

STRIDA³

a whole new way to move



www.strida.com



owners manual

warranty

strida limited warrants each new strida bicycle frame against defects in workmanship and materials, for the lifetime of the original owner. strida UK limited likewise, warrants all original components, for a period of one year from the date of purchase. this warranty is expressly limited to the repair or replacement of defective frame or defective parts, and is the sole remedy of the warranty.

this warranty applies only to original owners and is not transferable. claims under this warranty must be made directly to strida UK limited. proof of purchase is required.

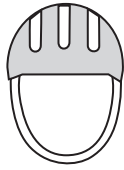
the warranty does not cover; normal wear and tear, improper assembly or follow up maintenance, or installation of parts or accessories not originally intended or compatible with the bicycle as sold. a warranty registration form must be completed and received by strida before a warranty claim will be processed.

the warranty does not apply to damage or failure due to accident, misuse, abuse, or neglect. modification of the frame or components shall void this warranty. strida UK limited shall not be responsible for incidental or consequential damages. labour charges associated with parts changeovers are not covered by the warranty.

this warranty gives the consumer specific legal rights. and those rights may vary from place to place. this warranty does not affect the statutory rights of the consumer.

DISCLAIMER: UNDER NO CIRCUMSTANCES, INCLUDING, BUT NOT LIMITED TO, NEGLIGENCE, SHALL BIKELINK INTERNATIONAL, LLC ('BLI') AND STRIDA (uk) LTD. (SELLER) BE LIABLE FOR ANY SPECIAL OR CONSEQUENTIAL DAMAGES THAT RESULT FROM THE USE OF, OR THE INABILITY TO USE, THE MATERIALS IN THIS MANUAL, EVEN IF BLI HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. APPLICABLE LAW MAY NOT ALLOW THE LIMITATION OR EXCLUSION OF LIABILITY OR INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

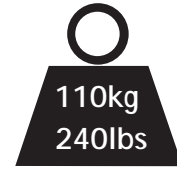




always wear a helmet!



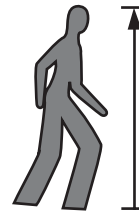
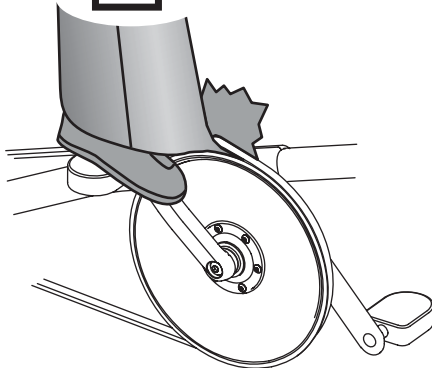
use lights at night!



110kg
240lbs
maximum
loading: 110kg/240lbs



danger
no loose clothing



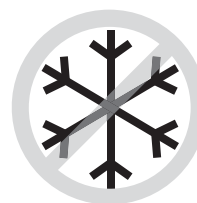
minimum rider
height: 5' 2"/1.57m
maximum rider
height: 6' 4"/1.93m



minimum:
-20°C (-4°F)



no stunt riding!



no ice riding!

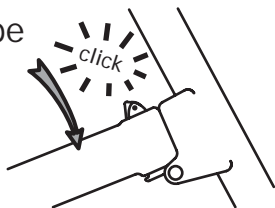


no wheelies!

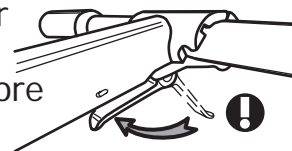


pre-ride safety

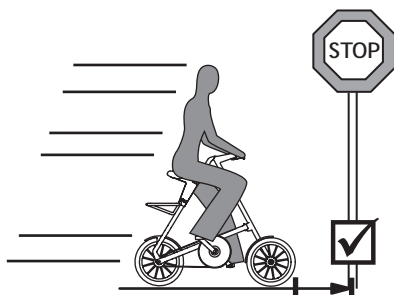
ensure bottom tube is locked (page 5)



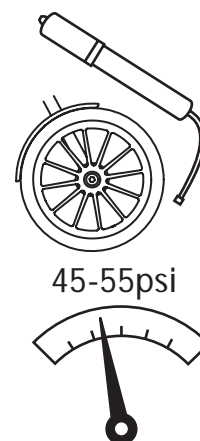
ensure handlebar lever is closed against tube before riding (page 5)



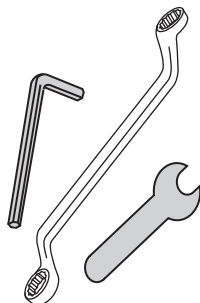
check the brakes before riding



check tyre treads & inflation



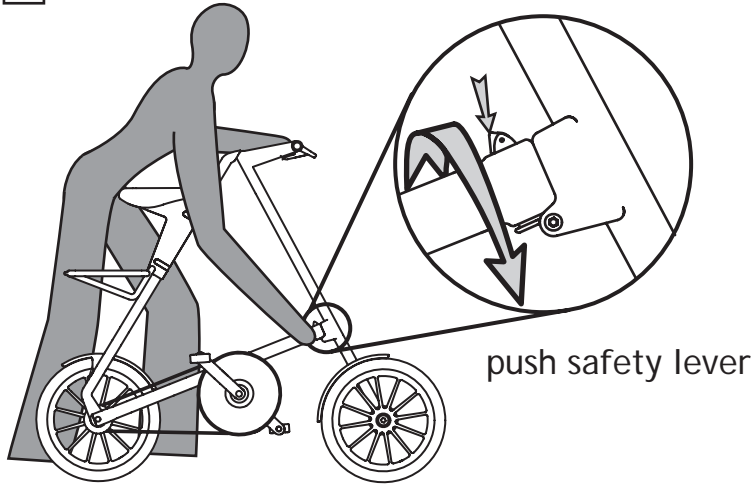
ensure all bolts and fastenings are correctly tightened (page 17 & 18)



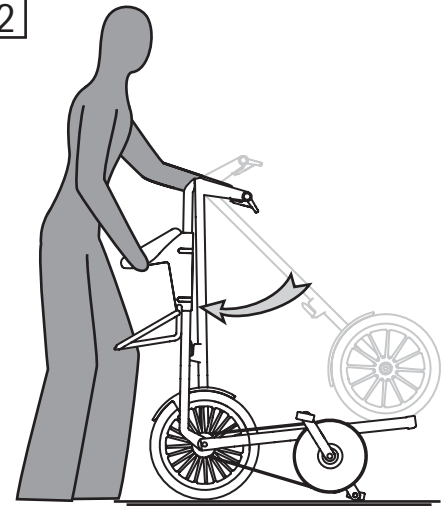
caution: wet weather increases stopping distance



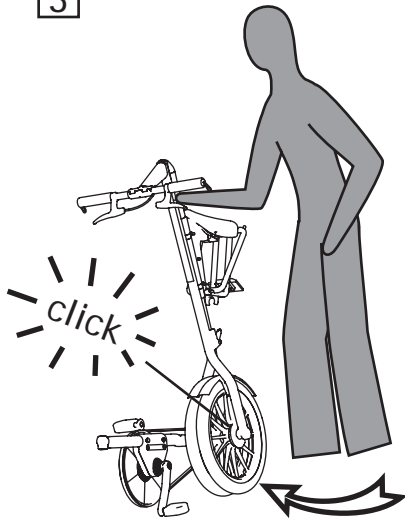
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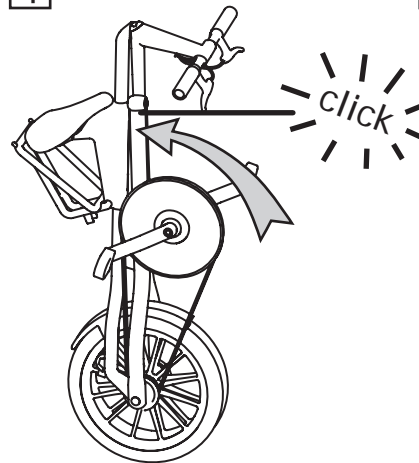
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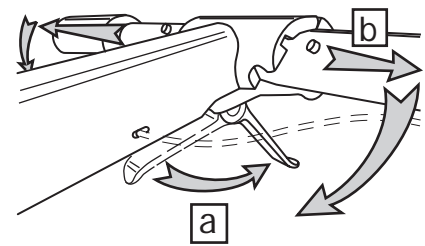
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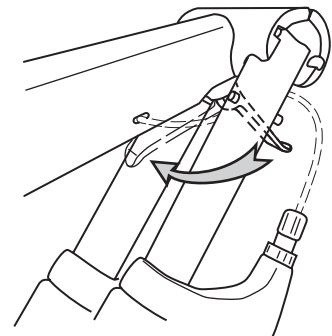
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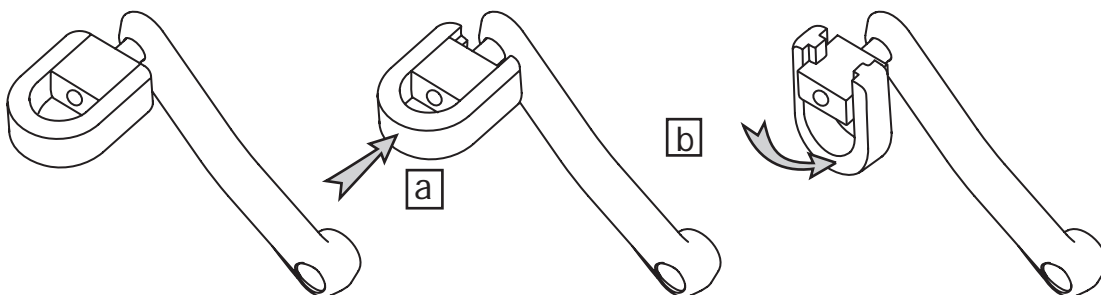
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6

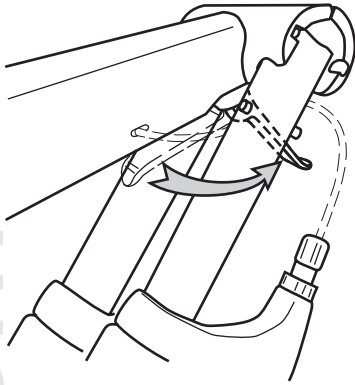


7

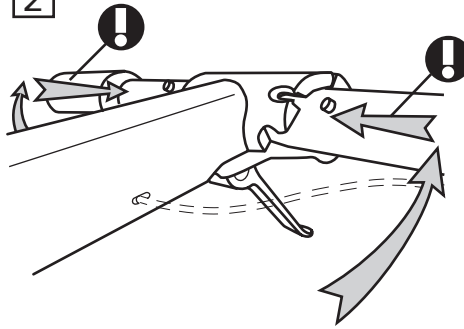


unfolding a strida

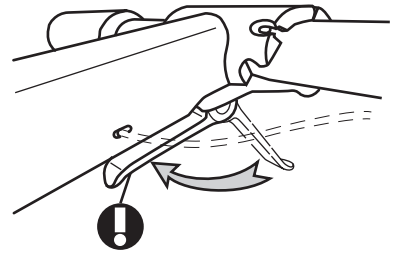
1



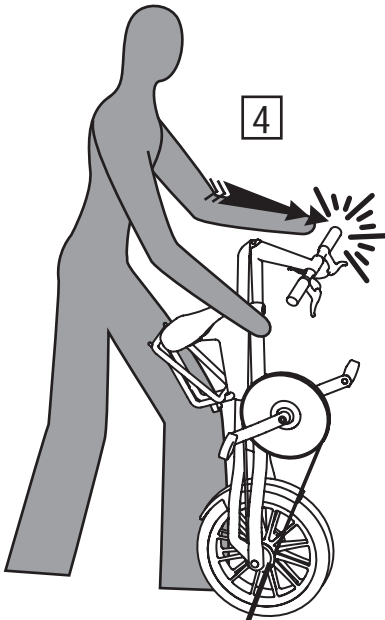
2



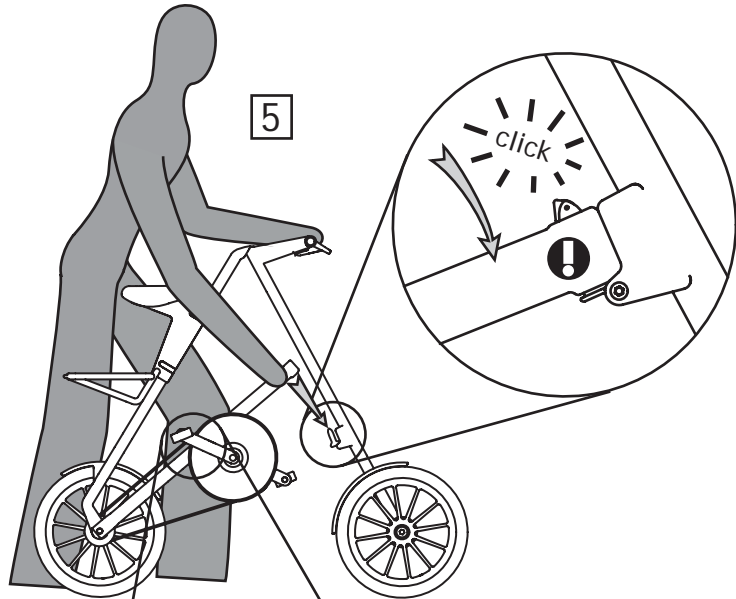
3



4



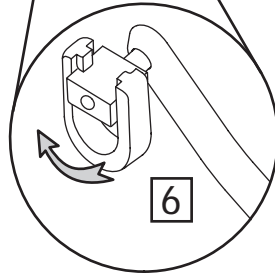
5



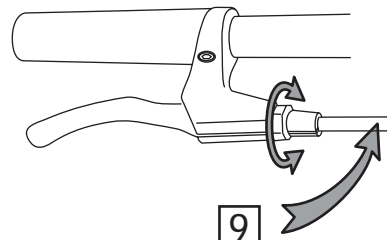
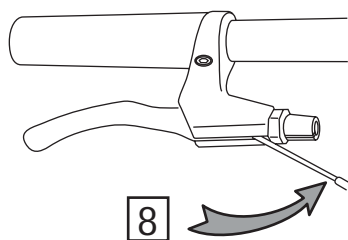
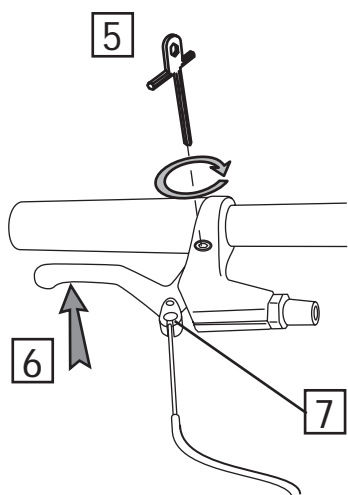
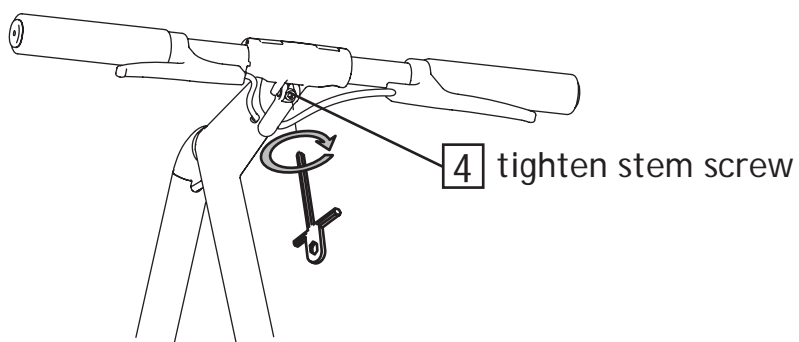
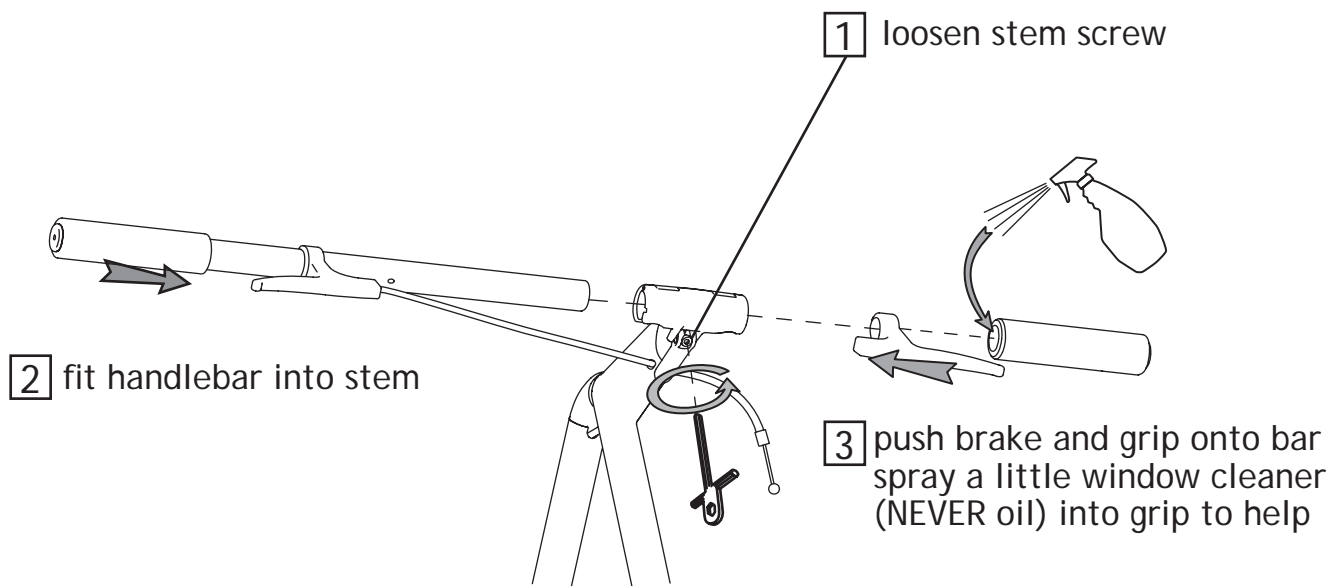
un-click

