

ROCK^{THE}BIKE

Fender Blender Universale
User Manual c. 2010
created exclusively for Rock The Bike
by Kato Lawton

Congratulations! You're about to pedal the world's finest bike-powered blender. You're probably excited to make your first beverage, so gather some ingredients, and then please follow these instructions closely to get a safe, effective installation. You'll be blending in no time!

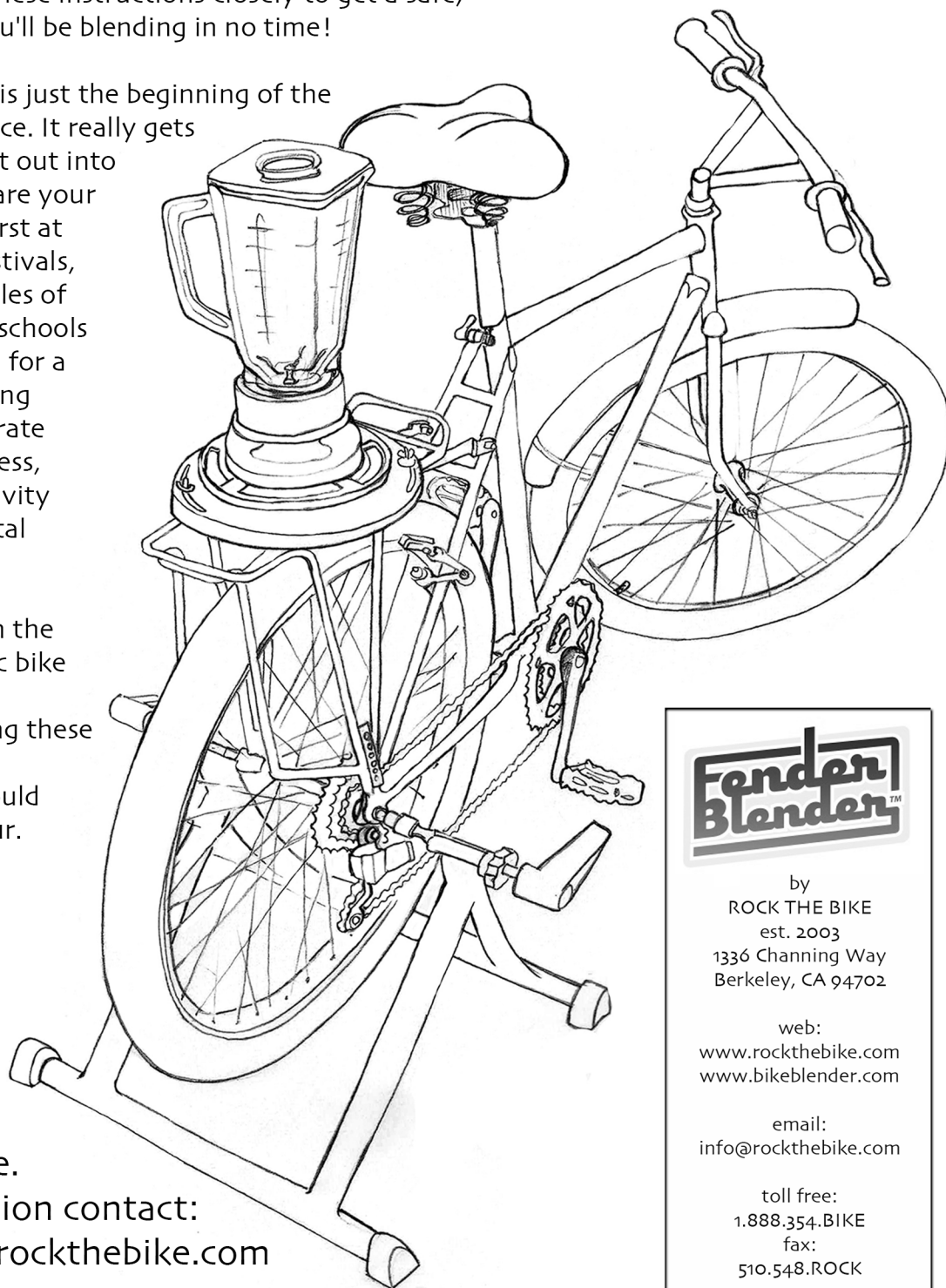
Cranking out smoothies is just the beginning of the Fender Blender experience. It really gets interesting when you get out into your community and share your creations: quenching thirst at farmer's markets and festivals, teaching kids the principles of nutrition and physics at schools and camps, raising funds for a local organization, starting conversations that generate prospects for your business, and bringing some positivity to the local environmental movement.

