




















Keep this manual for future reference. If you sell or give this stroller away, make sure you give this manual to the new owner. Ask them to read instructions completely.

5K • 10K • 20K • ULTRA MARATHON STROLLER

Operating Instructions for Single and Double Models

IMPORTANT: Read and follow these Safety Rules and Assembly Instructions before operating stroller. If you have any questions concerning the safe use of this product, contact InSTEP, LLC at 1-800-242-6110, M-F, 8:00 a.m.-5:00 p.m. CST or visit us at www.instep.net or E-mail us at info@instep.net before using.

Safety Rules:

-  **WARNING:** Failure to follow these warnings and assembly instructions could result in serious injury or death.
-  **WARNING:** Immediately discard any plastic wrapping.
-  **WARNING:** Never allow children to fold, assemble or disassemble the stroller.
-  **WARNING:** Maximum weight capacity for the Single stroller is 50 lbs. or 22.7 kg. Double 100 lbs. Or 45.4 kg. However, in the Double model the weight of 1 child should not exceed 50 lbs. or 22.7 kgs.
-  **WARNING:** Never place child in stroller on their back with their head forward and feet rearward.
-  **WARNING:** Avoid serious injury from falling or sliding out. Always use seat belt.
-  **WARNING:** Never leave child unattended.
-  **WARNING:** Never use this stroller with roller skates or in-line skates.
-  **WARNING:** Never allow stroller to be used as a toy or allow children to give rides to others.
-  **WARNING:** Never use stroller if it becomes damaged.
-  **WARNING:** Always be aware of traffic around you when walking or jogging.
-  **WARNING:** Always engage brakes when you stop or when you let go of handle.
-  **WARNING:** Always use an approved bicycle helmet on child.
-  **WARNING:** Always use wrist strap.
-  **WARNING:** Accessories or parcels placed in or on the stroller may cause it to become unstable.
-  **WARNING:** Maximum weight for objects in back pouch is 2.2 lbs. or 1 kg. Double 2.2 lbs. or 1 kg. in each back pouch. Excessive weight may cause a hazardous, unstable condition.
-  **WARNING:** Child may slip into leg openings and strangle. Never use in a reclined carriage position unless T-shield and shoulder strap placement has been readjusted to the seat's new position.

IMPORTANT

Tires are shipped deflated, DO NOT OVERINFLATE. Please inflate slowly, with short bursts, to 20-25 PSI maximum. 25 PSI will provide a comfortable ride for your child.

We appreciate your purchase of one of our many fine products. We are sure that you will be satisfied with your selection. Great care and effort has been taken, however occasionally problems may occur. PLEASE DO NOT RETURN PRODUCT TO THE STORE. To ensure prompt and correct handling of problems, or to answer questions, please contact us at either our Toll-Free Customer Service number or E-mail us at our number listed below. Service will be quicker if you have your model number (found on the product and box) along with this instruction sheet ready when calling. If you have any questions concerning the safe use of this product, please contact us 1-800-242-6110 press "1" for customer service and then "2" to speak to a representative or E-mail us at info@instep.net or visit us at www.instep.net.

