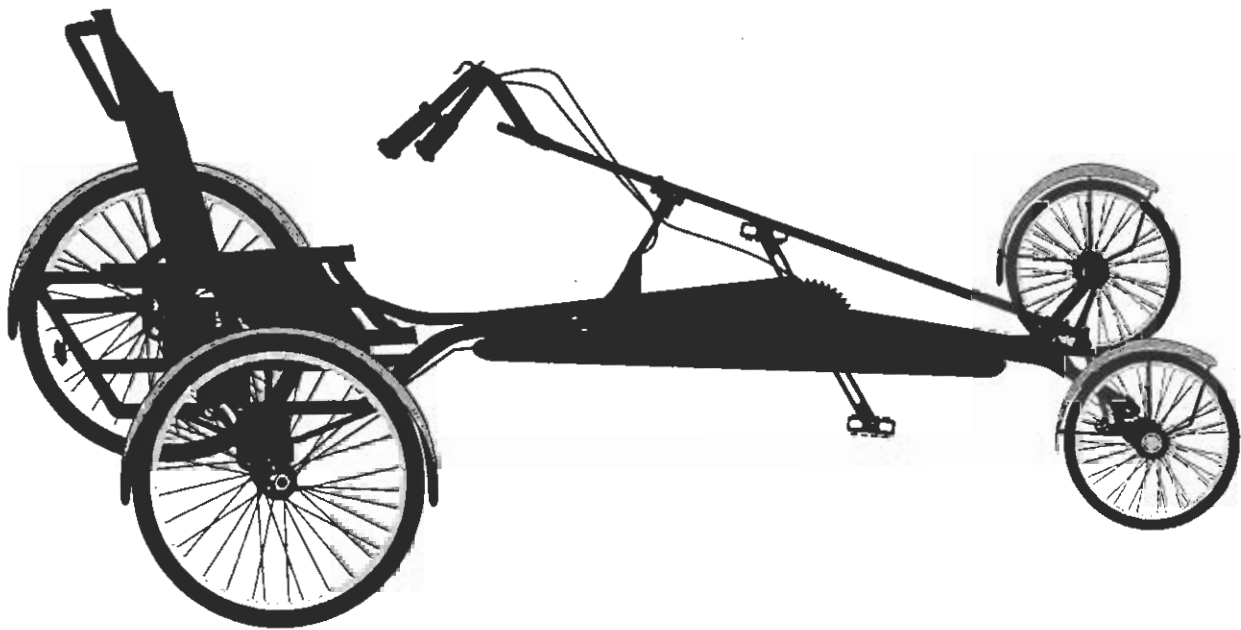


NordicTrack's FORERUNNER™



OWNER'S MANUAL

TABLE OF CONTENTS

WELCOME TO BIKING FITNESS	1
CUSTOMIZING YOUR CYCLE	2
OPERATING THE RADIAL GEAR	3
Upshifting	3
Downshifting.....	3
What is That Loud Clicking Sound?.....	3
SAFE RIDING TIPS	4
SAFETY CHECKLIST	5
GENERAL BIKE CARE	6
Storage	6
The Radial Gear	6
Chain Maintenance	6
Tire Maintenance and Repair	7
DESIGNING A TRAINING PROGRAM	8
Recommended Stretches	9
Monitoring Your Heart Rate.....	10
CUSTOMER INFORMATION	11

PLEASE THOROUGHLY REVIEW THIS MANUAL BEFORE RIDING YOUR BIKE.

Record your customer information on the back cover of this manual
and on the owner's registration card.

WELCOME TO BIKING FITNESS

FITNESS, FUN AND FREEDOM!

Your ForeRunner™ cycle provides an excellent form of aerobic exercise and transportation. With stability and ease, the ForeRunner can take you to the store, park or anywhere the roads will allow. So, leave the car at home and venture out into the fresh air!

THE GEARS MAKE IT SPECIAL.