The first step is to attach the rack to the bicycle. Basic bike mechanic skills are recommended but lacking these you can still follow the instructions and you should be setup in under an hour.

Enjoy!

Trainer and
bicycles available
from Rock the Bike.

For more information contact:
customerservice@rockthebike.com



by
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CONTENTS OF KIT:

- a. (1) Bicycle Rear Rack
- b. (1) Blender Drive
- c. (1) Pitcher
- d. (2) Silver Brackets
- e. (2) Black Brackets
- f. (8) Nuts
- g. (4) Carriage Bolts
- h. (2) Washerhead Screws
- i. (4) Machine Screws

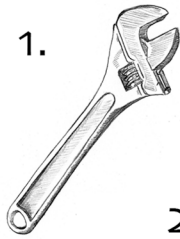
You will need: 1. an adjustable wrench or 8mm crescent or socket wrench

2. a 4mm allen key

3. a tape measure or ruler

4. a phillips head screwdriver

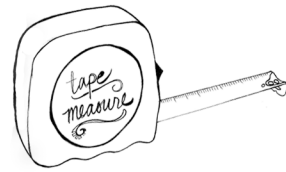
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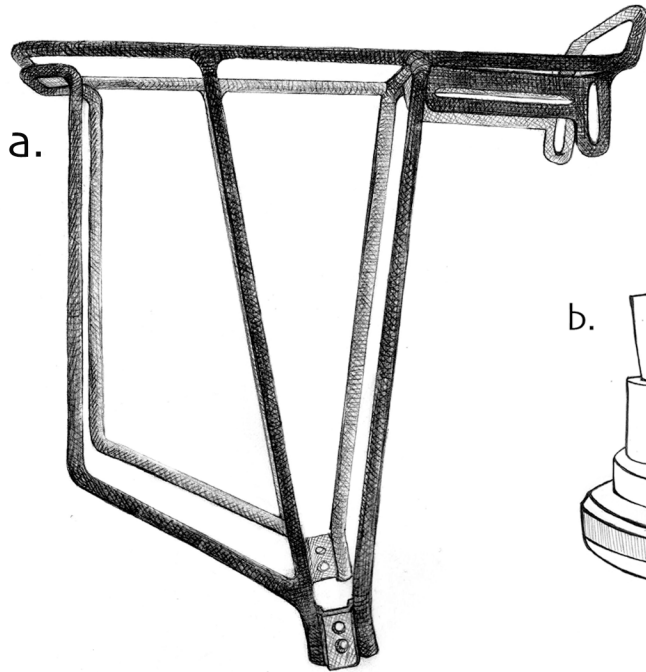
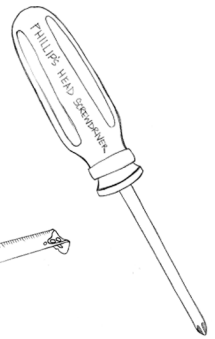
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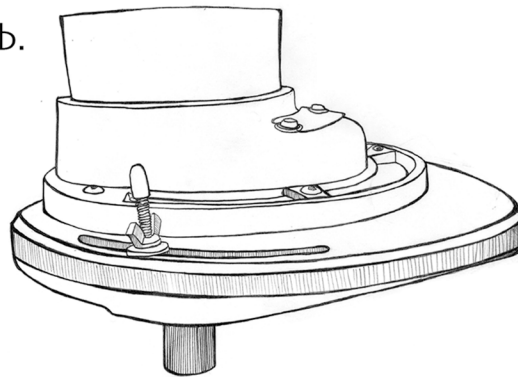
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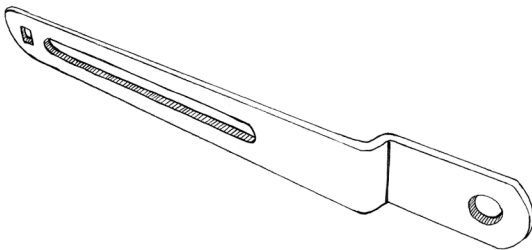


c.



hardware pictured is not to scale.