5K • 10K • 20K ULTRA • Marathon Assembly Instructions

Parts List

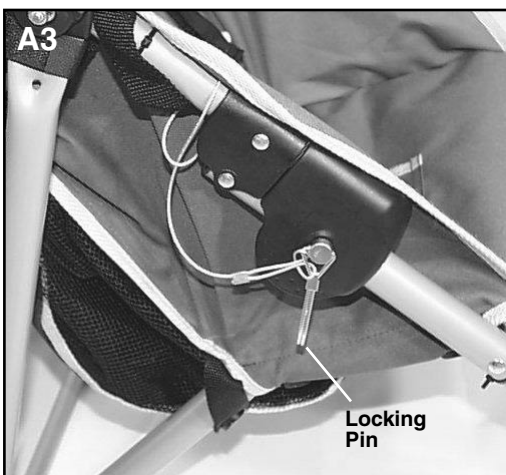
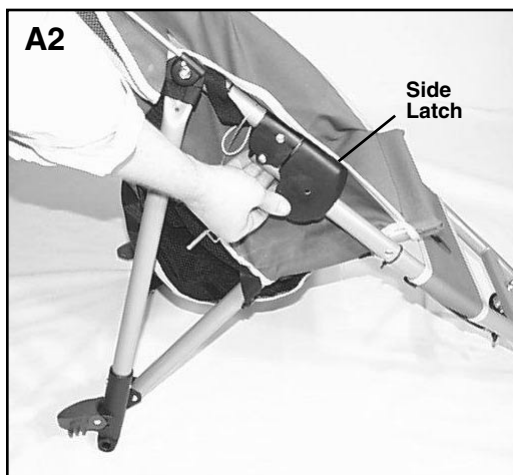
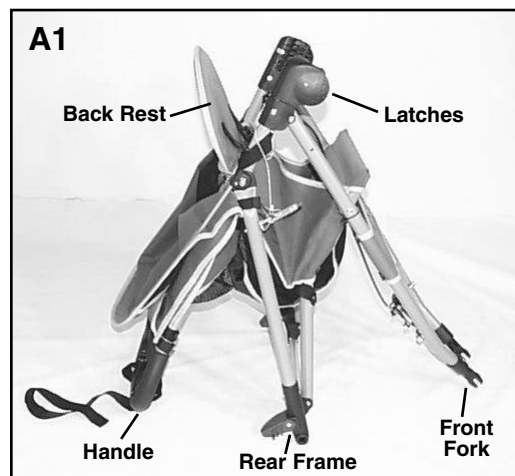
<u>Description</u>	<u>Qty.</u>	<u>Description</u>	<u>Qty.</u>
Frame assembly with seat, canopy, basket and wrist strap	1	Front Fender	1
Front Wheel Assembly with Q/R axle	1	#8 – 1½" Phillips head screws	2
Rear Wheel Assembly	2	(Double Models have 4)	

Tools Required: Phillips screw drive, adjustable wrench.

Stroller Assembly Instructions

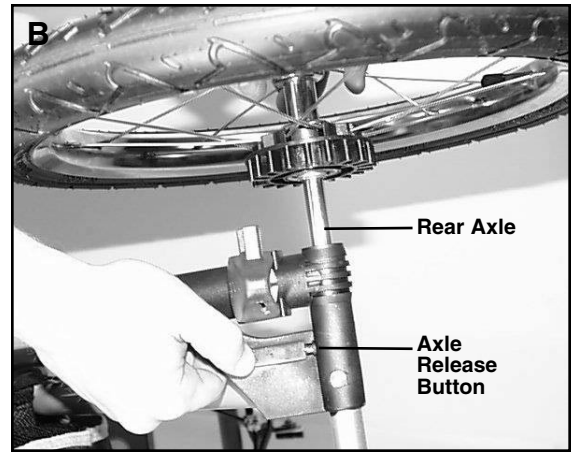
Step 1. Unfold Stroller

Grasp handle with one hand, and pull up on the front fork with your other hand. Lock both plastic latches onto the lower frame, insert locking pin into hole in latch and frame, lock the pin in place by slipping the wire loop over the end of the lock pin. On Double Models repeat for other side. (Figures A1, A2, A3, A4 and A5).



Step 2. Rear Wheel Assembly

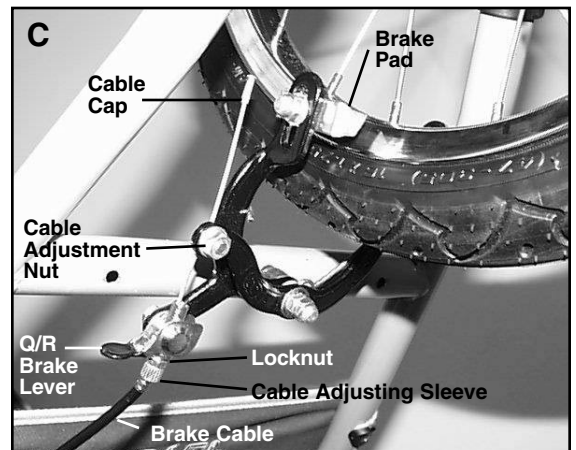
Turn stroller onto its side. Grasp rear wheel in one hand, slide wheel's axle into hole in rear of frame. Push up on the axle release lever so that the wheel is fully inserted (Figure B). Check to see that the wheel is properly inserted by pulling on the wheel firmly, the wheel should not come off if fully inserted/locked. Repeat for other side. To release wheel push up on axle release lever and pull off wheel.



