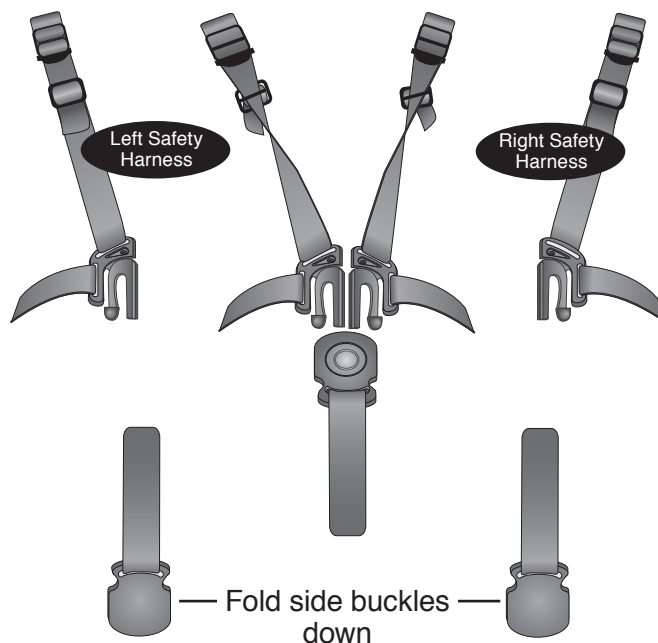
## Converting the Safety Harness for One Child

1. Start with the straps in the two-child position. Unfasten the shoulder straps from the center lap buckle on both sets of safety harnesses.

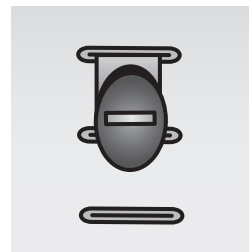


2. Snap the left shoulder strap from the right set of safety harnesses into the center lap buckle. Then, snap the right shoulder strap from the left set of safety harness into the center buckle.

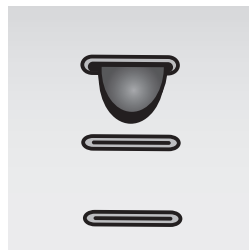
**Note:** By doing this you will be flipping the buckle prong on each strap, which will twist the shoulder straps.



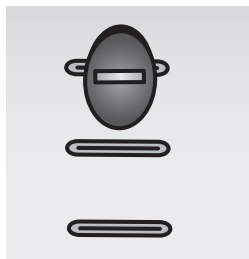
3. To untwist the straps, locate the shoulder strap anchors on the seat back. Pull the anchor away from the seat.



4. Insert the anchor through the slit in the seat back, pushing it towards the front.



5. Untwist the strap and re-insert the safety strap anchor through the slit to the back of the seat. Repeat steps 3-5 for the opposite side.