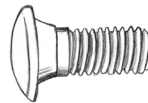
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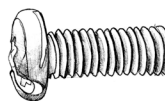
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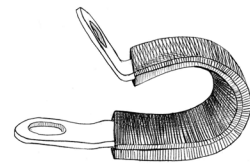
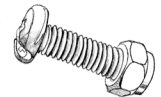
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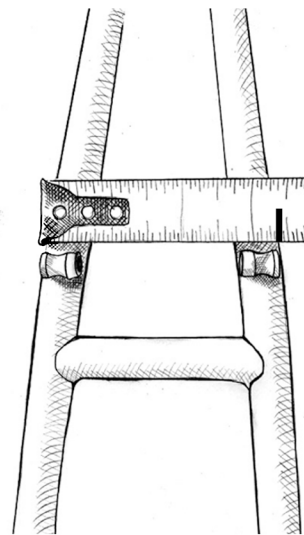
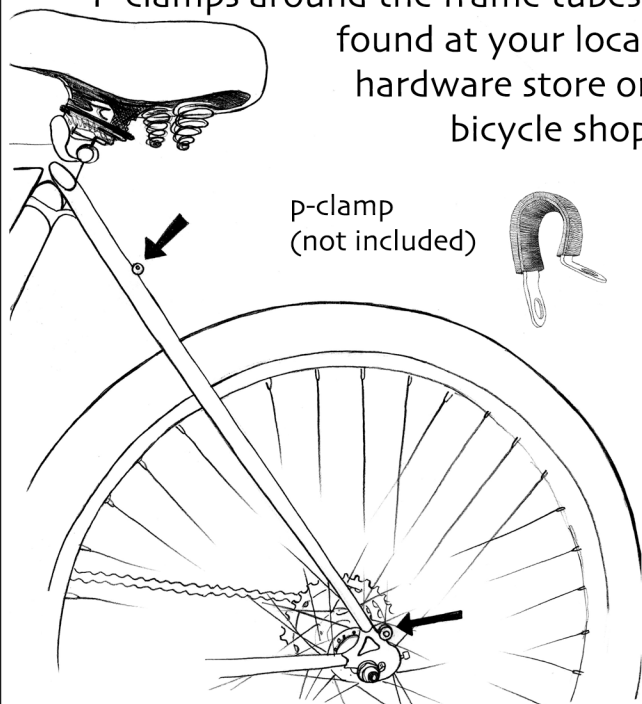
i.



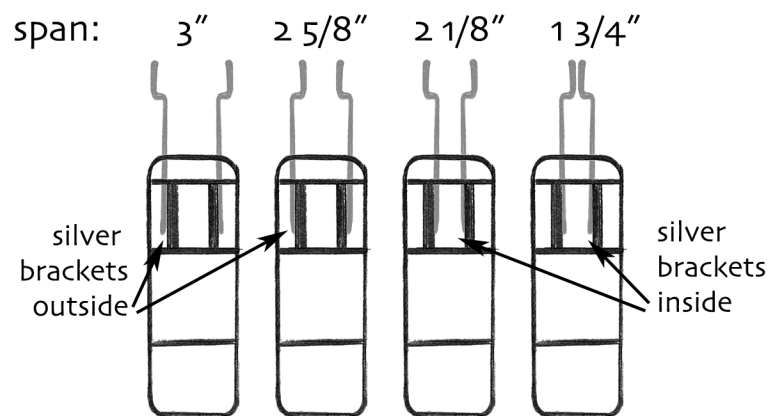
You may need to purchase p-clamps and the appropriate screws and lock nuts if your bicycle does not have braze-ons. See step 1 for more details.