Step 3. Front Wheel Assembly

Turn stroller upright onto its rear wheels and then tip stroller back so that the handlebar is down on the ground and the front fork is up. The front brake Quick Release lever (Q/R), located on the center support bar, should be in the open position (Figure C).

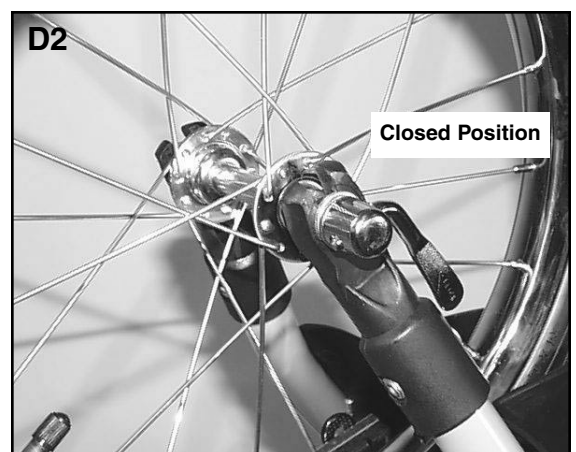
Attach the front wheel by loosening the wheel's Quick Release (Q/R) lever on the front wheel far enough to allow the axle to slide into the front fork (Figure D1). With wheel's Q/R lever in open position, hand tighten the cone nut until almost tight, then flip wheel's Q/R lever backward to the closed position to lock wheel in place. Note this step may require minor adjustment until the Q/R lever flips back with firm pressure (Figure D2). Pull outward on wheel to ensure it is locked in place.



WARNING: The interior jam nuts are factory installed and do not need adjustment.

Close the front caliper brake by lowering the Q/R lever (See Figure C). Spin the front wheel to make sure the brake pads do not rub and are properly aligned to the rim. If brake pad alignment is off, loosen brake pad nut with an adjustable wrench, align brake pad and retighten nut while holding brake pad in place.

WARNING: Always be sure to reengage the brake by rotating the Q/R lever forward (toward the front wheel) before using the stroller.



IMPORTANT

The alignment of the front wheel determines if the stroller will roll straight, or veer to the right or left during use. In the event you notice the stroller veering to one direction, loosen front axle Q/R lever, point the front wheel in the opposite direction the stroller is veering, and retighten the Q/R lever. If you need help making this adjustment, please call our Customer Service department for assistance.

Note: If it is necessary to remove the front wheel, you will find it easier to open the brake Q/R lever by taking pressure off the cable. This is achieved by squeezing the brake pads with one hand while rotating the lever backward (toward the seat) (Figure E).

WARNING: Always be sure to reengage the brake by rotating the Q/R lever forward (toward the front wheel) before using the stroller.

Step 4. Front Fender Assembly

Insert the #8 – 1¹/₂" screws into the holes located on the front support between the front forks. Align the 2 holes on the bottom side of the fender with the screws and tighten with a Phillips screwdriver.

Note: The Double Models have 4 screws.

Step 5. Canopy Positioning

The canopy has adjustable positions. Pull the canopy down to the desired position.

Step 6. Attaching Wrist Strap

Place strap on top of handle bar. The wrist strap has different sized loops. The large loop will go on your wrist, the small loop will be on handlebar. Slide end with large loop through the small loop, then grasp the end with the large loop and pull strap to tighten on handlebar.

WARNING: Whenever child is in stroller always use the wrist strap. Before you remove the wrist strap from your wrist make sure you first engage the rear brakes.