Problems see page 26

6



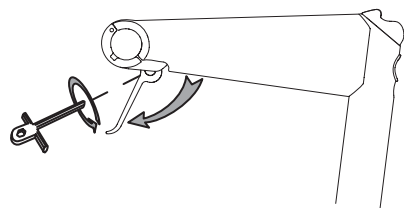
install rigid handlebars



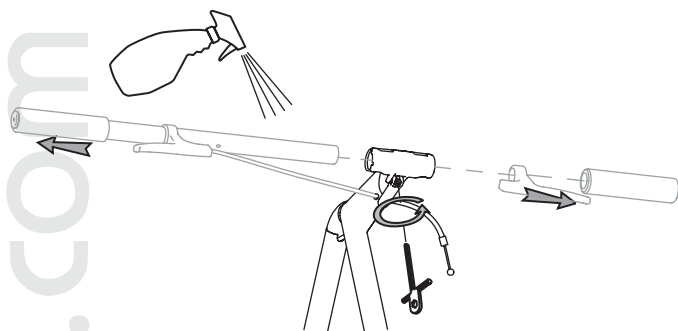
see page 19 adjusting brakes



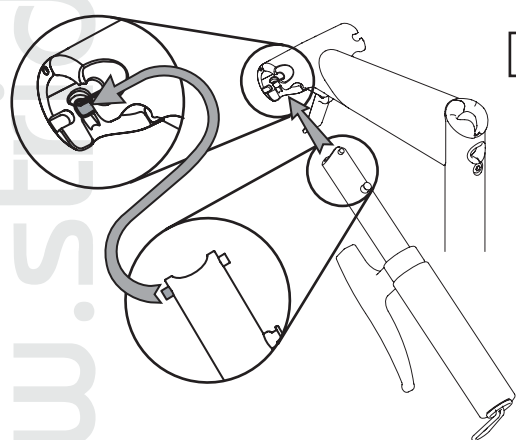
install folding handlebars



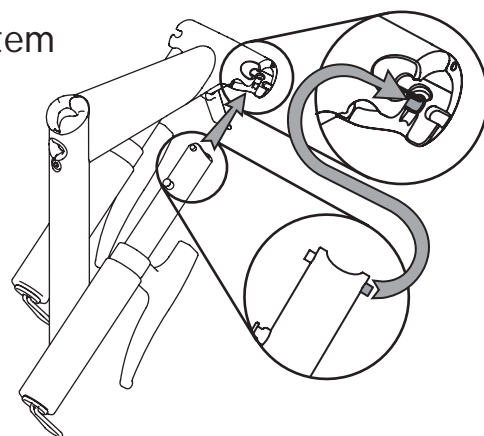
1 open lever and loosen stem screw as far as possible (do not remove)



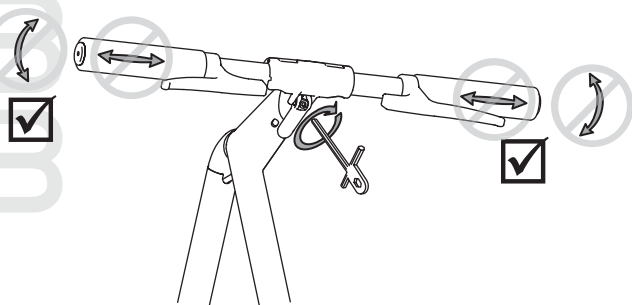
2 remove straight handlebars (if fitted). spray window cleaner (NEVER oil) into grip to ease removal



3 fit handlebars into stem



4 tighten screw. adjust in 1/4 turn increments to stop handlebars wiggling



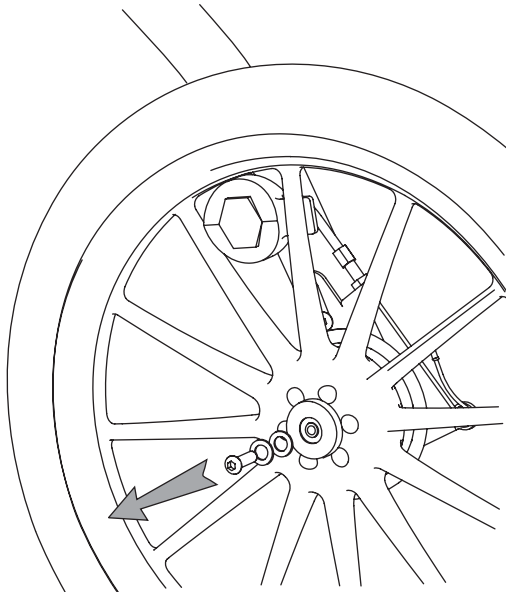
5 attach brake cables 5-9 on opposite page



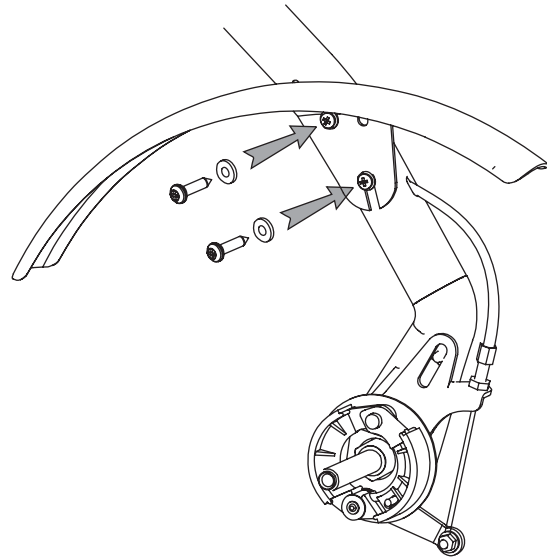
fitting mud guards

available from www.strida.com

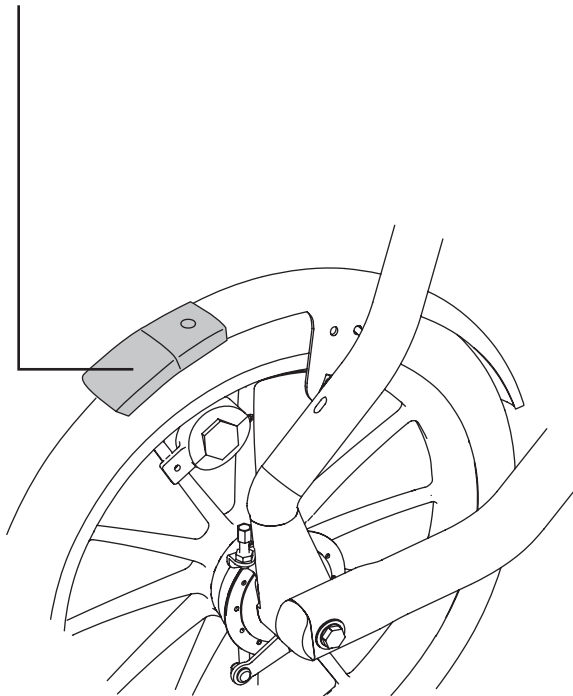
1



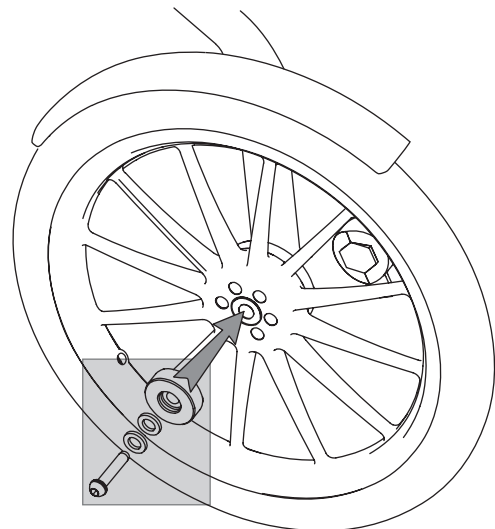
2



optional: add fender extension
available from www.strida.com



4

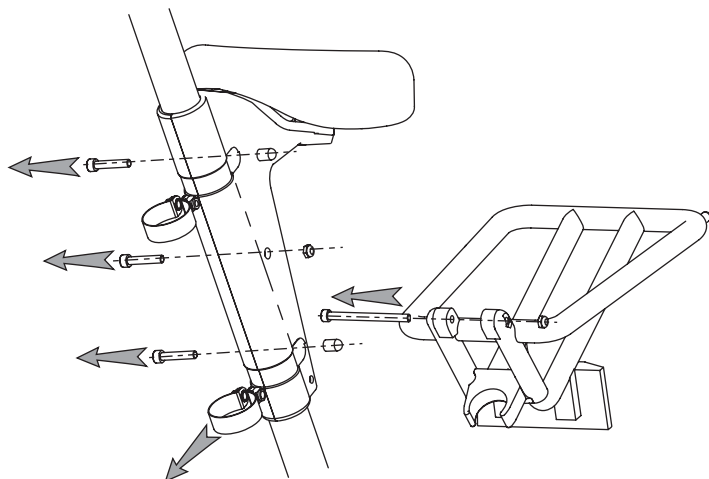


see page 27



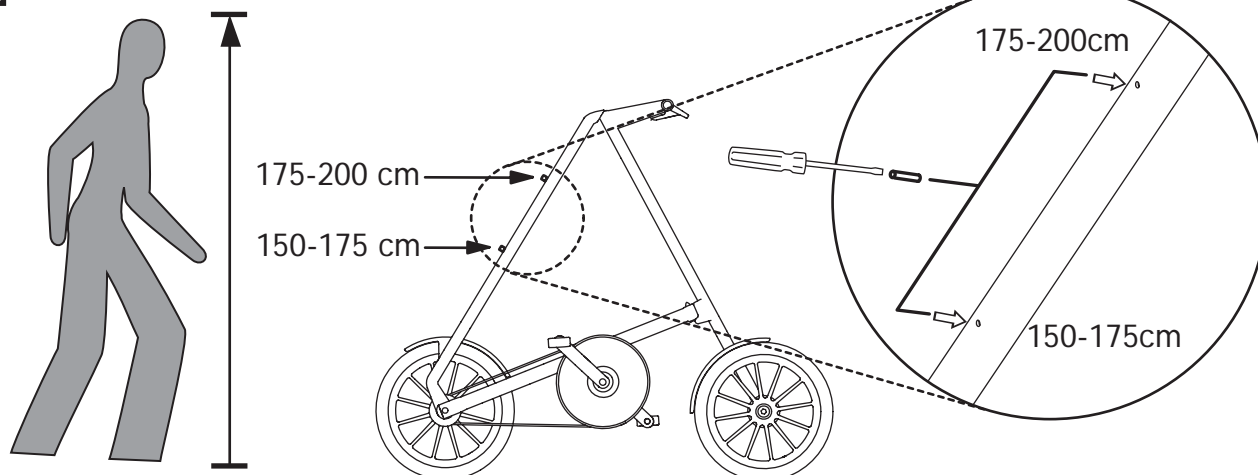
install & adjust seat

1



if already fitted, remove 4 bolts,
2 clips and the rack

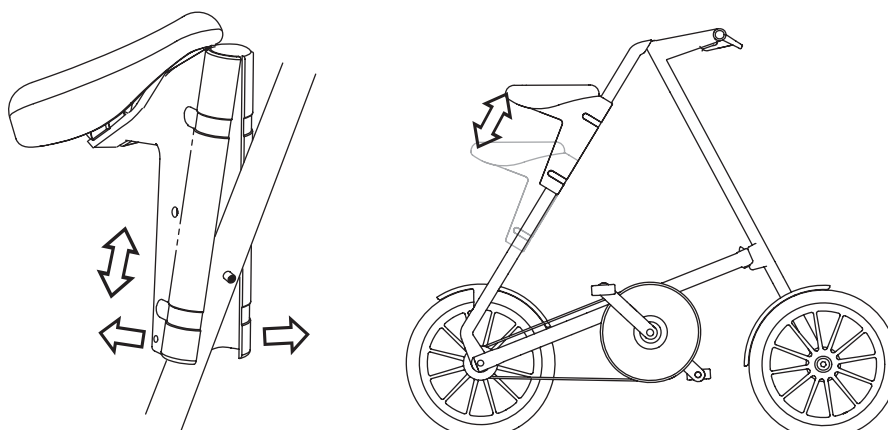
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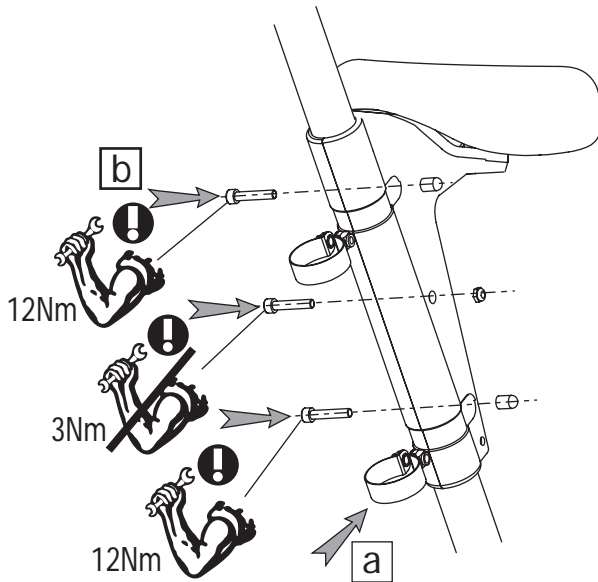
use caution not to strip aluminum
thread when installing seat pin

3

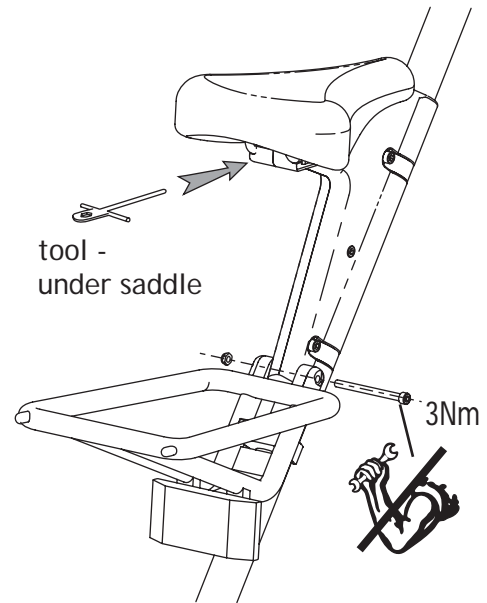
press fit seat moulding
starting from bottom