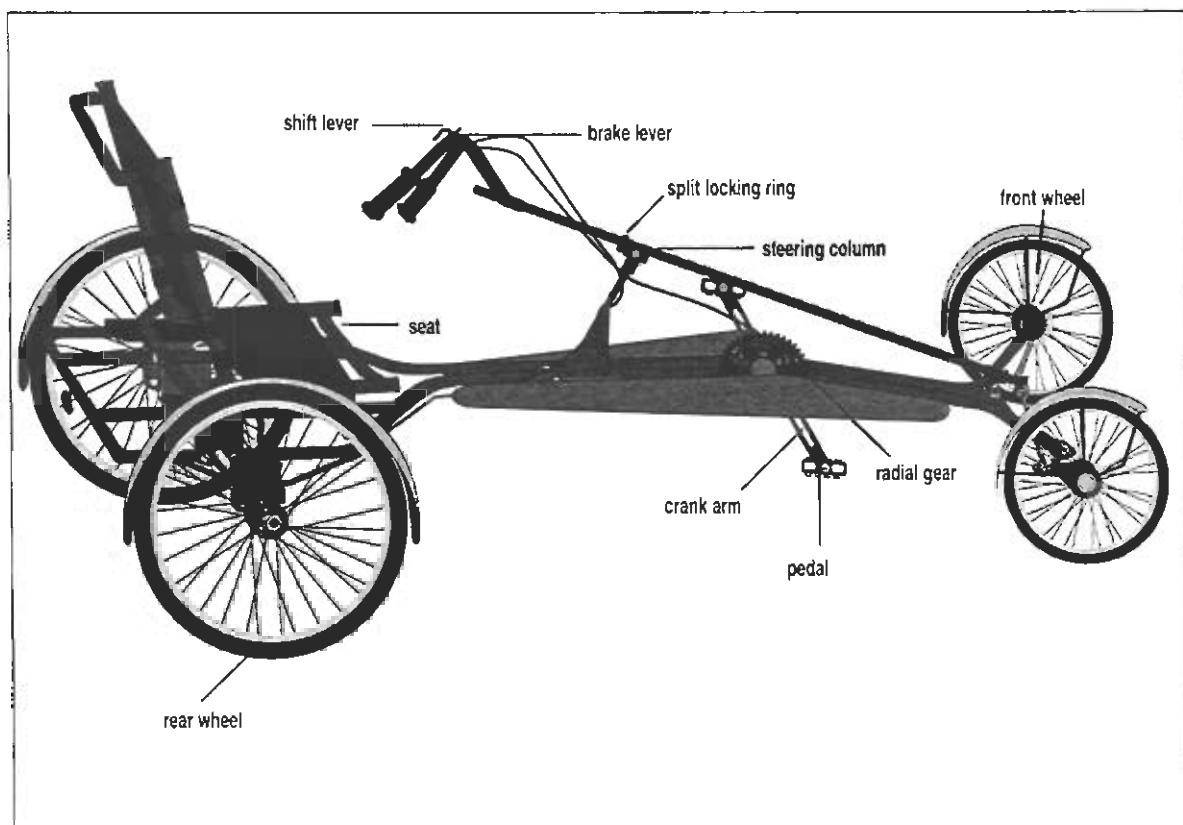
The revolutionary 9-speed radial action gear makes shifting easy, safe and maintenance-free. Your chain will not derail or slip, because it never leaves the sprocket! Plus, you can downshift from a complete stop which eliminates awkward and sometimes dangerous road-crossing situations. Another amazing feature is the greaseless gear made of a thermoplastic composite that is lightweight and durable.

A BRAKE MADE FOR SAFETY AND POWER.

The rear brake delivers superior stopping power by using the same principle as the brakes on your car. Instead of placing all of the stopping power in two small areas on the rim, like most bikes, the compression brake uses a drum to quickly and confidently slow the ForeRunner.