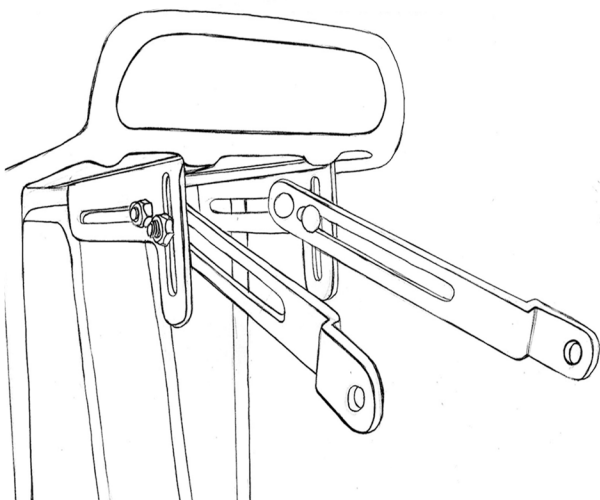
STEP 1: Find the rack mount braze-ons on your bicycle frame. One pair near the center of the wheel, and one pair below the seat. If you do not see any, your frame may not have them but a simple solution is to use P-clamps around the frame tubes, found at your local hardware store or bicycle shop.



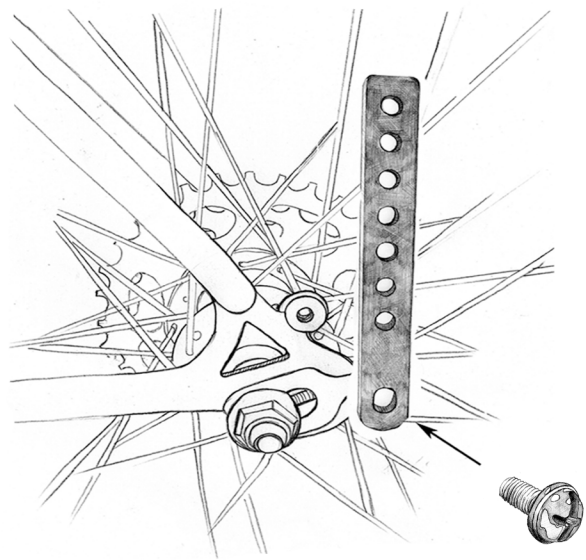
Step 2: On the braze-ons below the seat, measure the distance from threaded hole to threaded hole. From the four options below, select the span closest to the distance you measured. This will give you the orientation of the silver brackets that best fits your bike.



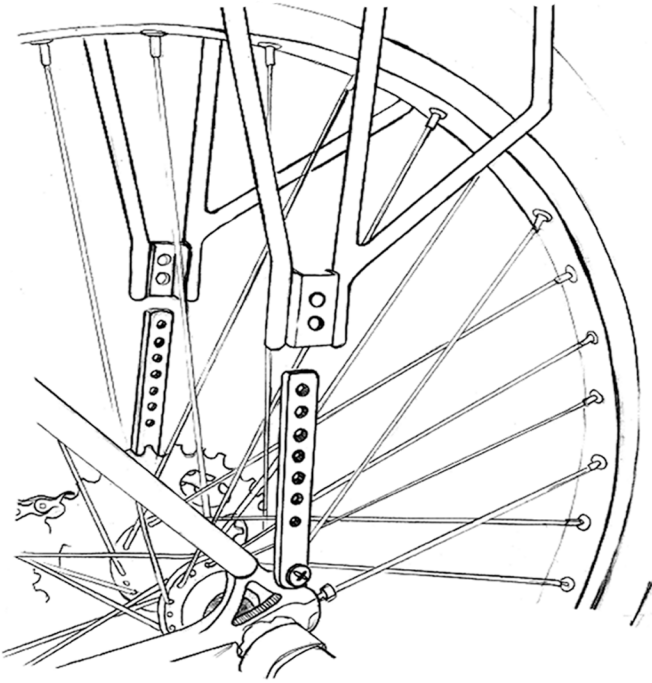
STEP 3: Attach the silver brackets to the rack using the carriage bolts pointing outward, and lock nuts on the outside. Make them finger tight.