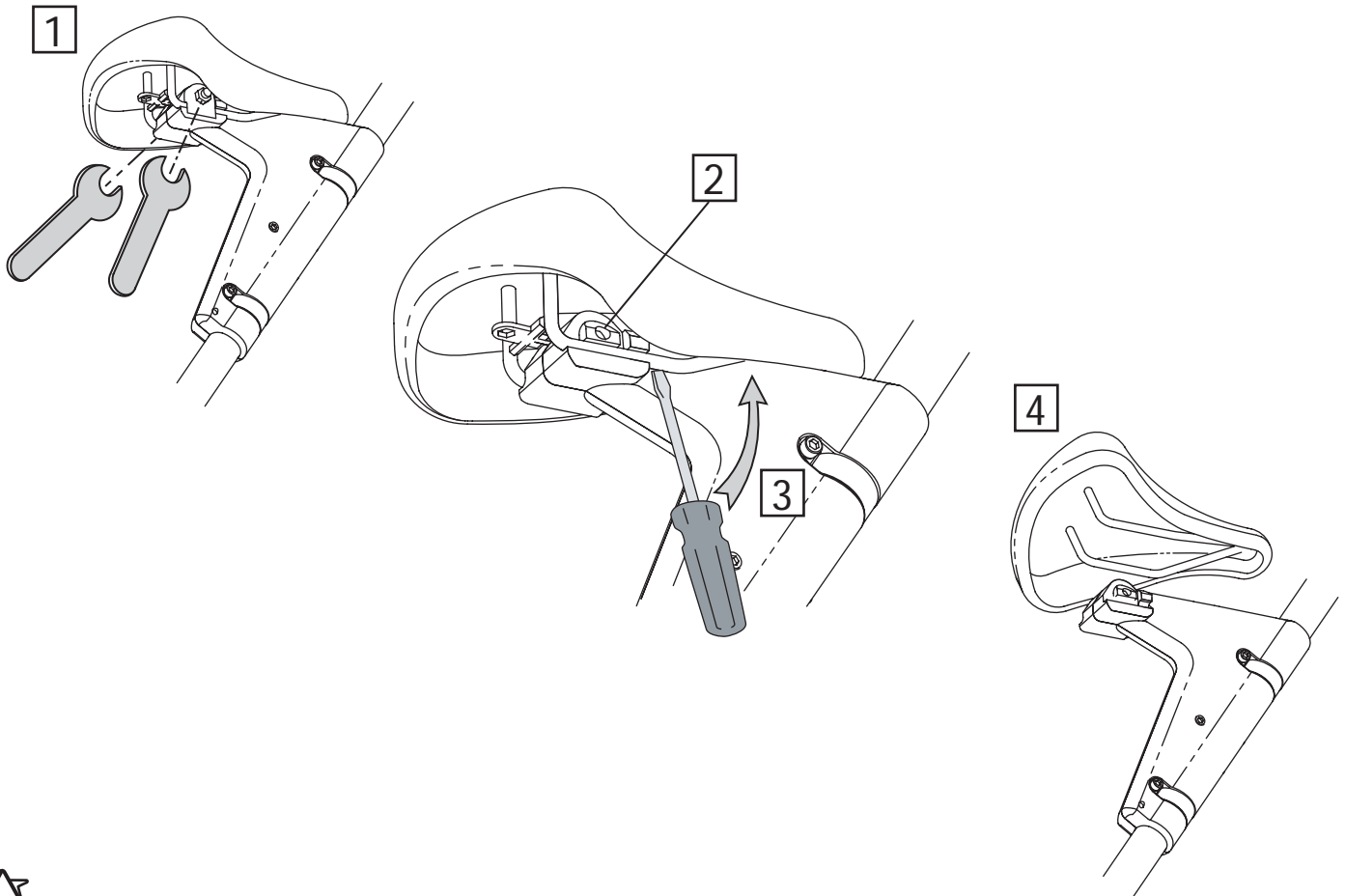
4 insert bolt though unthreaded side of seat clamp



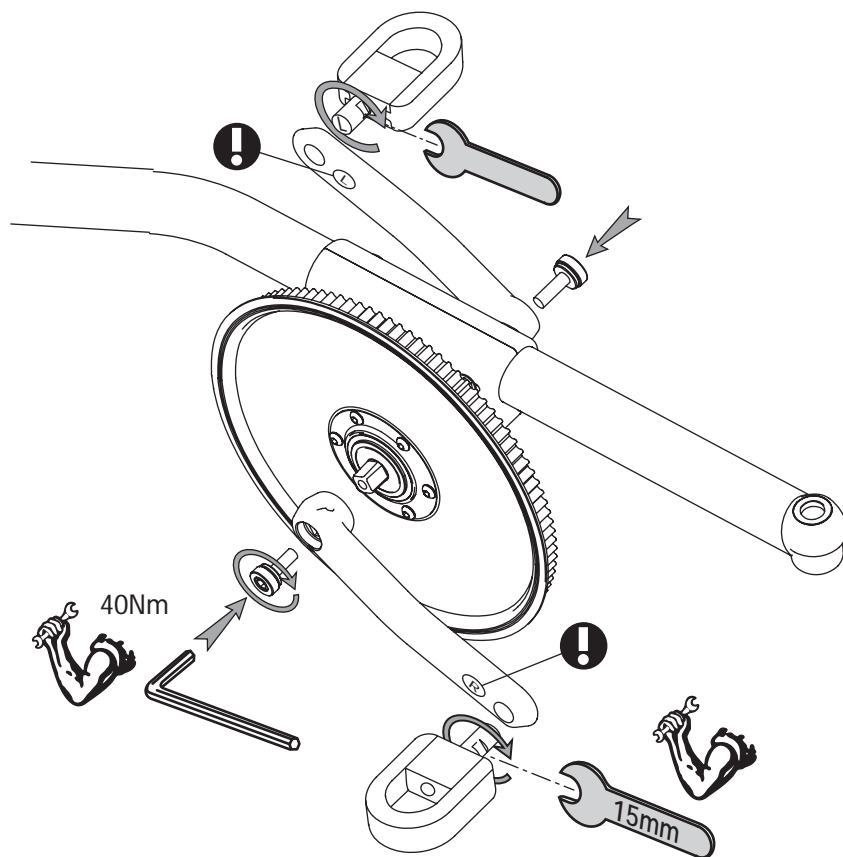
5



to remove saddle

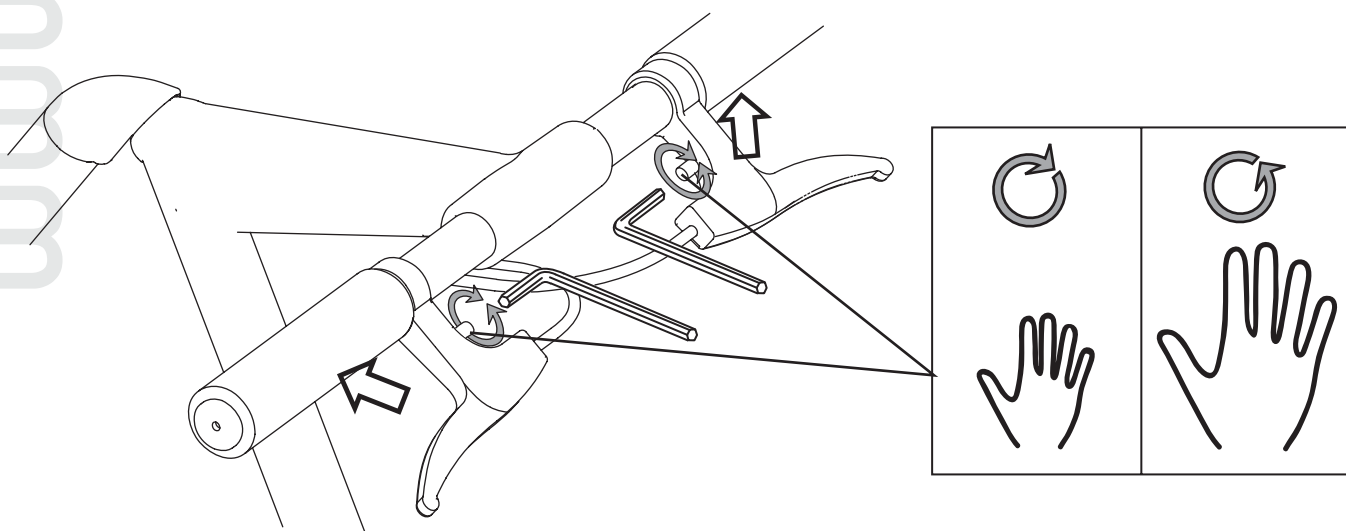


crank installation

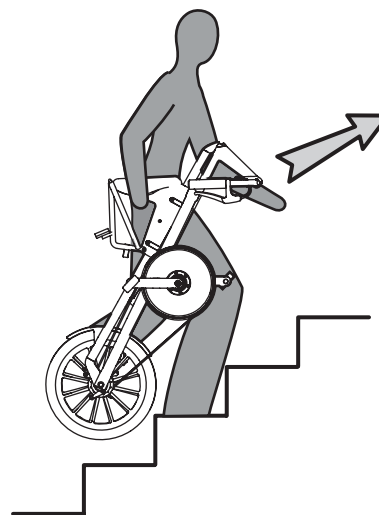
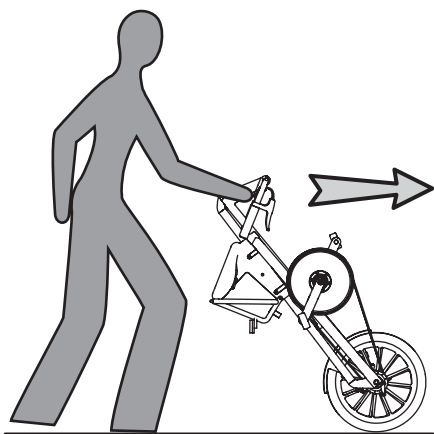


brake levers

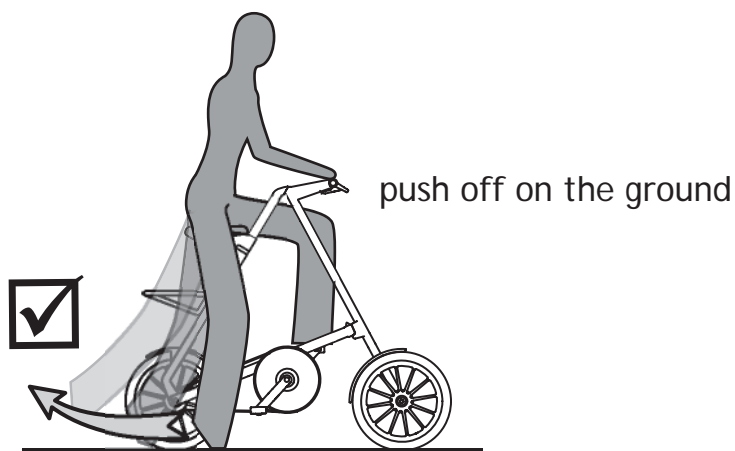
small hands - tighten screws to move brake levers closer to handlebars



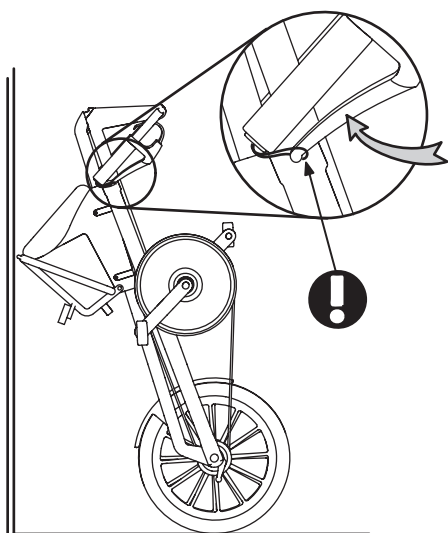
carrying



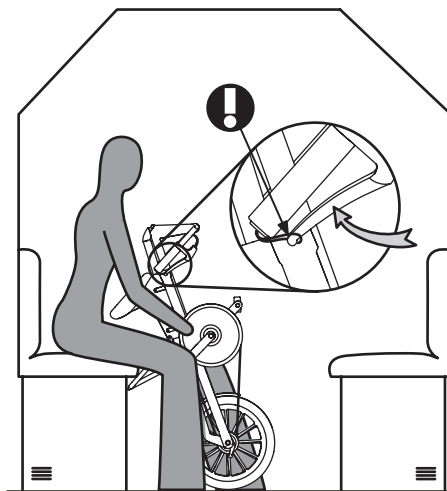
mounting



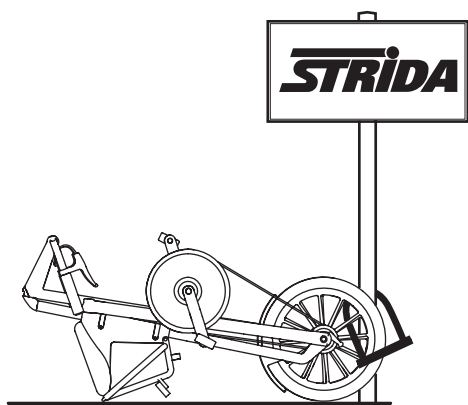
tips and tricks



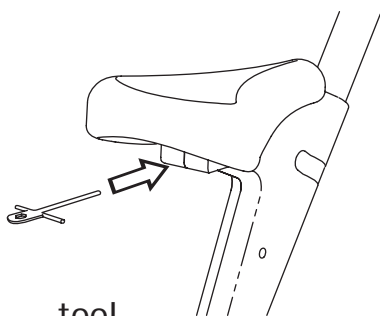
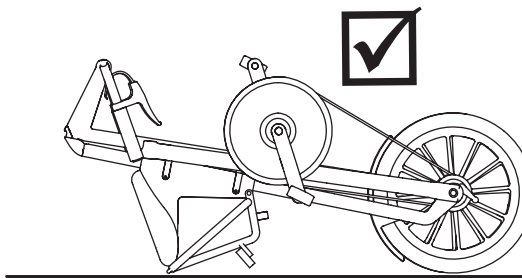
to store upright