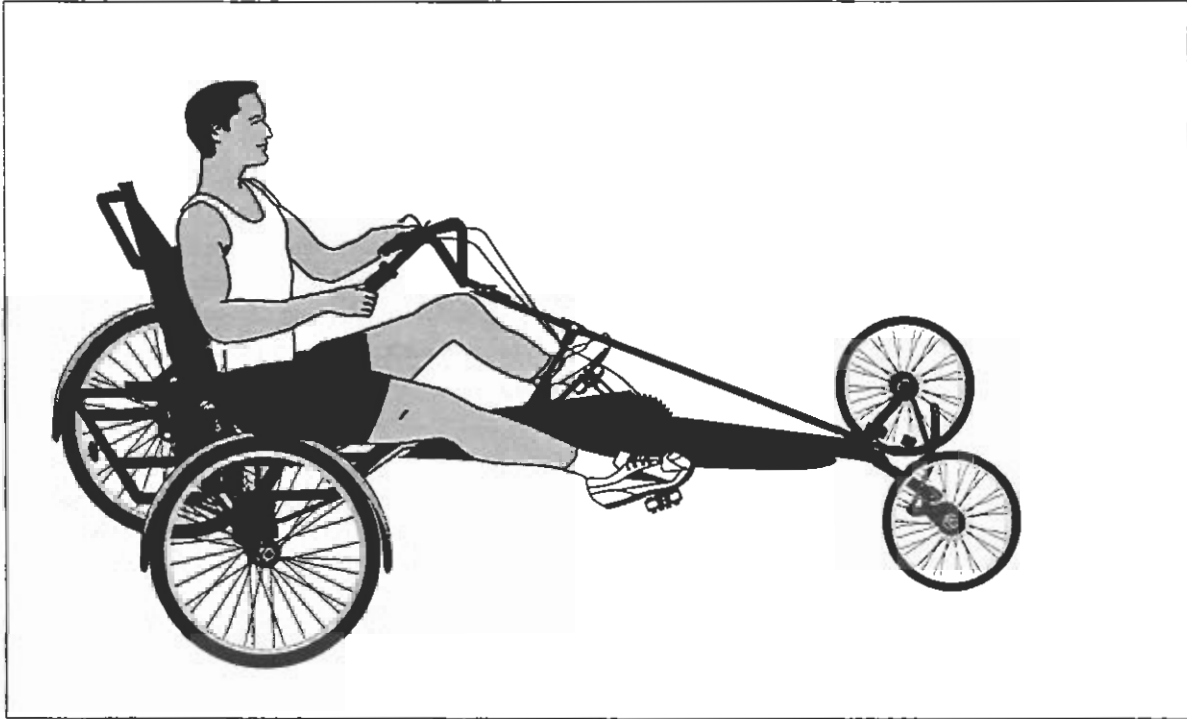
FOUR IS BETTER THAN TWO!

Stability, comfort and excitement all rolled into one innovative machine! With a sharp turning radius and narrow frame, the ForeRunner can easily pass through doorways and maneuver around tight corners.



CUSTOMIZING YOUR CYCLE

A proper fit is essential for both your safety and bike performance. Although NordicTrack bikes are designed to be one-size-fits-all, there is a minimum leg length required for safe operation.



POSITIONING THE SEAT

Your bicycle seat should be in a position that allows you to make the most efficient use of your muscles. To judge the correct position, the rider should sit upright on the seat. Place one pedal the farthest distance from your body. Position the toe of your foot over the center of the pedal. Your knee should be slightly bent. Your opposite thigh should be at a slight angle to the ground. The lever underneath the seat slides the seat forward or backward like the seat in a car.

OPERATING THE RADIAL GEAR

After reading the following instructions for shifting, practice while riding in a large, traffic-free area. The radial gear is easy to shift once you learn how. It requires a little practice to become proficient. A half rotation of the pedals covers the entire gear range.

UPSHIFTING (FIGURES 1 AND 2)

Upshifting allows you to ride at higher speeds.

1. Stop pedaling momentarily. Coast with the forward pedal inclined upward (approximately at a 45 degree angle).
2. Press and hold the thumb lever down firmly. At the same time, slowly move the pedals forward a half turn. You will feel the radial gear stepping through the gear positions.
3. Release the thumb lever once you have reached your desired gear level and pedal normally.