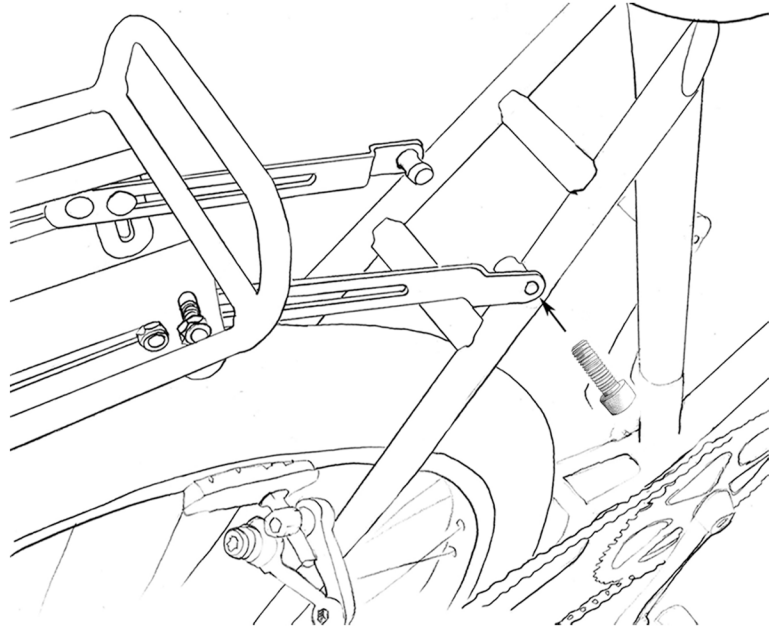
Step 4: Use washerhead screws to firmly attach the black brackets to the braze-on mounting points near the center of the wheel, on both sides of the



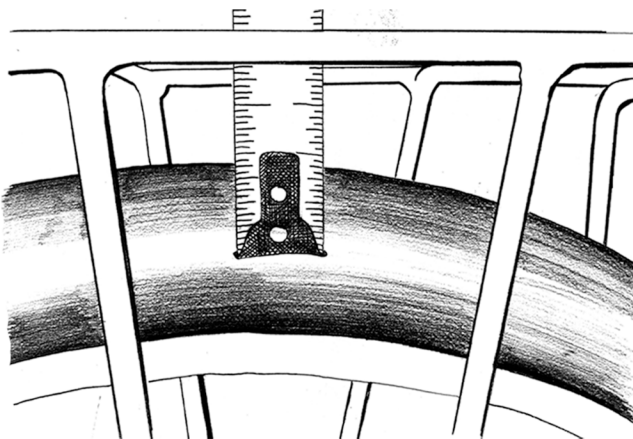
Step 5: Slide the rack legs over the black brackets. It may be necessary to spread the legs to fit.



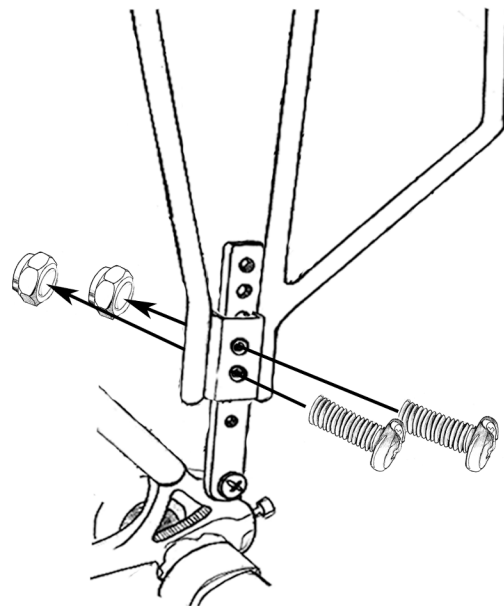
Step 6: Attach the silver brackets to the bike frame using allen bolts. Often bicycles come with these bolts. If yours does not, you can find them at a hardware store. They are usually m5 x16mm bolts.