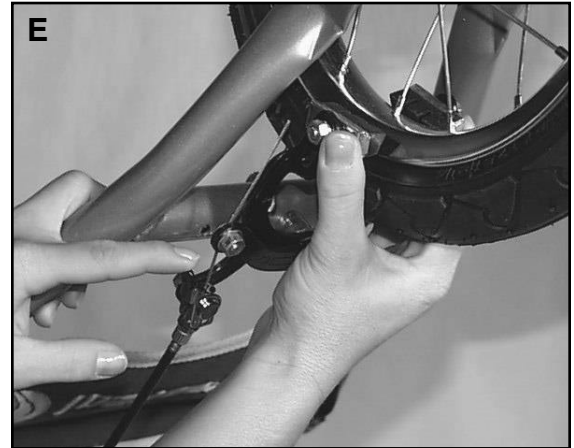
Use Instructions

To close/fold stroller:

WARNING: Always remove child from stroller before folding.

Pull the back of the seats forward. It will be easier to fold if the seats are not in the recline position.

Remove locking pin from side latch on the stroller frame (Double Models have 2 locking pins). Using one hand on each lever, pull the levers from the lower bar. The stroller will automatically begin to fold, the front wheel will fold under frame and the handle will fold backwards (Figure F).



To open stroller:

Grasp handle with one hand and pull up on the front fork with your other hand. Lock both plastic latches onto the lower frame, insert locking pin into hole in latch and frame, lock the pin in place by slipping the wire loop over the end of the locking pin (Figure G). On Double Models repeat for other side.


To engage rear brakes:

Step lightly on the levers next to the rear wheels until the cogs of the brakes engage the cogs of the wheel. Repeat on other side. To release brake, lift levers using your toe until cogs disengage (Figure H).

To operate front caliper brake:

The front brake operates the same as a bicycle hand brake. Squeeze lever located on handlebar to engage front brake. Release lever to disengage.

PROPER USE OF SEAT BELTS & SHOULDER STRAPS:

 **WARNING:** Avoid serious injury from falling or sliding out. Always use seatbelt.


1. Place child in seat. Make sure T-shield is between the child's legs.
2. When child is seated, place shoulder straps over the child's shoulders.
3. Slide waist straps through lower loops of shoulder straps, bring lap belt ends together and clip into place around child's waist. Adjust waist and shoulder straps for snug fit (Figure I).

To recline seat:

To fully recline, unhook buckle on back of the seat (Figure J).

To place seat in upright position, push seat forward and reconnect buckle located on back of seat.

To adjust the recline position, adjust the slide on the strap.

 **WARNING:** Child may slip into leg openings and strangle. Never use in a reclined carriage position unless T-shield and shoulder strap have been readjusted to the new seat position.



CARE AND MAINTENANCE

Check fasteners

After one hour of use, check all fasteners to make sure they are secure. Adjust if necessary. Periodically check the stroller to ensure that it is in good operating condition.

To adjust the stroller from pulling to the left or right (not rolling straight):

Loosen the front Q/R axle and point the front wheel in the opposite direction the stroller is pulling, then tighten Q/R lever,

NOTE: Sometimes it is a very slight adjustment to eliminate the pulling and this step may need to be repeated.

To adjust front brake caliper:

If front caliper requires additional adjustment to engage brake pads; first open Q/R brake lever, loosen the cable adjustment nut, squeeze the brake pads together and while holding brake

pads retighten cable adjustment nut. Then close Q/R lever and check adjustment by squeezing hand brake lever. For micro adjustment, turn the front brake caliper's adjusting sleeve counter-clockwise. Once the brake pads are adjusted to the desired distance from the rim, tighten the lock ring. You will need to adjust the cable periodically since it is normal for the cable to stretch from use (See Figure C).

To clean seat and canopy:

If light cleaning is required, use a soft cloth with warm water and mild soap then air dry. Do not put in washing machine. Do not put in dryer. DO NOT BLEACH.

To clean frame:

Wipe using a soft cloth with warm water and mild soap. Air dry. DO NOT USE polish or abrasives.



If you have any questions concerning the safe use of this product, please contact InSTEP LLC before using:

1-800-242-6110

8am-5pm CST, Monday-Friday, or MAIL to:



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