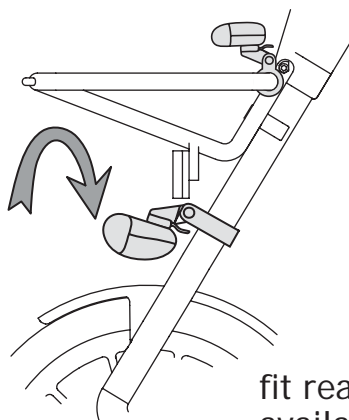
subway/train



secure parking



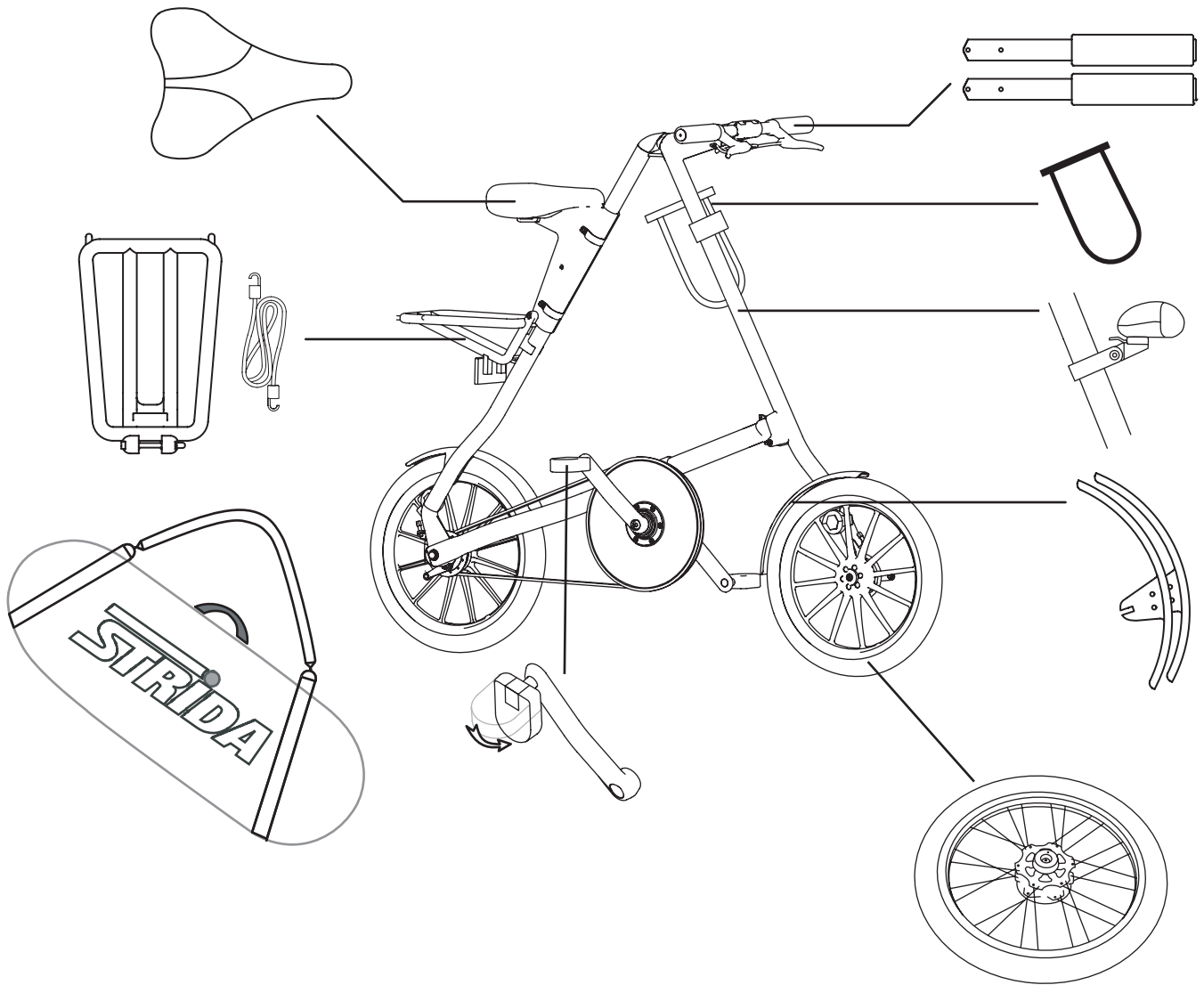
tool -
under saddle



additional mounting
for small LED lights

fit rear light upside down
available from www.strida.com




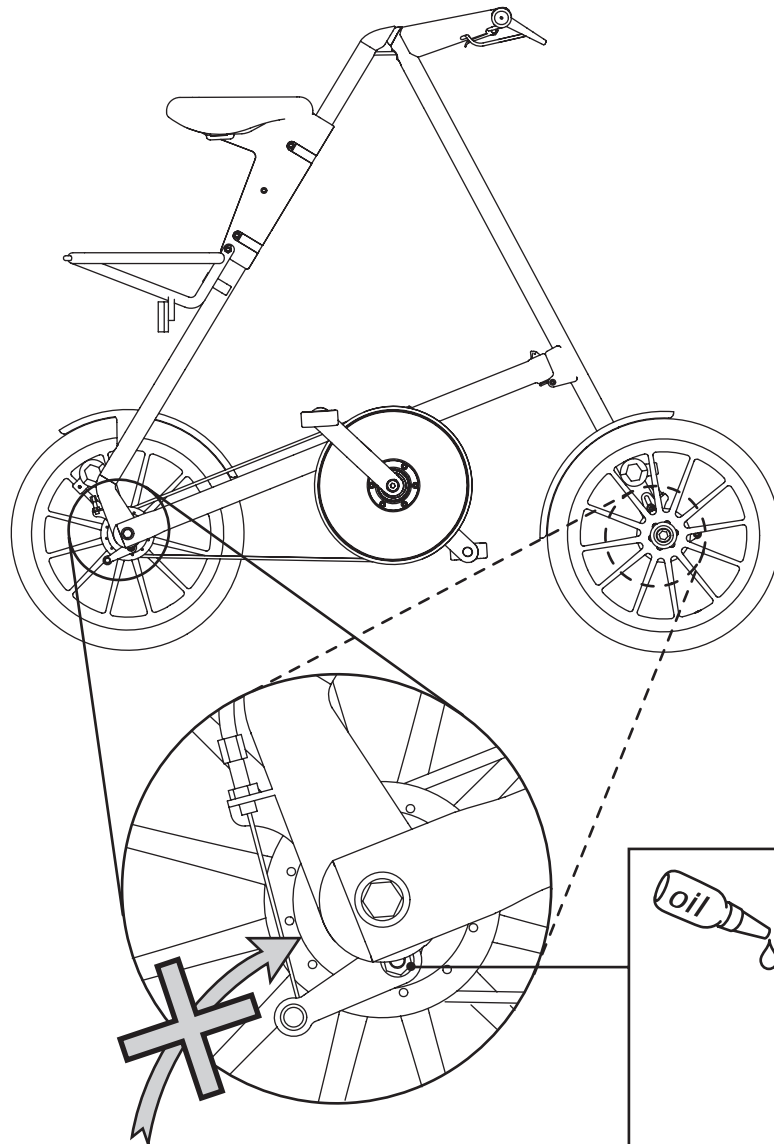


available from www.strida.com

- bike carry bag
- led lights
- folding handlebars
- gel saddle
- mud guards
- mud guard extensions
- rack
- bungee cord
- folding pedals
- D-lock
- metal wheels