NOTE: Attempting to upshift with the pedals positioned outside of the shift zone will result in a loud clicking sound.

DOWNSHIFTING (FIGURES 1 AND 3)

Downshifting makes pedaling easier for starting out or climbing hills.

1. Stop pedaling momentarily.
2. Press the shift lever firmly and pedal backward up to a half turn.

You can downshift with the pedals in any position. You may also downshift while standing still for safe, easy starts.

NOTE: Once you have downshifted to the lowest gear, you will feel resistance in the pedals. If you attempt to shift farther, you will hear a loud clicking sound. This indicates that you are in the lowest gear.

WHAT IS THAT LOUD CLICKING SOUND?

A loud clicking sound will be heard if the following occurs:

1. The radial gear is in the highest or lowest setting.
2. The pedals are not in the shift zone.
3. The shift lever is not depressed firmly enough.

The clicking sound is the result of the shift pin skipping teeth on the radial gear. The radial gear is designed to withstand this action.

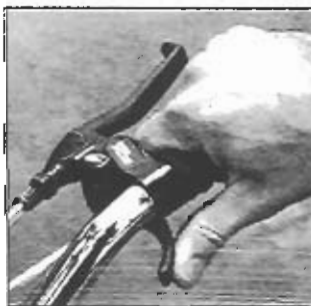


Figure 1

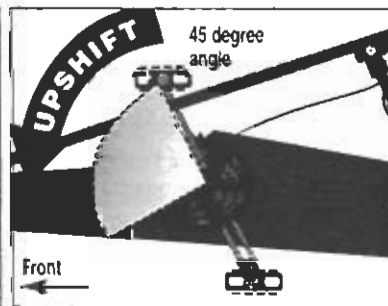


Figure 2

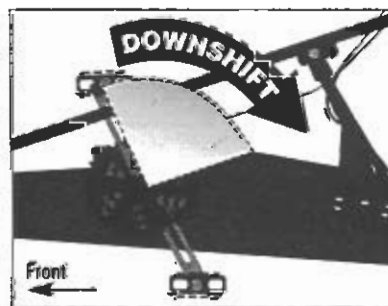


Figure 3

SAFE RIDING TIPS

It is important to become familiar with your new bike and the way it handles before venturing out into busy areas.

ALWAYS WEAR A HELMET

Always wear an ANSI- or Snell-approved helmet. An ANSI Z90.4 sticker means that the helmet meets minimum industry standards for impact protection. The green or blue Snell approval stickers ensure that the helmet has been tested by Snell and meets its tougher impact protection standard. A helmet approved by both is even better!

Once you find a helmet that meets one or both of these approvals, fit should be your next concern. A helmet should fit snugly so it remains in place — without moving from side-to-side or back-and-forth. It should not squeeze your head.

DRESS APPROPRIATELY

Select clothes that help make you more visible to other traffic while biking. Wear bright or fluorescent colors during the day. At night choose light, reflective clothing and accessories. Be aware of clothing or accessories that may hang down and catch in your bike chain or a wheel, or otherwise interfere with the operation of your bike.

NIGHTTIME OPERATION

Nighttime riding should be avoided if possible. If you do ride at night, take the appropriate precautions:

- Make sure your bike has properly positioned reflectors and an adequate headlight and taillight.
- Wear light-colored or reflective clothing.
- Ride slowly, preferably in low-traffic areas with which you are familiar.

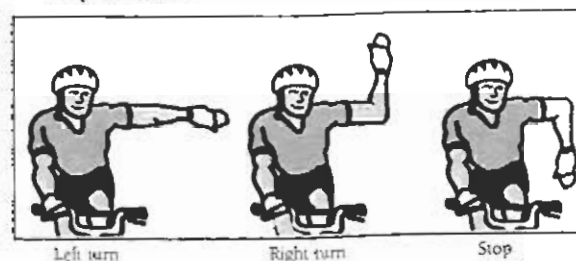
CAUTION: Due to the low riding level of the ForeRunner, use extreme caution around automobiles.