6. The safety straps are now in the one child position as shown below.



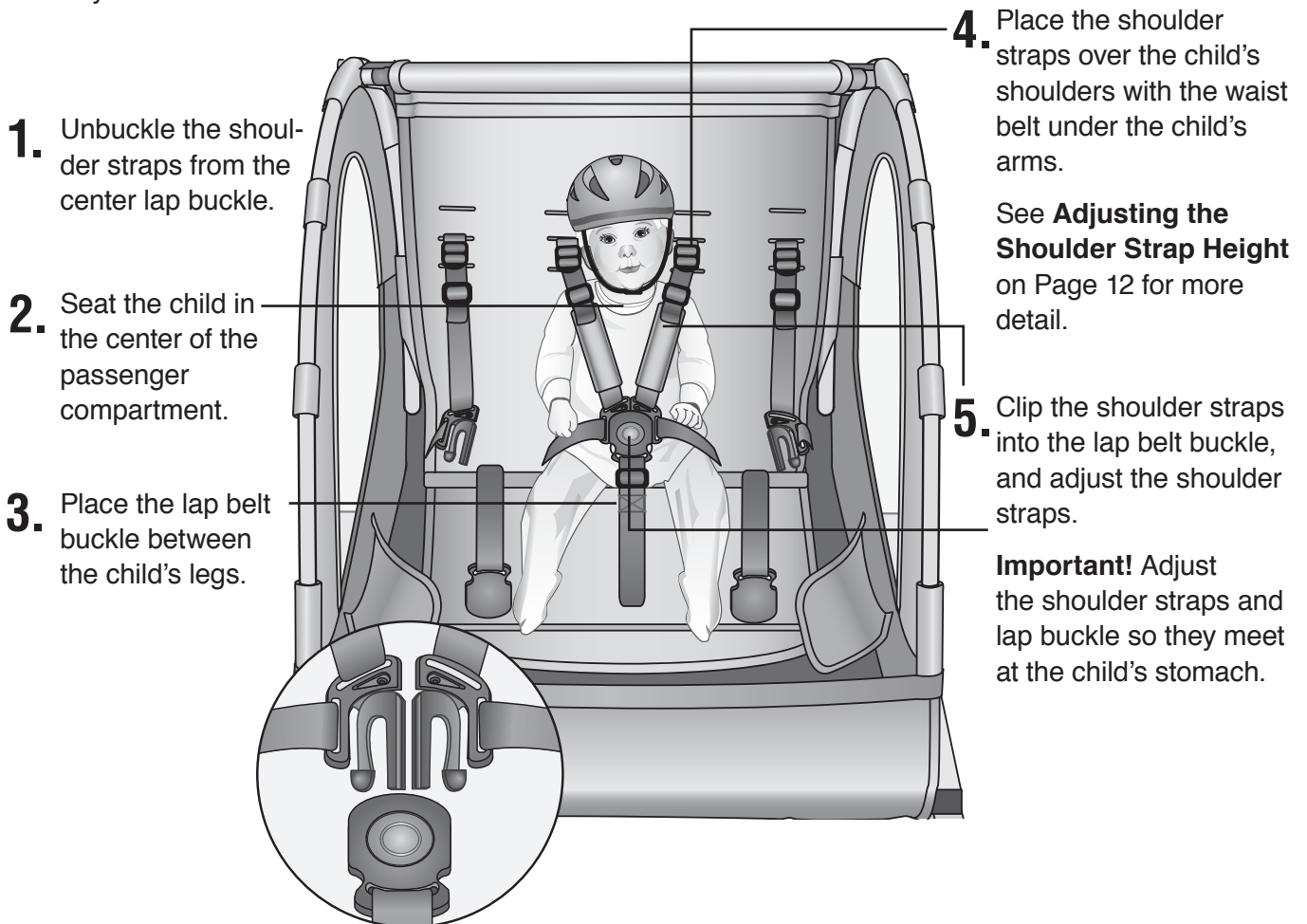
**Important!** When not in use, fold the lip of the lap buckle pad over the buckle opening and secure with the Velcro™ tabs

## Using the 5-Point Safety Harness with One Child

### **WARNING!**

Avoid serious injury from falling or sliding out.  
Always properly secure the passenger with the 5-Point Safety Harness.

It may be dangerous to leave your child unattended. Never leave your child unattended in or near the Bicycle trailer.



See **Adjusting the Shoulder Strap Height** on Page 12 for more detail.

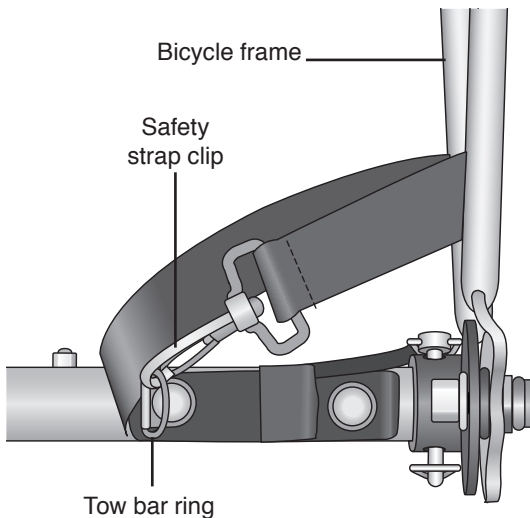
**Important!** Adjust the shoulder straps and lap buckle so they meet at the child's stomach.