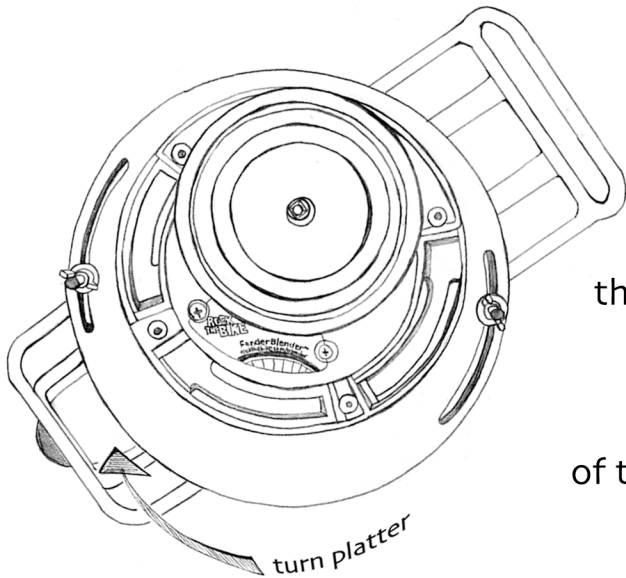
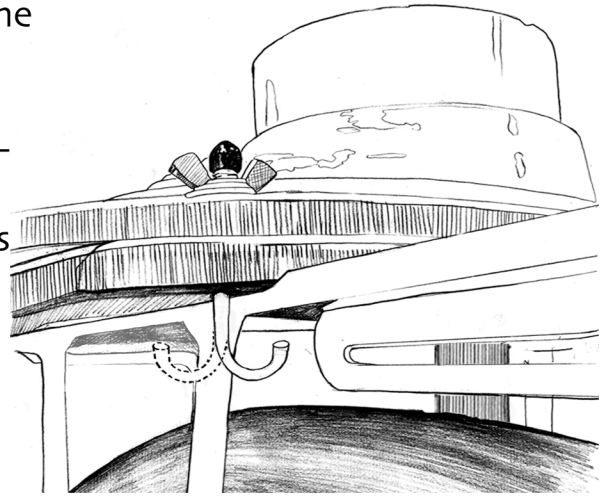
Step 7: Move the rack up and down so the distance from the widest part of your tire to the lower edge of the rack is between 1" - 2 1/2". The rack should be parallel to the ground.



Step 8 : Attach the rack to the black brackets using the four machine screws and lock nuts included in your kit. Tighten all loose screws and bolts.



Step 9: Unscrew the wing nuts on the top of the blender drive and place the blender drive on the rack, so the groove in the bottom platter nests on the rack. The roller should be on the left, non-drive side of the bicycle. Rotate the j-hooks so they are under the rack. While holding the hooks in place turn the wing nuts on the top to raise the hooks to loosely grasp the rack.

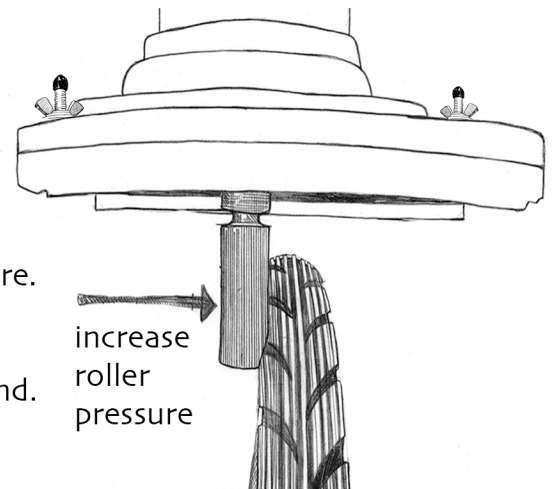


Step 10: Slide the blender drive forward and backward on the rack to position the roller directly over the center of the wheel. Rotate the blender drive clockwise, to engage with the tire. Seek the smallest amount of pressure required to keep the roller from slipping on the tire. Check that the roller is rubbing on the sidewall of the tire, not on the treads or the rim of the wheel. Now you're ready to blend! Insert the pitcher into the blender base, gather your favorite smoothie ingredients, and get rolling!

Tuning the traction between the tire and blender roller:

If the blender blades are stopping and starting even though the pedals and wheel is going around, there are a few steps to get blending again.

1. Check the tire pressure. It should be about 65 psi, or at the maximum rated pressure for your tire.
2. If slipping is still occurring, try increasing the contact pressure between the roller axle and the tire. Loosen the two j-hooks with a couple of turns of the wing nuts, and rotate the blender drive clockwise. This rotation will push the roller up against the tire. After increasing the contact pressure, re-tighten the wing nuts. To test for good traction, hold the roller axle between thumb and fore-finger, and slowly turn the bicycle wheel with your other hand. It should be very hard or impossible to hold onto the roller axle.



CLEAN UP & DISASSEMBLY

1. Disassembly of your blender pitcher:

Unscrew the pitcher from the pitcher base to expose the rubber gasket and blade mechanism.

Disassembly of your blender drive:

Use a 3mm allen key to remove the four bolts around the base flange and a 4mm allen key to remove the three bearing bolts.

There's no need to disassemble the bearing assembly or the base platters for clean-up.