WET WEATHER OPERATION

Reduce your speed in wet or damp conditions. Roads may be slippery, reducing your control and making it more difficult to stop. Wear bright colors.

TRAFFIC TIPS

- Use caution when riding in traffic. The low riding level of the bike makes it difficult for drivers to see you.
- Know and obey all traffic markings, regulations, signs and signals.
- Ride with the traffic flow — never against it!
- Travel single file when riding with other cyclists. Point out hazards, such as glass or grates, to the riders behind you.
- Be predictable — always make your intentions known by signalling 100 feet before turning or stopping unless your hand is needed to control the bicycle. The preferred signalling for bicycles is pictured below. Be sure to check your local regulations for legal requirements.



- Always be courteous. Advise other cyclists and pedestrians of your presence and let them know if you intend to pass them.
- Watch for other traffic.
- Look over your shoulder while remaining in control of your ForeRunner™ cycle.
- Cycle defensively. Be alert and ready to react.
- Keep your hands on the handlebars and be ready to brake.
- Don't carry items that may interfere with the control of your ForeRunner™ cycle.
- Try to ride on bike paths, side streets and roads with less traffic. Remember, sidewalks are intended for pedestrian use.

SAFETY CHECKLIST

OFF-ROAD ETIQUETTE AND SAFETY TIPS

- Yield the right-of-way to other non-motorized vehicles.
- Use caution when approaching or passing another. Let your presence be known well in advance.
- Control your speed. Approach each corner in anticipation of meeting someone around the bend.
- Stay on designated trails. This will help to reduce damage to native vegetation.
- Leave nature as you found it. Try not to disturb wildlife or livestock. Do your part to keep the trail clean.
- Respect public and private property, including "no trespassing" signs.
- Be prepared and know your limits. Set realistic objectives for speed and distance. Plan your trip in accordance with present and potential weather conditions.
- Avoid traveling alone in remote areas. Always leave word of your destination and when you plan to return.

Get in the habit of taking a few minutes before and after each ride to review your safety checklist. This will keep your bike operating in peak condition and help give you many safe and enjoyable years of operation. Make sure all parts are secure. Immediately replace damaged, missing or worn parts.

HANDLEBARS

Be sure your handlebars are properly adjusted and tightened securely.

BRAKE

Be sure that your brake is working properly and free of debris.

TIRES

Tires should be inflated according to the marking on the tire sidewall. Check the tire sidewalls for cracks, cuts and other signs of wear. Immediately replace tires when the tread is worn smooth or bald spots appear.

SPOKES

Replace missing spokes at your local bicycle dealer. Realign your wheels if they are bent or become wobbly.

CHAIN

Keep your bicycle chain properly adjusted and lubricated.

RADIAL GEAR

Inspect the radial gear for slack that will show up as excess space between the shift pin and the teeth. Adjustments may be made on the adjustment barrel near the radial gear. Clean and lubricate as necessary.

REFLECTORS

Be sure your bike reflectors are clean and properly positioned.

SEAT

Periodically inspect the bolts that secure the seat. Keep the bike seat tight and properly positioned.

PEDALS

Ensure that the pedals are securely attached to the crank arms and will turn freely.

FRAME

Immediately replace a cracked or bent frame. Have the bicycle inspected for signs of cracked or distorted paint.

GENERAL BIKE CARE

STORAGE

The recommended way to store your ForeRunner™ cycle is to suspend your bike upside down from the ceiling. Use sturdy, nonabrasive, padded brackets or hooks intended to sustain the weight of the bike. Mount the hooks to line up with all four wheels on the bike. Be sure there is enough clearance for the entire bike. This should not be attempted alone.

THE RADIAL GEAR

1. The radial gear system normally requires few if any adjustments. However, if the shift lever requires an excessively long thumbstroke to trigger shifting, the adjustment barrel located above the shift pin bracket can be turned counterclockwise to narrow the gap between the shift pin and the teeth. The gap should be no less than 1/16" as shown in Figure 1.
2. If the radial gear gets excessively dirty or muddy, shifting may become difficult. First, clean the plates by pouring water on them or using a controlled water spray. Next, ride and shift through the gears several times. Follow by rinsing again with water. Wipe dry with a clean towel.

