Owner’s Manual

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

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

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

**Warranty Activation**

Email us at kelly@day6bikes.com. We will need the serial number from the bottom bracket along with your name, address, phone number, name of dealer you purchased the bike from, copy of receipt, and the date the bicycle was purchased. Or you can put this information on a piece of paper and mail to us at:

Day 6 Bicycles, 414 W 7th St, Logan, IA 51546
Bicycle Assembly

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

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

**Important:** Dream8, Dream24, and Journey have a weight limit of 250 pounds. Patriot and Cyclone have weight limits of 300 pounds. Samson has a weight limit of 400 pounds.

Anyone weighing more than these weight limits voids all warranties and assumes all responsibility.
Bicycle Set Up

Seat.

Seat Height. When the seat height is properly adjusted, the balls of your feet should easily touch the ground, but more importantly, your leg should have a slight bend when the pedal is in the extended position. If your legs are completely straight when pedaling, you need to lower the seat. If your legs have more than a slight bend or your opposite knee and femur go above parallel with the ground when pedaling, you need to raise the seat.

CAUTION:
There is a maximum height for extending the seat post. The horizontal backrest tube should never be more than 6” above the seat post collar.

Page 3
Seat Angle and Depth. Newer Day 6’s have two bolts at the top of the seat post. Loosen them. (If the Horizontal Backrest Tube is attached to the seat post, you will first need to move it out of the way by loosening the two bolts that attach it to the seat post.)

Place seat post about 1” from the seat pan bend (see above) and allow seat post to tilt back as far as it will go. Tighten the two seat post bolts securely, going back and forth between them until they are tight. This will put the bottom of the seat parallel to the ground which is correct for most people. If not, loosen bolts and readjust angle. Securely tighten the bolts after finding the correct seat position and then reinstall the Horizontal Backrest Tube.

NOTE: It is CRITICAL that the 2 seat post bolts are tight at ALL times. Check your seat before each ride. Failure to do this can cause serious injury.
**NOTE:** Older Day 6 bicycles have a quick release to secure the seat post. If you are concerned about someone stealing your seat or you can’t get the quick release tight enough to secure the seat post, you may want to purchase a seat collar that uses a bolt instead of a quick release. These are available at most bicycle dealers or you can get one from Day 6. They are easy to install on your bicycle. The seat post on Day 6 bicycles is 30.4mm and the seat collar size would be 34.9mm.

Seat post collar on new Day 6

**Backrest.**

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

**Handlebars.**

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

Newer Day 6’s have an adjustable stem which allows you to raise and lower the handlebar so you get a perfect fit. To change the height of the handlebars simply loosen the bolt on the side of the stem until you can raise and lower the stem. Once it is at the correct height, tighten securely.

![Stem all the way up.](image1)

Stem in the middle

![Stem all the way down.](image2)

**Handlebar angle adjustment**

Loosen the four stem bolts on the stem at the base of the handlebars. Move handlebars to desired angle by pulling them toward you or pushing them away from you. Be sure to securely tighten all four bolts after desired angle is set.

You may have to loosen the adjustable stem and the stem bolts and move bars and stem to the desired position and then securely tighten all bolts.
NOTE:
For optimal performance the handlebars should be almost parallel with the head tube. Having the handlebars too far forward or backward will affect the steering and can be dangerous. If they are too far back, they can hit your knees while pedaling.

Proper way to set up back and bars

Improper set up

Bicycle Inspection

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

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

Page 7
The Big 4

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

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

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

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

**Seat post too high.** NEVER have more than 6” of seat post showing between the top of the seat post collar and the bottom of the horizontal backrest tube. A seat post pulled out too far can lead to serious injury if the seat post or frame breaks while riding.