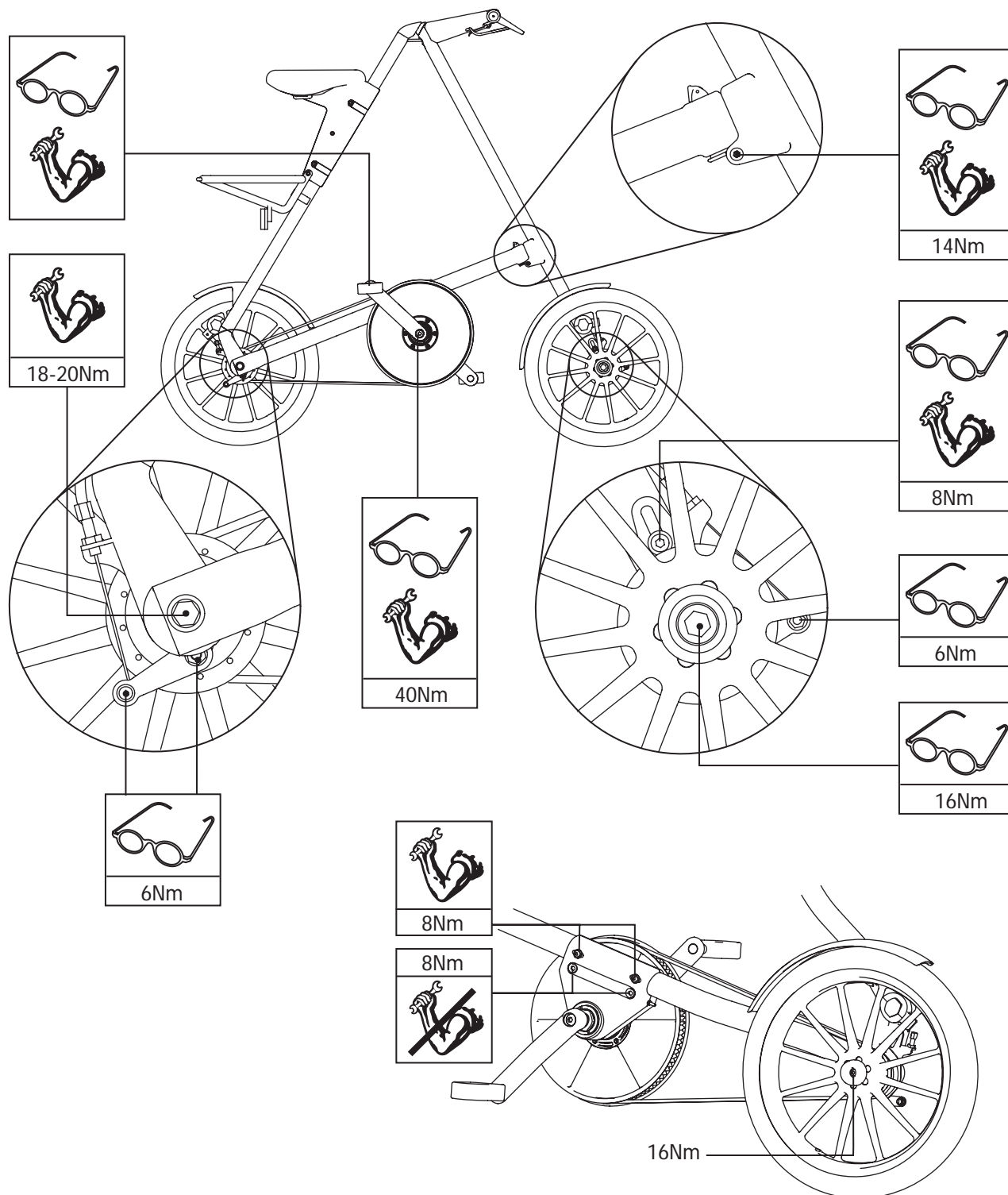
maintenance: oil



! caution:
do not spray oil into brakes

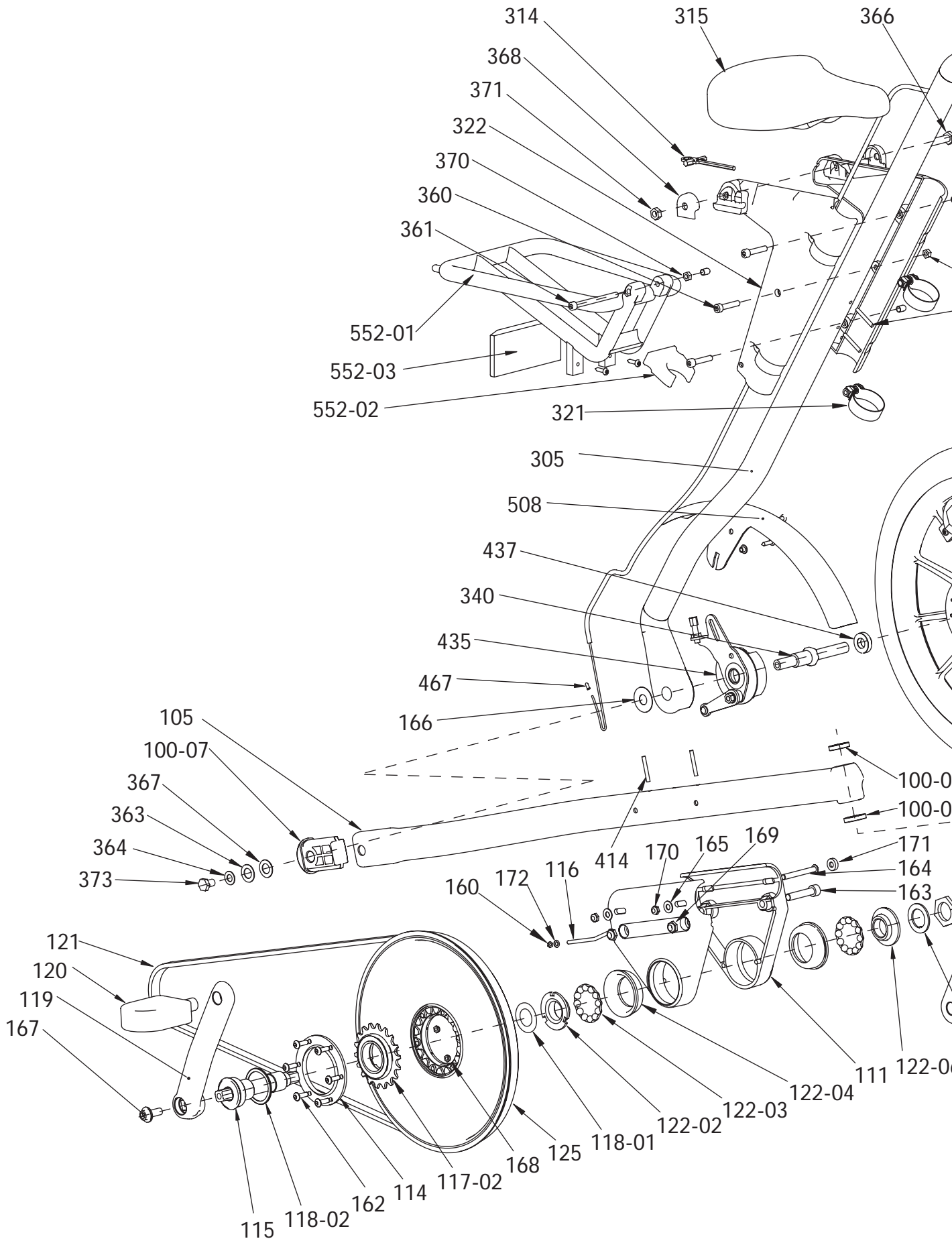


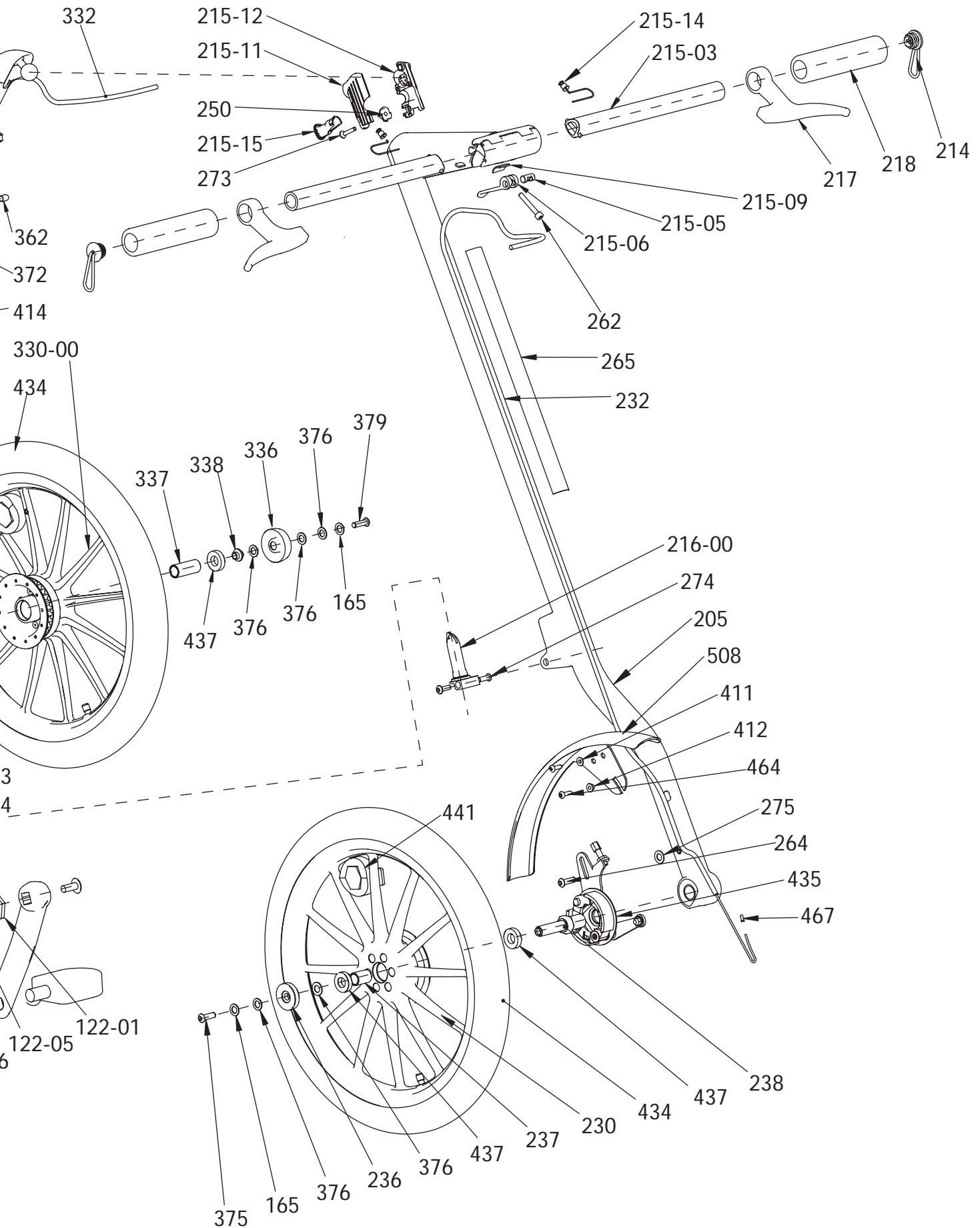
check these bolts every month



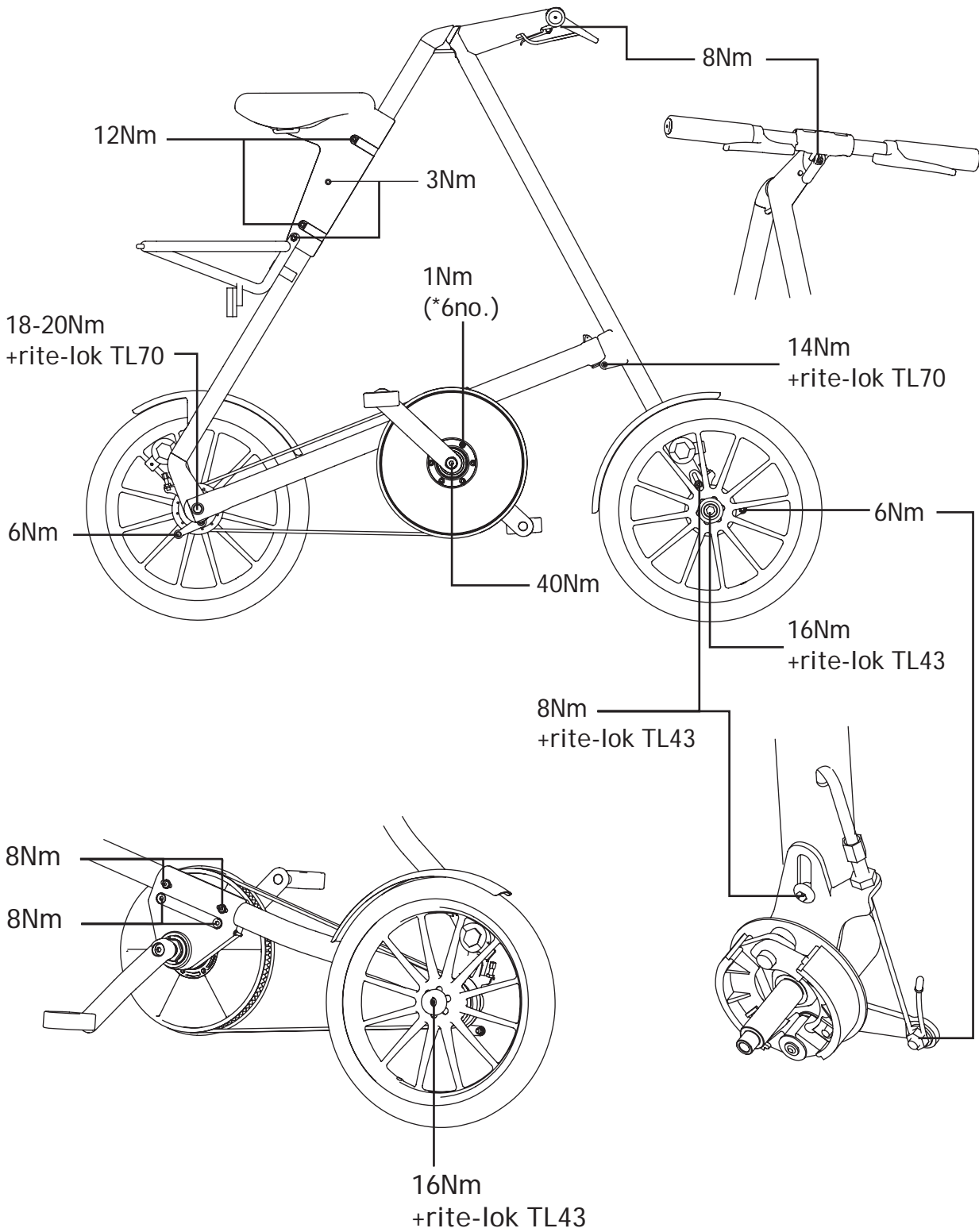
strida 3.2 parts list & exploded view

www.strida.com



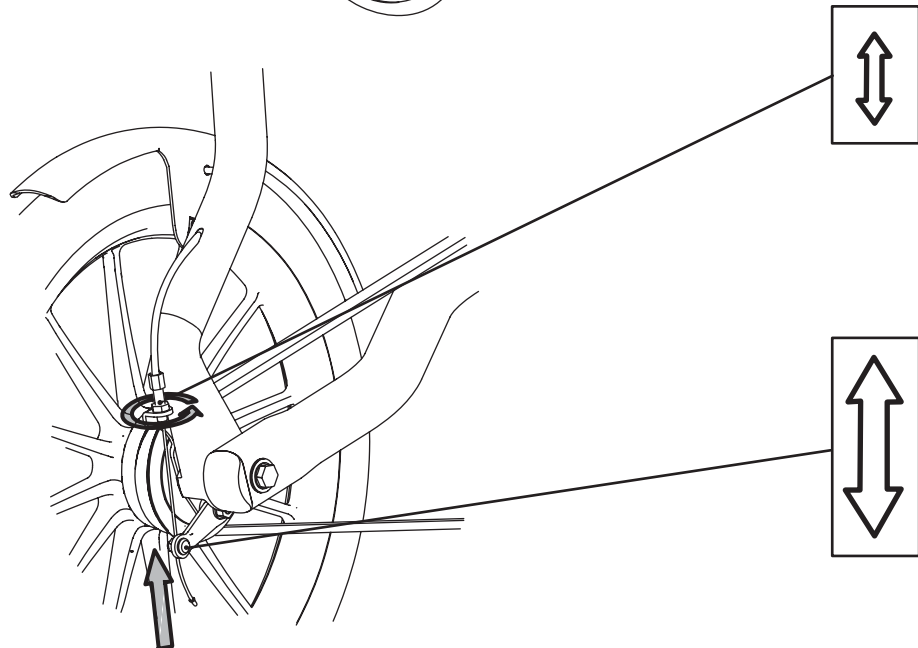
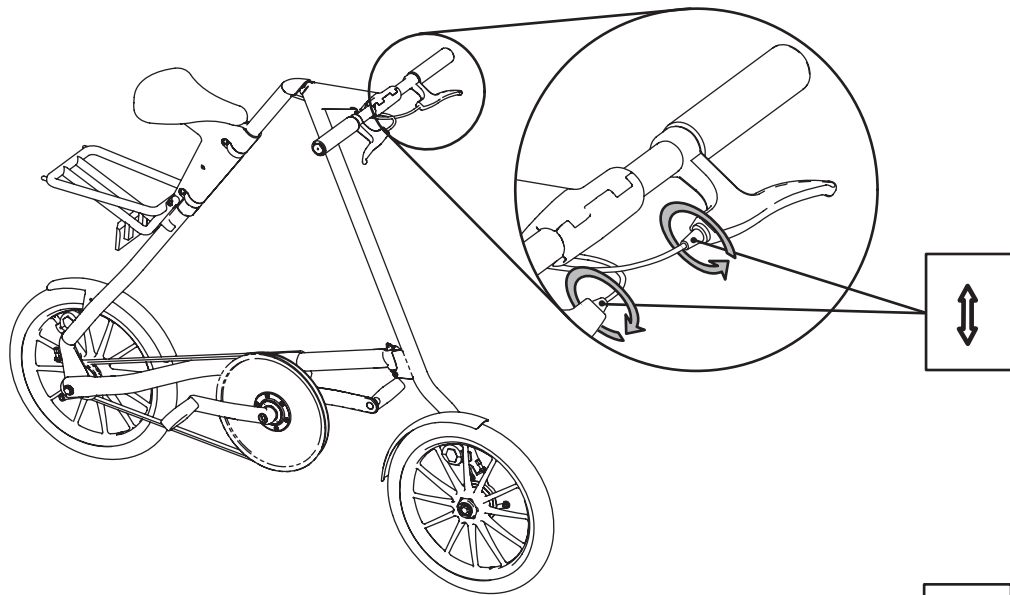
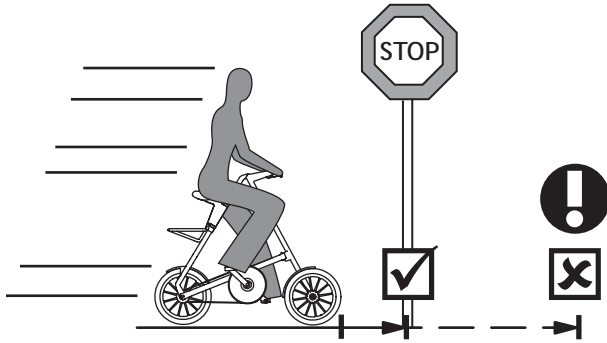


all bolt torques

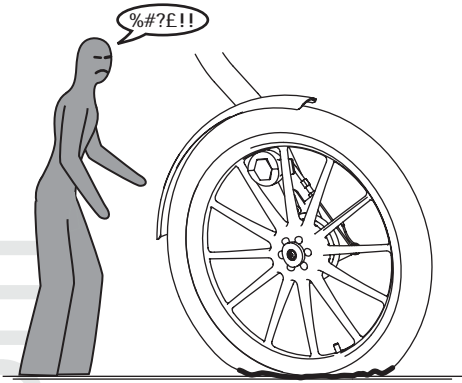


adjusting brakes

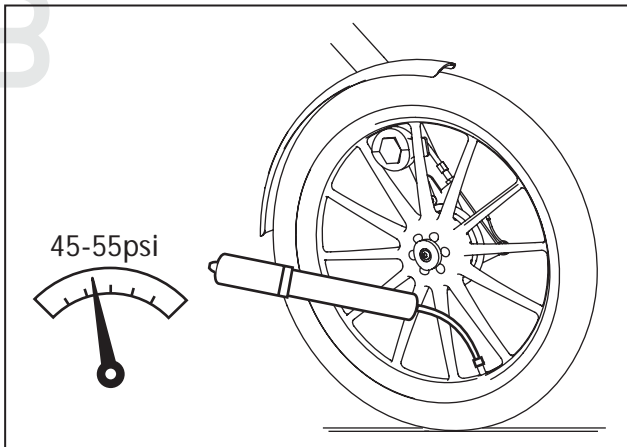
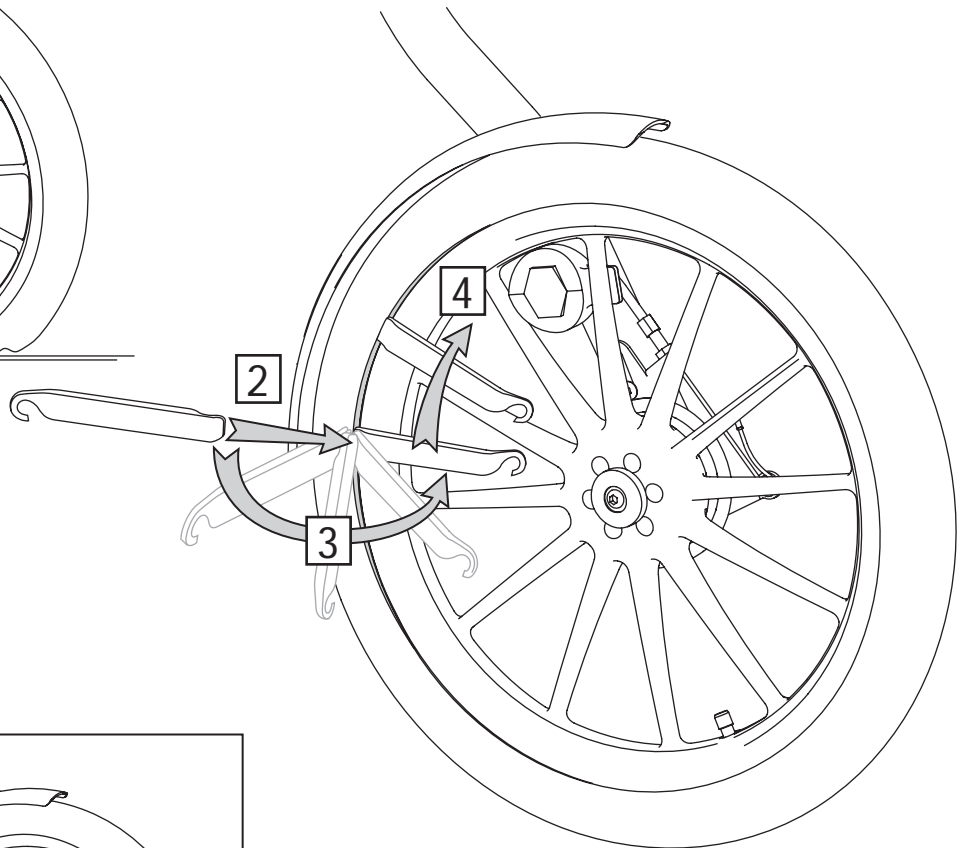
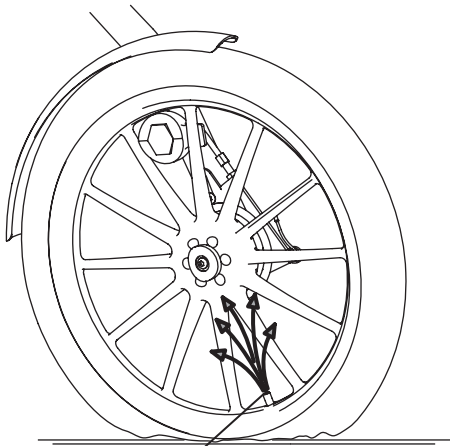
maximum stopping distance at 16kph
= 4.5 metres using either brake