# Disassembly and Storage

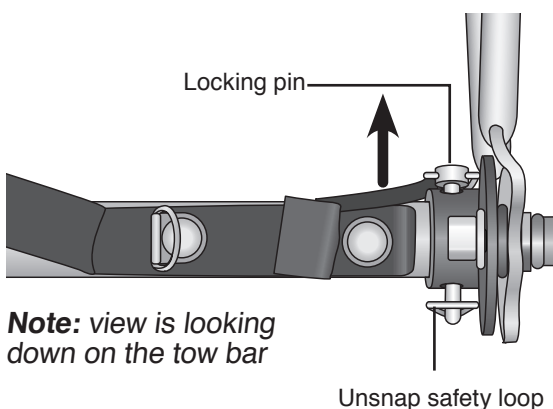
## Removing the Trailer

1. Remove the child from the passenger compartment.
2. Un-clip the tow bar safety strap, un-loop it from the bicycle and clip it back on the ring on the end of the tow bar.



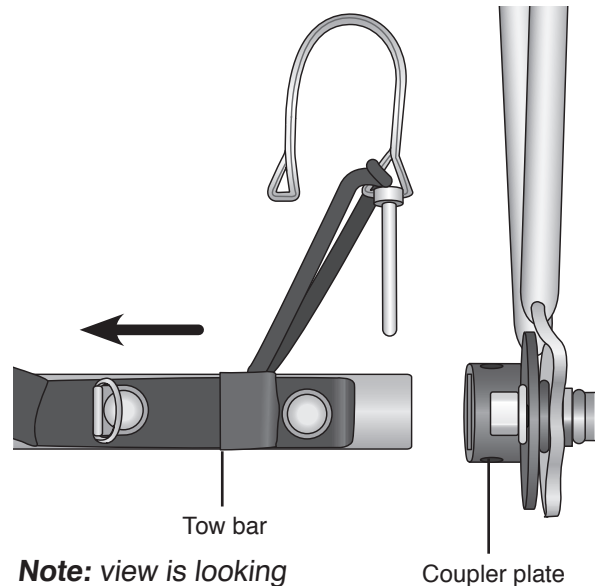
**Note:** view is looking down on the tow bar

3. Unsnap the safety loop and remove the locking pin from the tow bar coupler plate and tow bar.



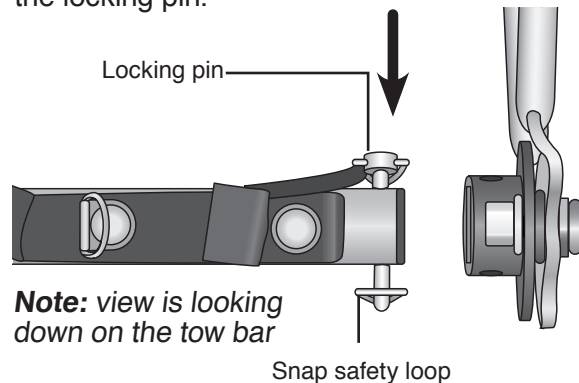
**Note:** view is looking down on the tow bar

4. Remove the tow bar from the tow bar coupler plate.



**Note:** view is looking down on the tow bar

5. Re-insert the locking pin into the holes on the end of the tow bar. Snap the safety loop onto the locking pin.



**Note:** view is looking down on the tow bar

6. If desired, leave the coupler plate on the bicycle for future use. Not necessary to remove.

## Storing the Trailer

### **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.

- 1.** Remove the flag and pole. Separate the flag pole sections.
- 2.** Remove the rear wheels:
  1. Find the release lever on the wheel bracket.
  2. Pull the release lever straight out and hold.
  3. Remove the wheel.
  4. Release the lever.
- 3.** Remove the locking pin from the tow bar bracket (located at the front corner of the trailer).
- 4.** Fold the tow bar underneath the trailer.
- 5.** Place the locking pin back through the tow bar and bracket.
- 6.** Place all loose items inside the passenger compartment.
- 7.** Carefully fold the frame down.
- 8.** Store in a dry place.

**Important!** If the storage area is hot then release some air from the tires. This will help prevent excessive expansion or popping.

## Accessories

The following accessories can be ordered from [www.instep.net](http://www.instep.net).

- Additional Coupler Kits (includes; coupler plate, tab washer and locking pin).
- Trailer Conversion Kit (includes front wheel with locking pin, padded handlebar, safety wrist strap, parking brake)





Manufactured for Pacific Cycle, Inc (A Division of Dorel Industries)  
Pacific Cycle, Inc., 4902 Hammersly Rd., Madison, WI 53711

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[www.instep.net](http://www.instep.net)