**General Inspection:**

Check for loose parts by raising your bicycle about 3” off the ground and dropping it on the tires.
Make sure ALL quick release mechanisms/clamps are locked and tight.
Make sure wheels, fork, headset, and seat post are tight.
Check frame/welds for cracks and bends.
Immediately replace a damaged frame as this can cause a crash and lead to a severe injury.
Take immediately to your local bicycle dealer.
**Quick Release Levers:**

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

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

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

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

**Wheels and Tires:**

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

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

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

Make sure tires are properly inflated to pressure listed on sidewall or just below that. Tires can lose a lot of air in just a week. Riding with under inflated tires is dangerous, hard on the tires, and it makes pedaling more difficult. If possible, avoid curbs, potholes, railroad tracks, and other hazards.
Cleaning the frame:
To remove dirt, wash lightly with a hose. (Never use a pressure washer or take to a car wash as water can penetrate the bearings.)
Use warm soapy water and a SOFT brush to finish cleaning. (Never wipe the dirt with a rag as the dirt will scratch your bike’s paint.)
Lightly rinse with hose.

Brakes and Pads:
While rolling slowly, squeeze brake levers. Bike should stop quickly and levers should be at least ¾” from hand grips. Since brake cables stretch, it will be necessary to adjust cables periodically. See your local dealer for this.
Make sure pads are aligned correctly on rims.
Replace worn or hardened pads.

Chain and Derailleur:
Look for wear on chain rings, chain, or links that don’t swivel easily.
If chain comes off chain ring, have your local dealer adjust derailleur.

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

Cleaning the frame: 
To remove dirt, wash lightly with a hose. (Never use a pressure washer or take to a car wash as water can penetrate the bearings.)
Use warm soapy water and a SOFT brush to finish cleaning. (Never wipe the dirt with a rag as the dirt will scratch your bike’s paint.)
Lightly rinse with hose.
**Cleaning greasy chains and drive train components:**
Apply a degreaser and allow it to soak for 10 minutes.
Scrub greasy area with an old brush.
Lightly rinse with a hose.

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

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

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

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

**Riding Rules**
Always wear a helmet – most serious accidents involve the head.
Ride defensively – NEVER assume drivers of vehicles see you.
Watch for turning and stopping cars and opening car doors
Be especially cautious at intersections and driveways
Watch for hazards – pot holes, sand, curbs, RR tracks, manhole covers
Watch for deep cracks running parallel with the road. Your front tire can get wedged in there and throw you
Be careful when passing motor vehicles
Obey all traffic rules and signs
Use the proper hand signals when turning and stopping
Don't ride on sidewalks unless necessary – be courteous to pedestrians
Do not hitch rides on motor vehicles
Ride on the side of the road going the same direction as the traffic

Riding Tips

Wear comfortable clothing - but not loose clothing
Wear bright colored clothing
Layer your clothing so you can add or remove depending on the temperature
Never ride with bare feet. (If you are not convinced I will show you where my friend Terry used to have a little toe.)
Don't wear head phones – you won't be able to hear traffic
Use a rear view mirror to see what is going on behind you
At night, wear clothing with reflective material in it
At night, use an appropriate lighting system
Use extra caution when riding at night, in rain, on snow or ice – give yourself plenty of time to stop
Never ride with more than one person on your bike
Do not disturb wildlife
Slow down when approaching another rider or pedestrian
Respect all public and private property
Be extra alert when cycling with children – make sure they know the rules!

Day 6 Bicycles Limited Warranty

Day 6 Bicycles, (an Iowa corporation) located in Logan, IA makes the following Limited Warranty concerning Day 6 Bicycles:

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

Limited Six (6) Month Warranty: Subject to the following limitations, terms, and conditions, Day 6 Bicycles warrants to the original owner of each new Day 6 bicycle that all other original parts attached to the frame (forks, seats, seat posts, drive train, wheels, brakes, stem, etc) are free from defects in workmanship and materials for a period of 180 days. This Limited Warranty does not apply to damage or failure due to: accident, neglect, abuse (such as jumping, acrobatics, stunt riding or similar activities, having seat post out further than 4”, competitive riding, riding over the weight limit, carrying excessive weight) and/or improper maintenance, alteration, collision, or normal wear and tear. This warranty does not include tires or tubes.

Page 13
Additional conditions:

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

In order to exercise your rights under this warranty, the Day 6 bicycle must be presented to a dealer or Day 6 Bicycles along with a receipt or other proof of purchase which includes a serial number.

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

The original owner shall pay all labor charges connected with repair/replacement of parts.

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

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

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

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

Day 6 Bicycles  
414 W 7th St  
Logan, IA 51546  
406/570-1927  
kelly@day6bikes.com  
www.day6bikes.com