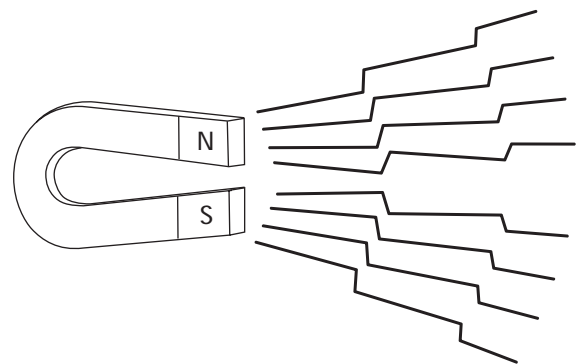
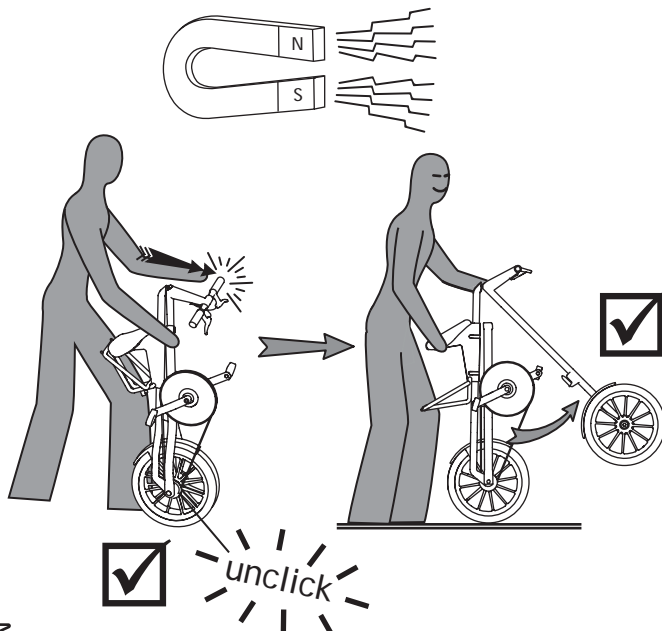
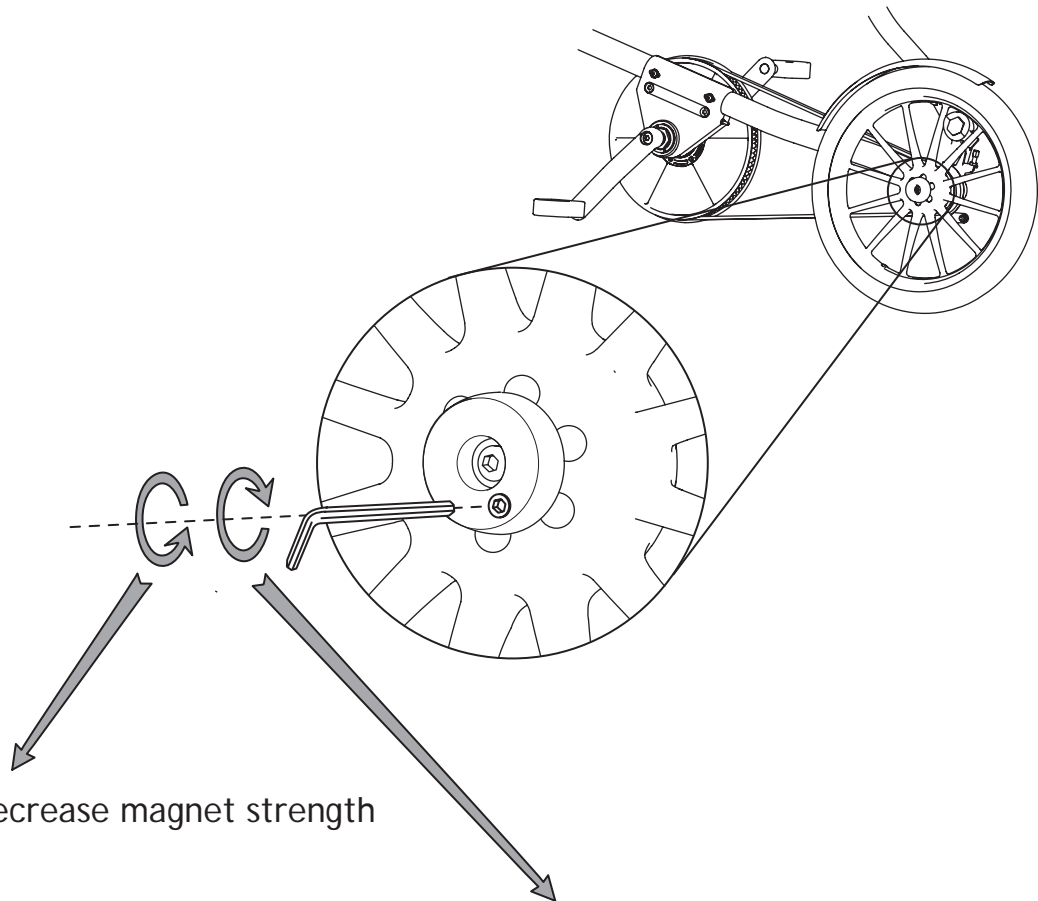
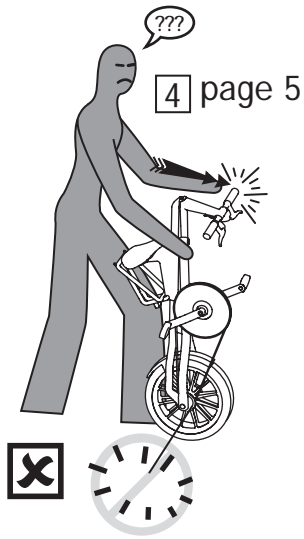
how to remove tires



1



problem: magnetic wheel clip is too strong



front wheel

tyre & tube:
16" x 1.5" schrader valve
(car type) tube 45-55psi

wheel reflector

! m6*16
button head
DANGER: do not omit this
screw

front wheel

front tube

! front
bearing spacer

wheel bearing

drum brake assy

wheel bearing
m8 steel washer

front axle
19mm (3/4")

magnet

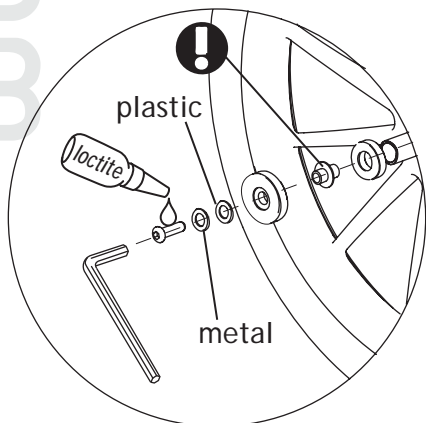
nylon washer

threadlock

LOCTITE

m6 steel washer

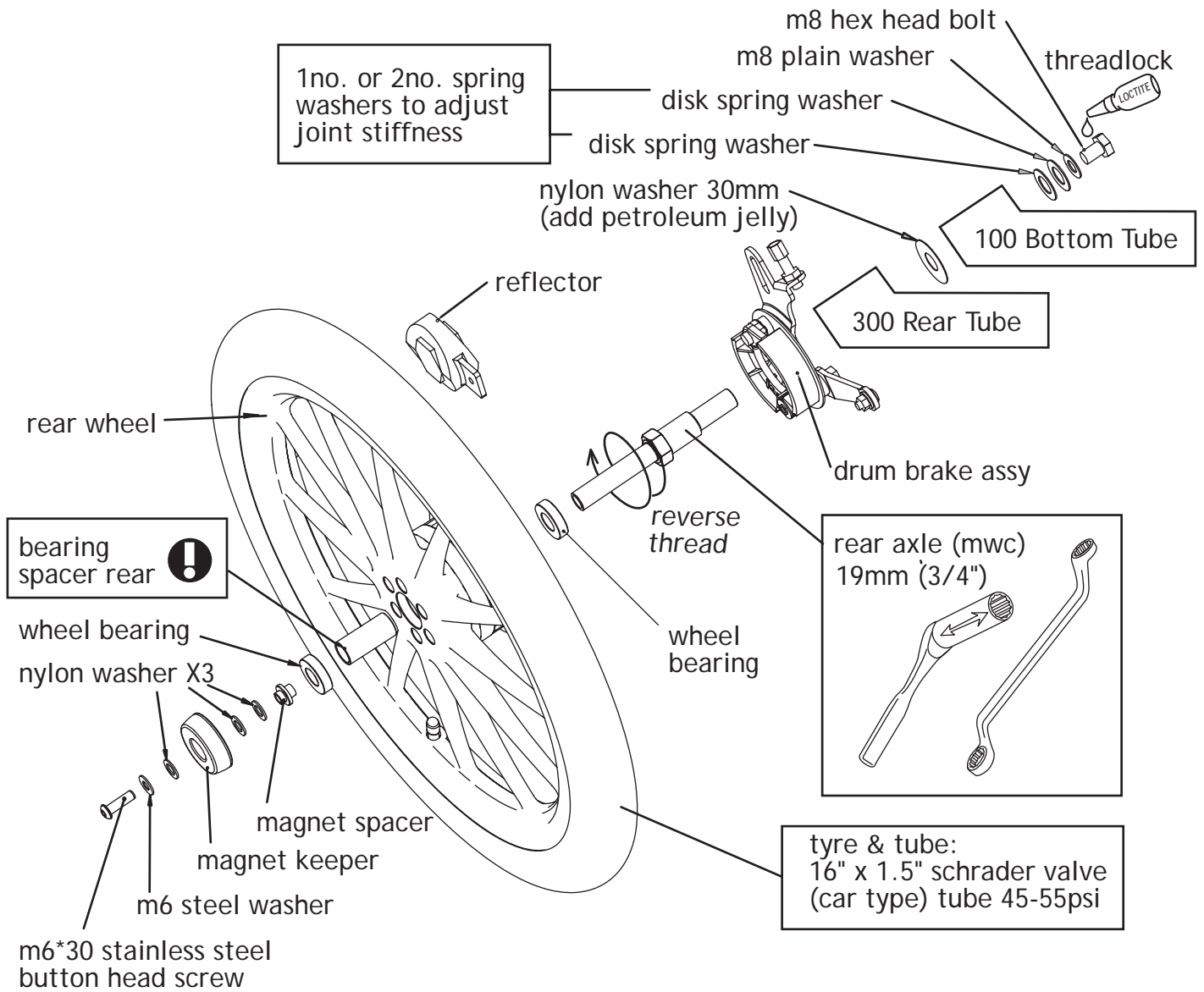
m6 x 20 SS button
head screw, nylock



pre 2005 design

parts & upgrade kits available
from www.strida.com



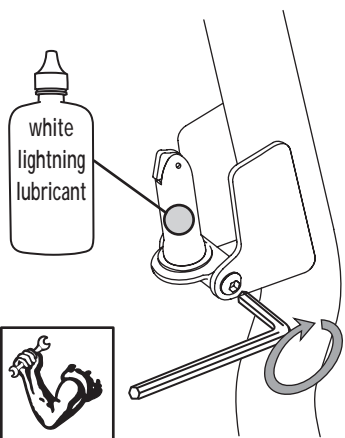


parts and upgrade kits available from www.strida.com



how to stop squeaks 1

1



2

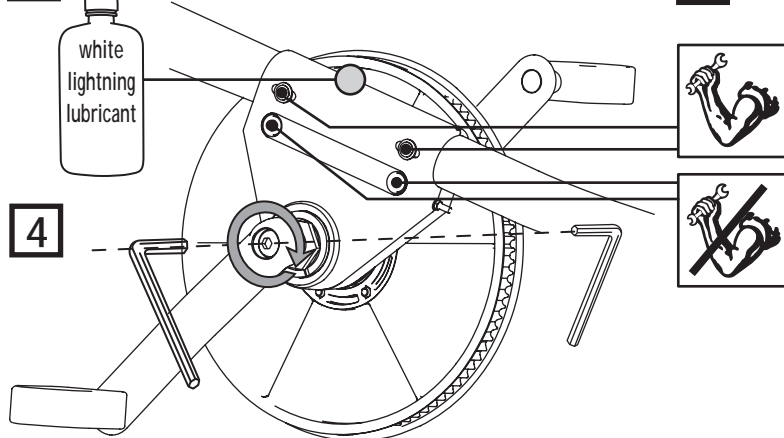


call to order upgraded steering pin (will eliminate all noise)

3



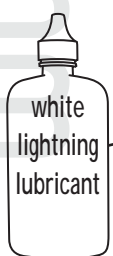
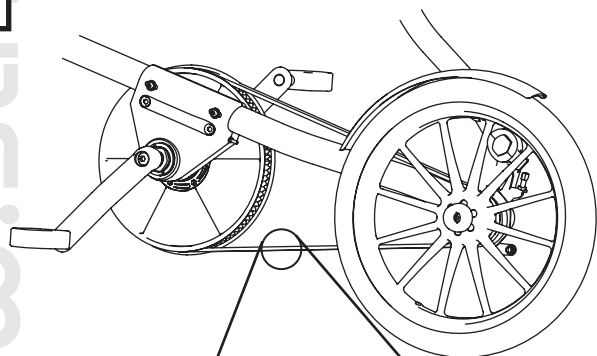
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5

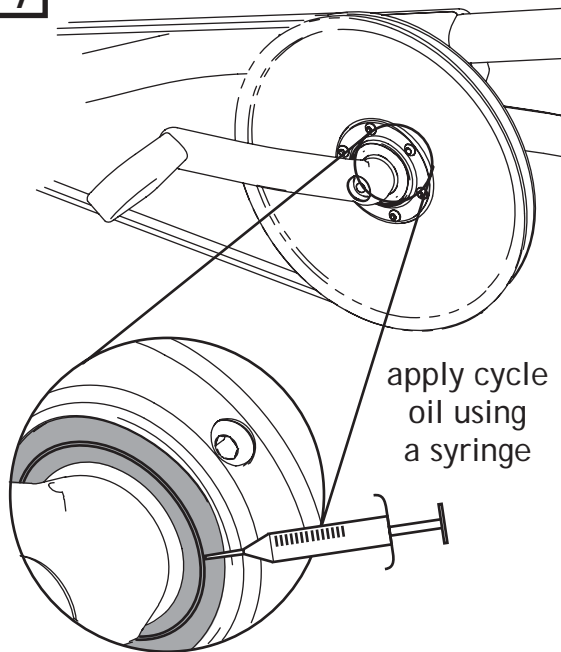


6



call to order upgraded pulley (will eliminate all noise)

7



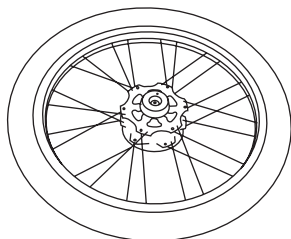
apply cycle oil using a syringe

call to order upgraded freewheel kit (will eliminate all noise)

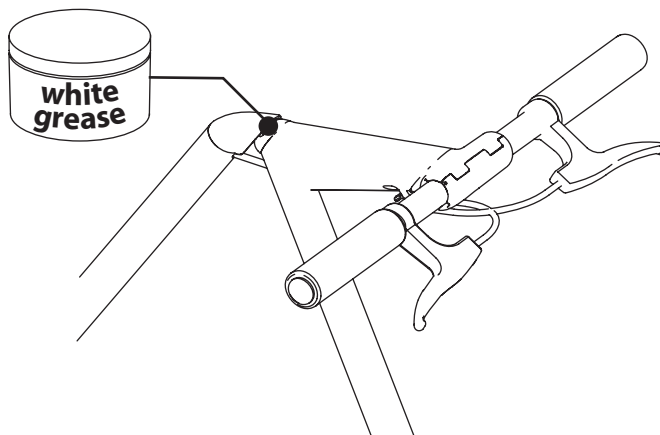


how to stop squeaks 2

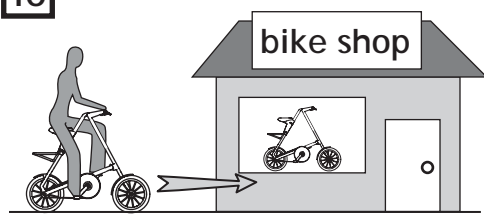
8 for metal wheels: ask a professional to ensure spokes are correctly tightened



9

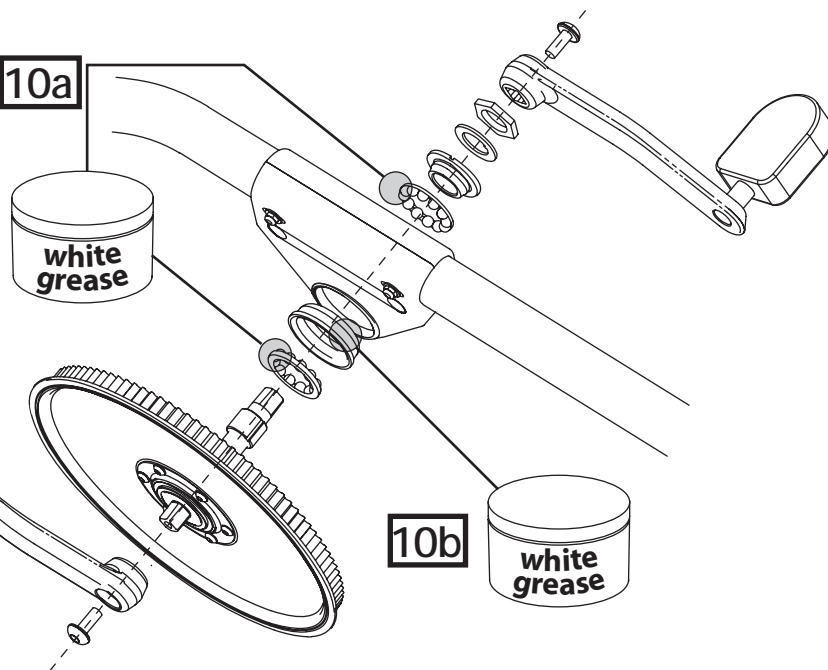


10



ask a professional to correctly adjust & grease bottom bracket (part 122) see left & pages 28-29