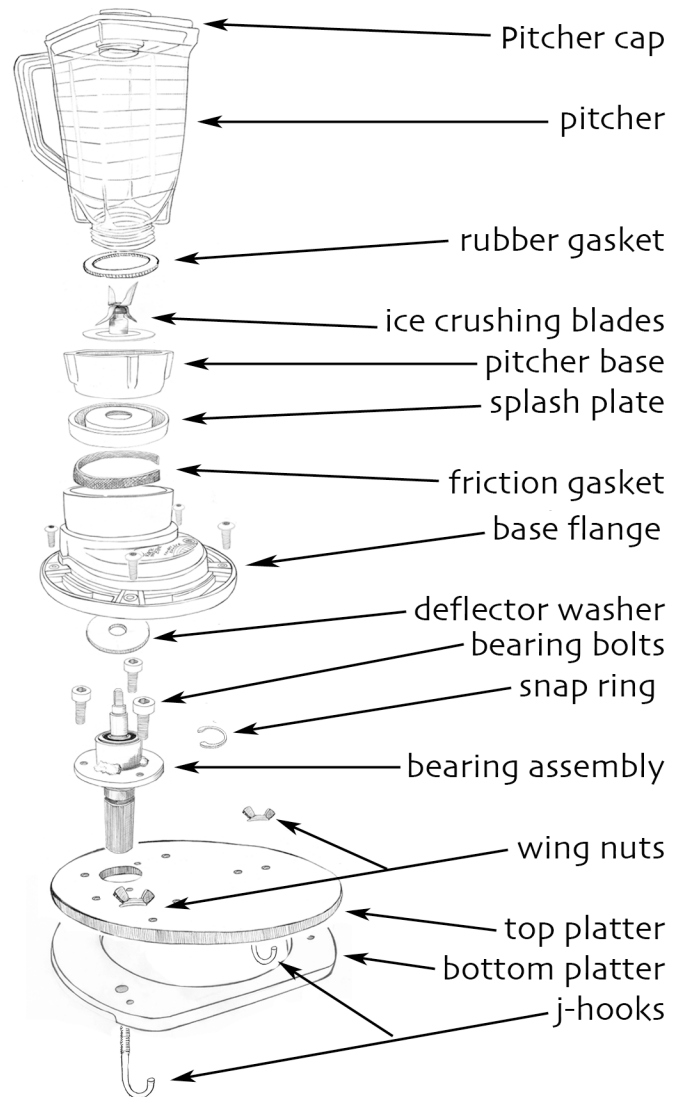
2. Cleaning your blender:

The blender pitcher parts and plastic parts of the blender base are dishwasher safe or can be hand washed with non-abrasive soap. Do not put screws, bolts or other metal parts in dishwasher.

3. Bearing Assembly disassembly:

Using a small flat head screwdriver, remove the snap ring (gold colored c-shaped ring) from the roller shaft. Slide the roller axle out of the bearing assembly and use an adjustable wrench to unscrew the square drive bolt at the top of the roller axle.

If you need to replace parts from the bearing assembly, contact Rock the Bike, 800-354-BIKE



HOW DO I MAKE A THICK AND TASTY SMOOTHIE WITH MY FENDER BLENDER?

First fill up the pitcher about halfway with ice. Pour juice over the ice. We recommend a good neutral juice like apple or grape juice but citrus is also great. Add a healthy layer of fresh or frozen fruit. For some texture and protein, use nuts- walnuts and almonds work well.

Add something creamy --soy milk, almond milk, or better yet yogurt. Finish it off with something tangy, like a healthy squeeze of lime or some juicy berries. Don't forget to put the lid on the pitcher

You're ready to blend!





Urban Smoothie Recipes

Mango Bliss

1/2 banana
2 tbsp mango chunks
1 tbsp pineapple chunks (optional)
150 ml orange juice



Strawberry Sunshine

1/2 banana
4-5 whole strawberries
150ml apple juice



The Zinger *(banana free)*

3-4 tbsp. mixed summer berries
Dash each of lemon & lime juice
150ml apple juice

Vita Berry

1/2 banana
3 tbsp. of mixed summer berries
150ml apple juice



Tutti Frutti

1/2 banana
3 tbsp. of mixed available fruits
150ml orange juice

Try adding extras like yoghurt, honey or cinnamon

These quantities make a standard 8oz smoothie
Can be made using fresh and frozen ingredients