10a

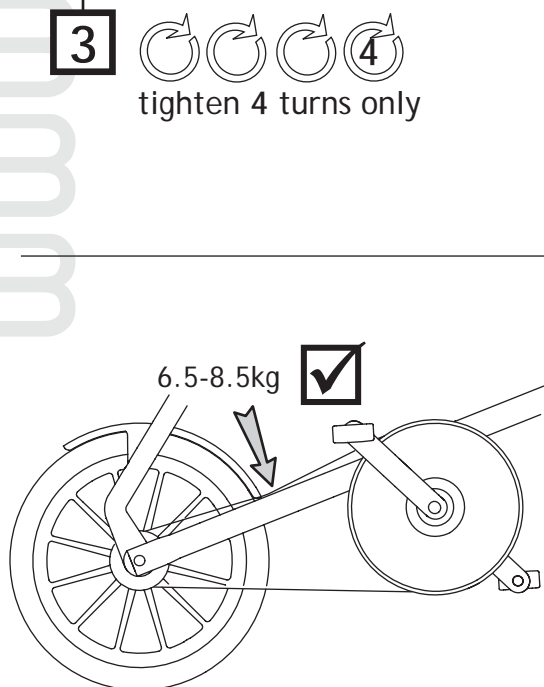
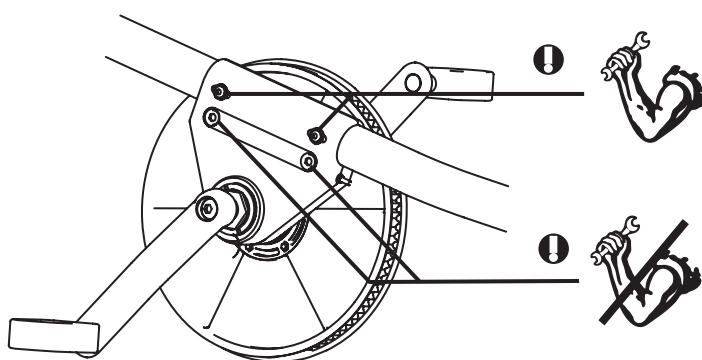
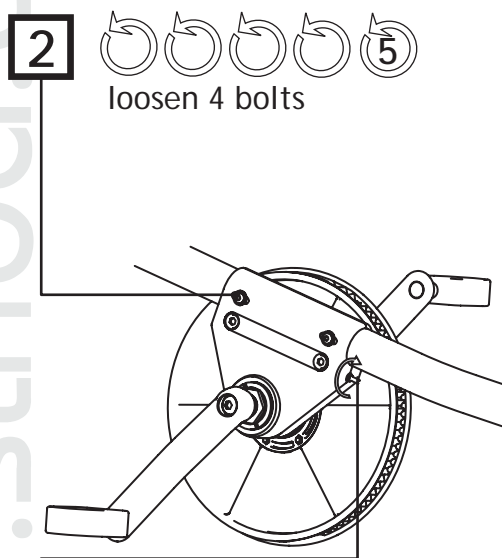
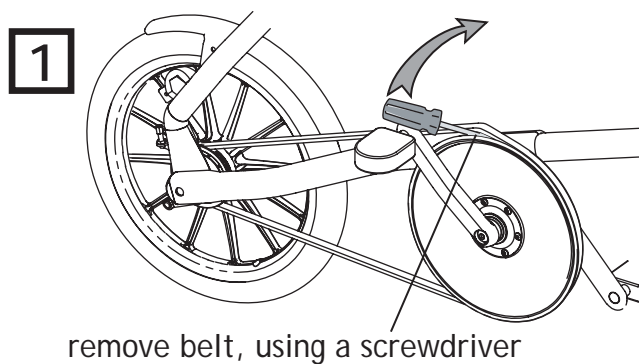
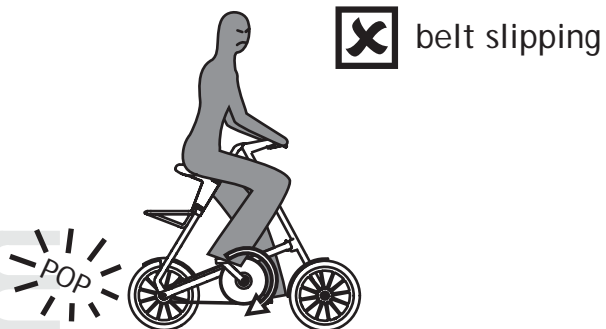


10b

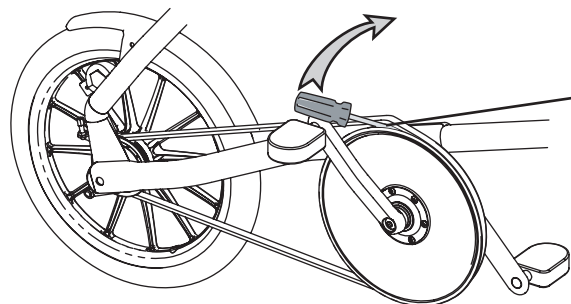
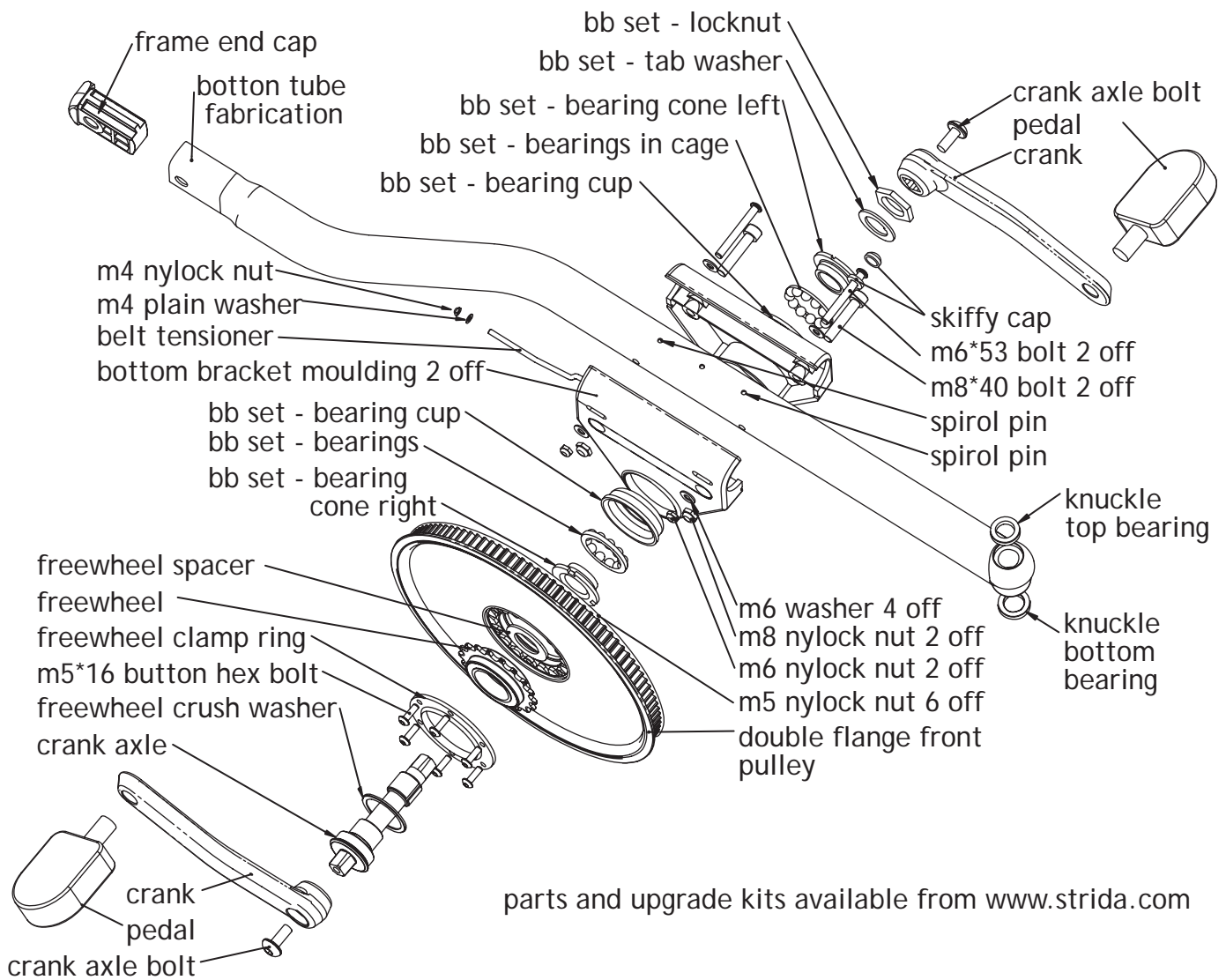
12 install a new freewheel upgrade (part 610)



belt tension



crank & bottom bracket



tip: to remove belt, use a screwdriver



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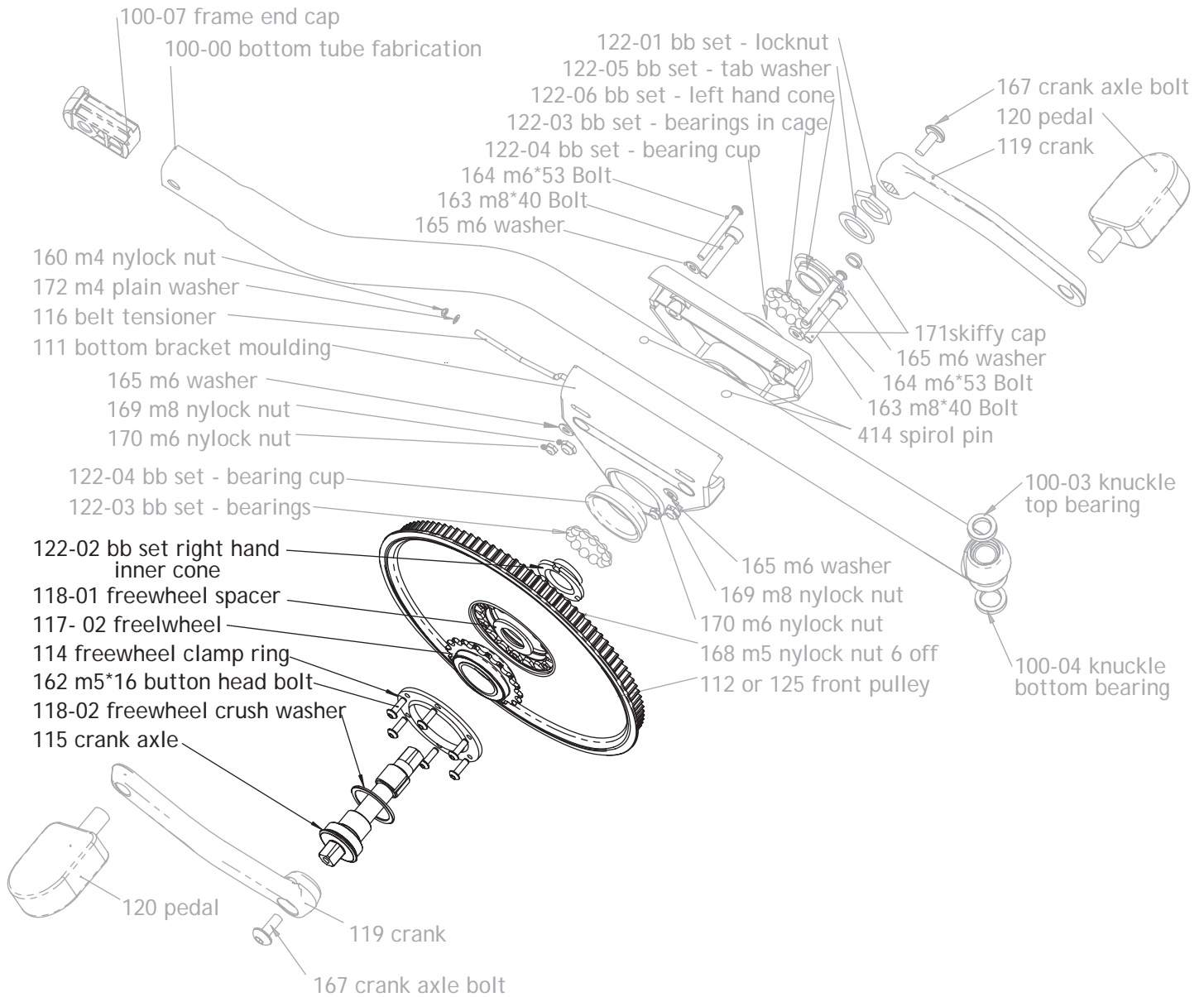
a whole new way to move



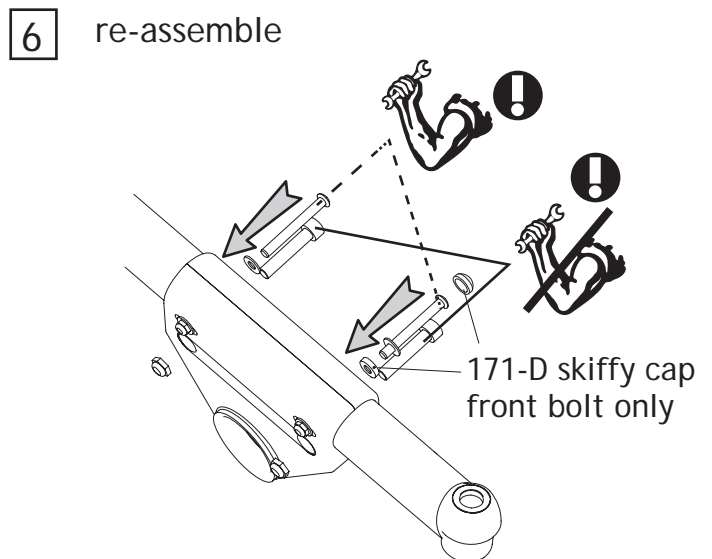
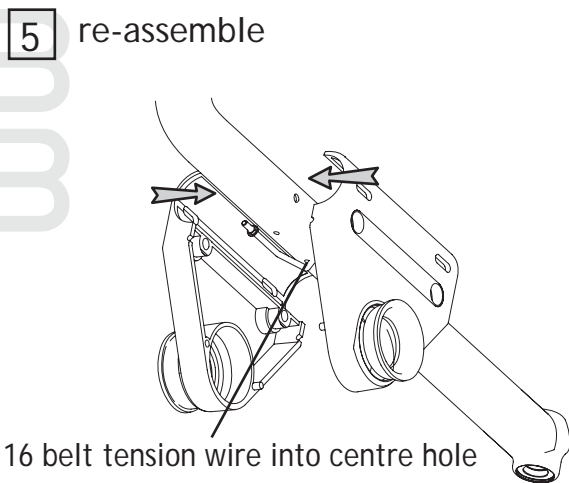
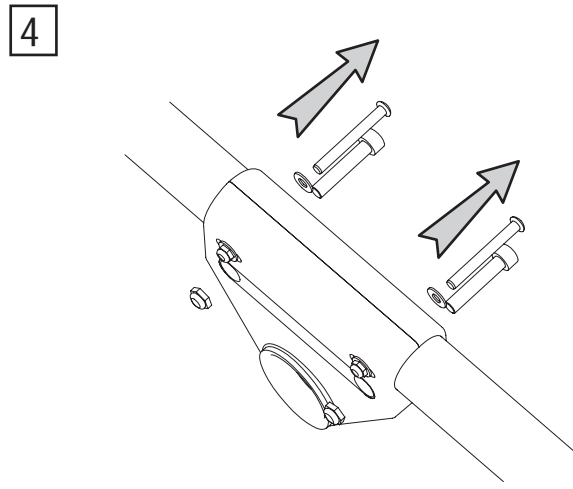
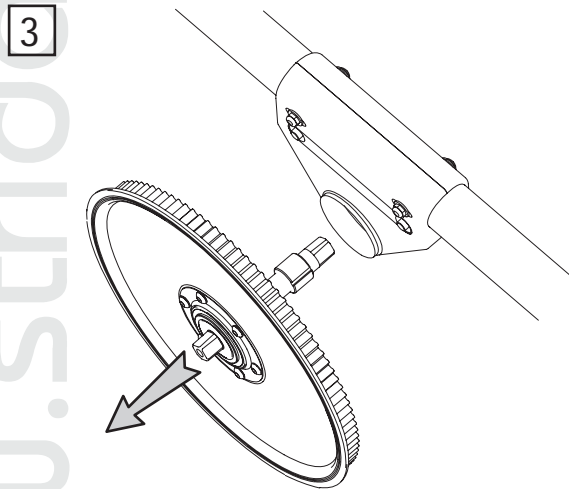
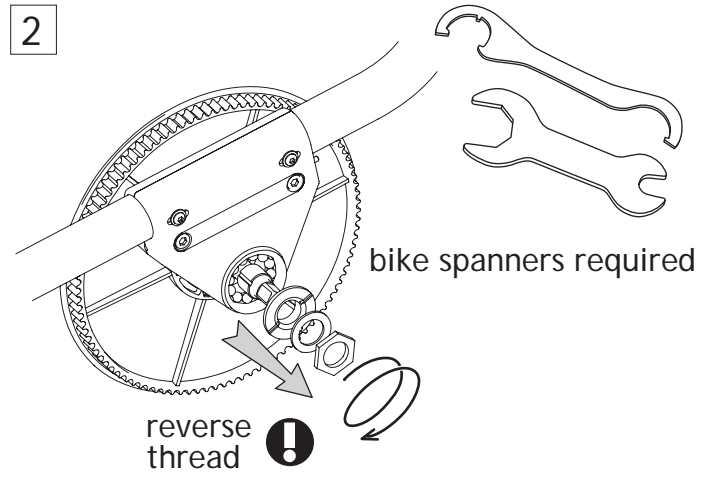
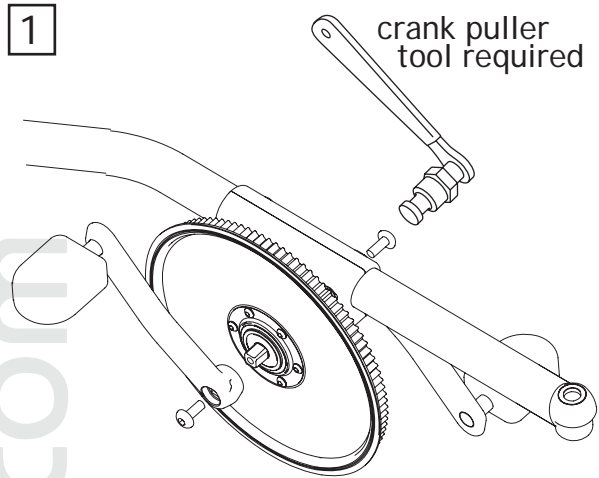
upgrade & repair kits
instructions

610 strida upgrade - freewheel & pulley

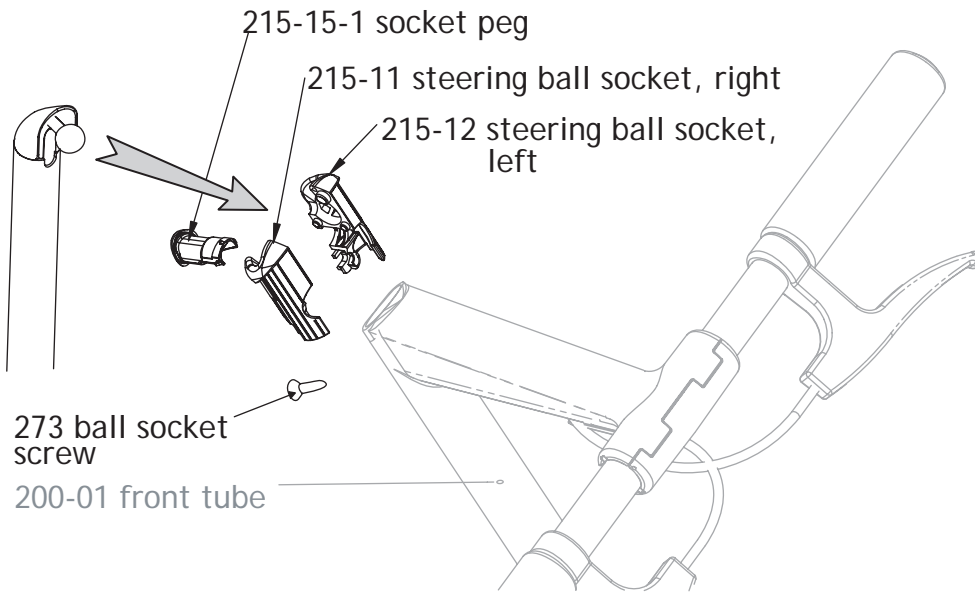
STRIDA



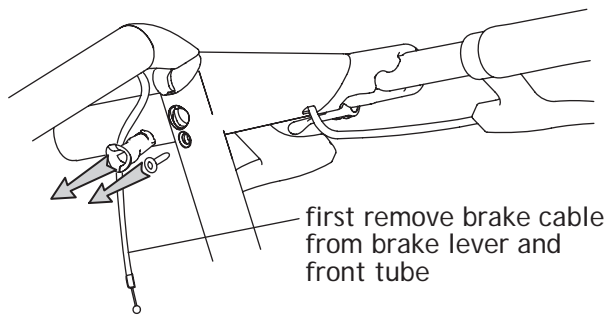
bottom bracket disassembly



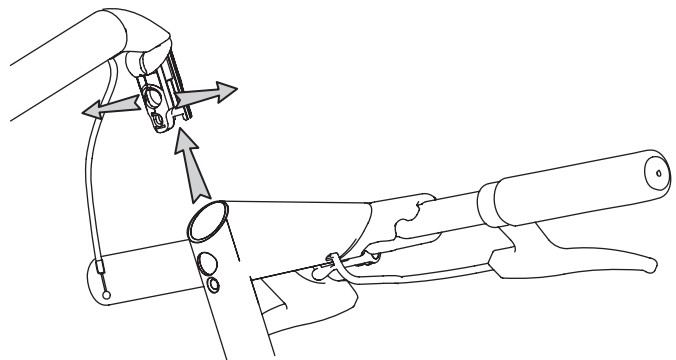
627 strida 3 upgrade - steering ball socket



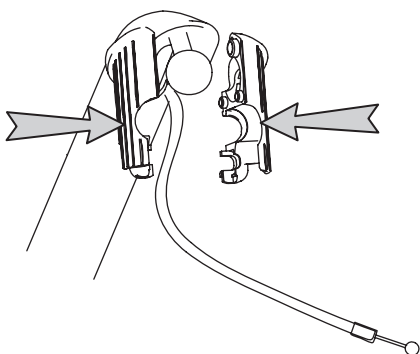
1 remove rear brake cable, then socket peg and screw



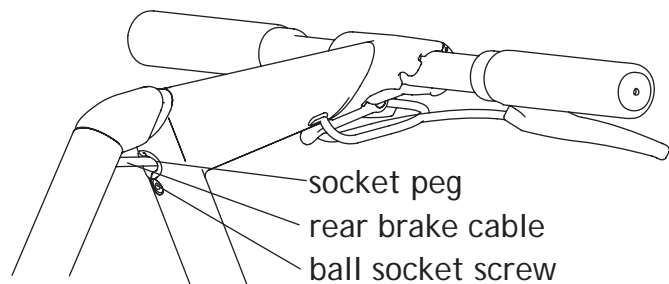
2



3



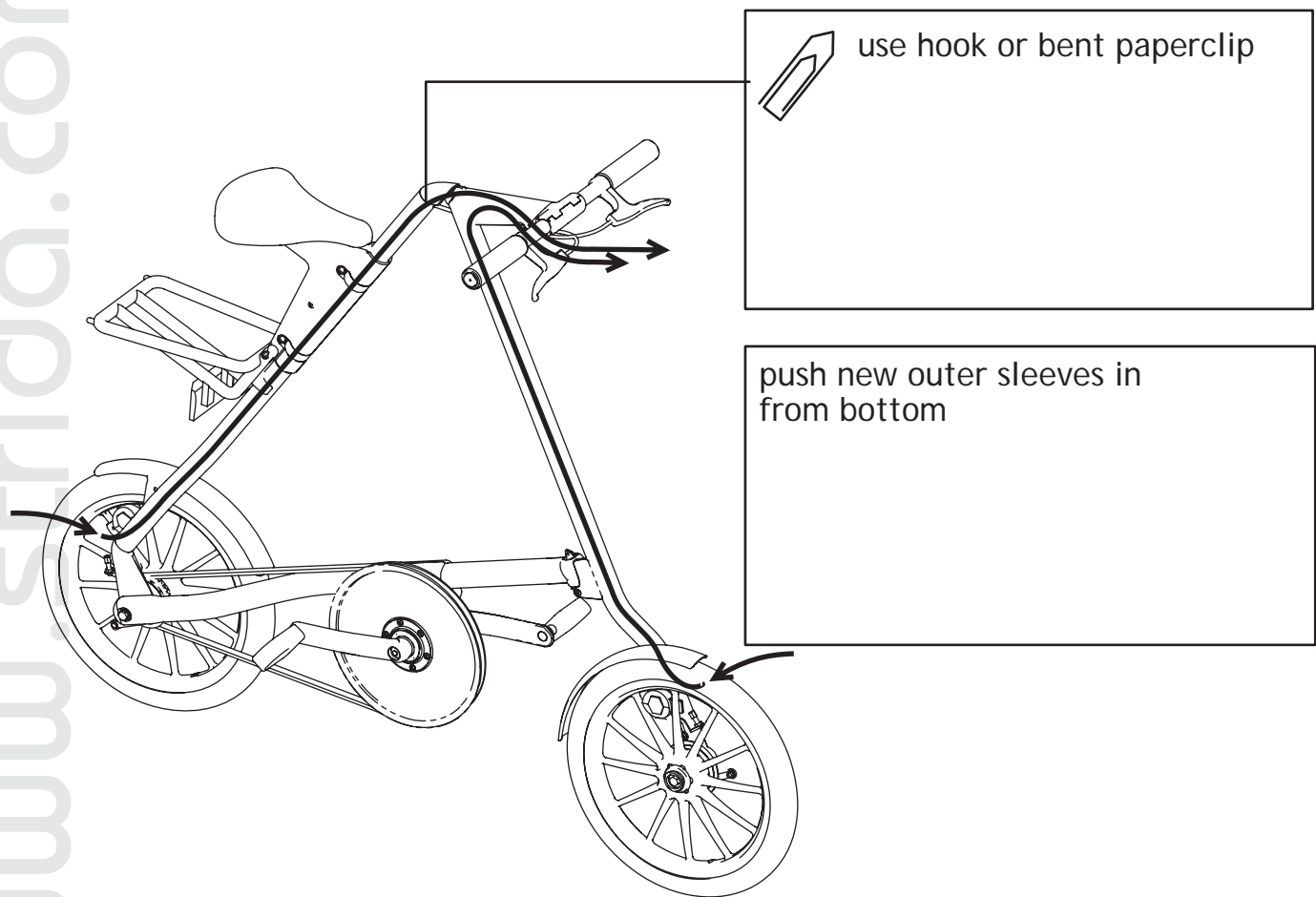
4 reassemble. fit socket peg, screw and finally rear brake cable



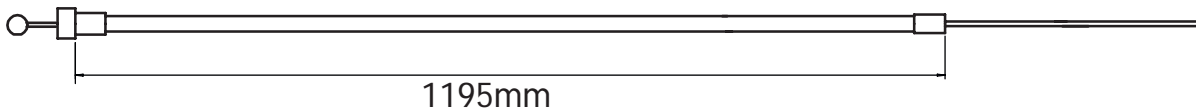
replacing brake cable

a easy: replace only inner wire

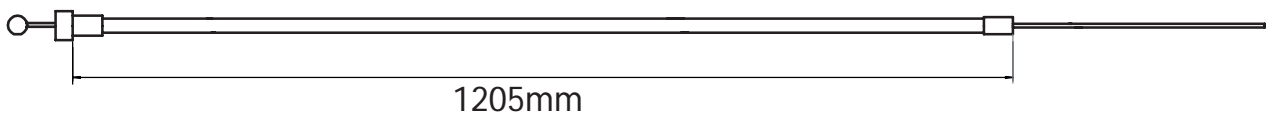
b complex: replace outer sleeve



front brake cable



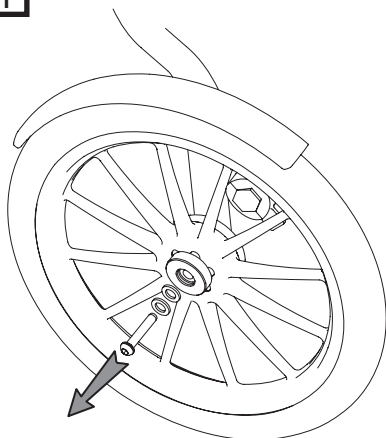
rear brake cable



replacing brakes

new brakes and brake skimmer - to improve braking power in new brakes, available for loan from www.strida.com.

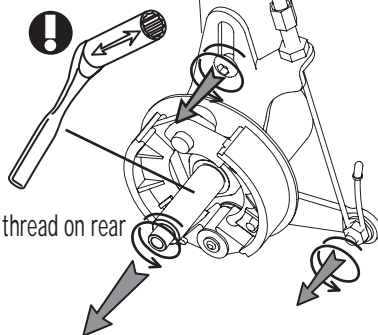
1



2

deep socket wrench 19mm

reverse thread on rear

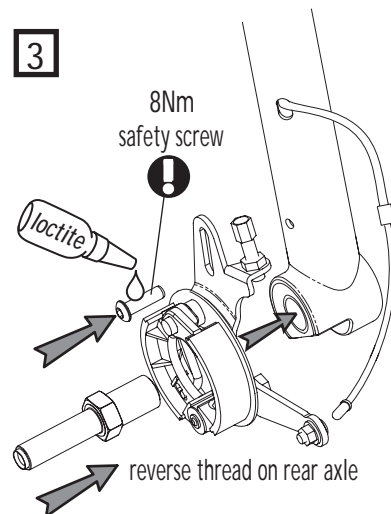


3

8Nm
safety screw

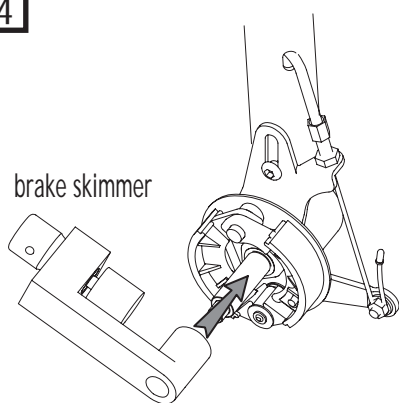


reverse thread on rear axle

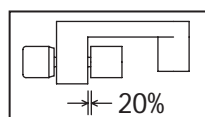


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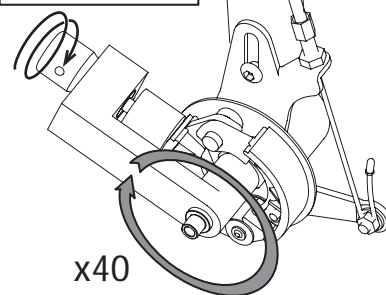
brake skimmer



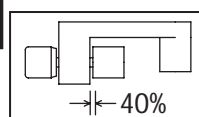
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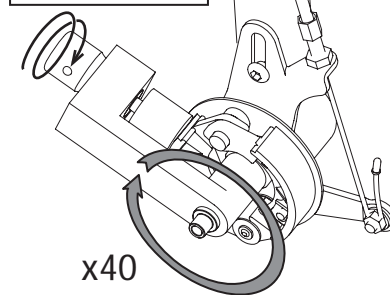
x40



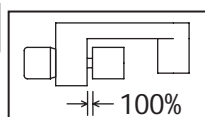
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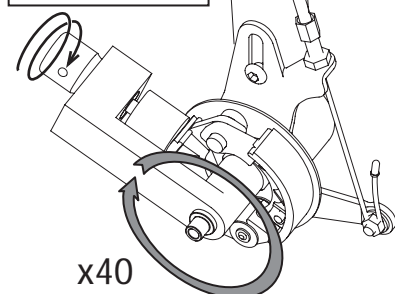
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7

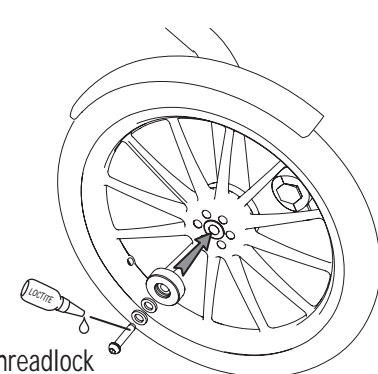


x40



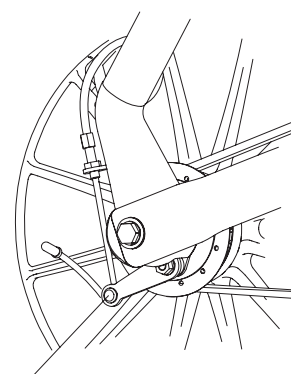
8

threadlock
16Nm



9

tighten and adjust cable



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a whole new way to move



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