If the pedal crank becomes loose, follow these steps:

1. Slide the black plastic cap away from the gear.
2. Loosen the large nut.
3. Using a flat head screwdriver, tap the groove in the bearing counterclockwise. Do not over-tighten.
4. Tighten the large nut and replace the black plastic cap.

NOTE: Silicone spray is an excellent lubricant which can be applied after cleaning and drying the radial gear. **DO NOT USE OIL.** Oil causes dirt to cling to the bike's components.

If you have any questions or concerns regarding the operation and maintenance of your bicycle, please contact our Customer Service Department at the toll-free number printed on your invoice.

In rare circumstances, a small twig or stone may become lodged in the radial gear mechanism. This may cause it to freeze in one gear position. To remedy this, try coasting with the pedals in the shift zone and the shift lever firmly depressed. Jiggle the pedals up and down just slightly until you feel the radial gear loosen. It may be helpful to pour water into the mechanism. Once shifting is restored, shift up and down through the gears several times to completely clear the obstruction.

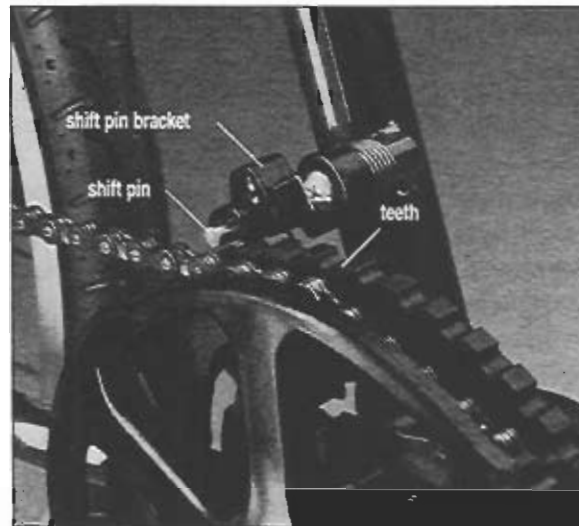


Figure 1

CHAIN MAINTENANCE

Lubricate the chain with oil several times each year (more often if the bike is ridden frequently in wet or very dirty conditions).

NOTE: Use silicone spray to lubricate the radial gear. Do not lubricate the radial gear with oil. Oil will collect dirt and inhibit performance.

**IF YOU HAVE ANY QUESTIONS, CALL
CUSTOMER SERVICE USING THE TOLL-FREE
NUMBER PRINTED ON YOUR INVOICE.**

TIRE MAINTENANCE AND REPAIR

Tire pressure should be maintained at approximately 35 psi (pounds per square inch). This promotes smooth, efficient rolling and helps protect the rims from damage.

1. REMOVE A WHEEL

Remove the wheel from the ForeRunner by loosening the axle nut.

NOTE: NEVER use a sharp screwdriver to remove or install tires.

2. REMOVE A TIRE

Use a tire pry tool or the handle end of a teaspoon to lift the tire over the rim. Once one side of the tire is over the rim, then begin to force the second side of the tire over the edge of the rim with the tool.

3. INSTALL THE TIRE

Patch or replace the tube if it has a hole. Evenly tuck it into the tire without twisting it. Push the filler neck (valve stem) through the hole in the rim. Next, work the first side of the tire over the rim with your fingers. Work the second side over the rim using a tire pry tool or the handle end of a teaspoon. Inflate the tire to 35 psi and check that the tire is set evenly all around the rim. If the tire is not evenly set, it may be necessary to deflate the tire and apply a diluted soap solution between the rim and the tire bead. Then, under low inflation pressure, work the tire bead into place on the rim with your fingers. Inflate the tire to 35 psi.

4. REPLACE THE WHEEL

When placing the rear wheel onto the ForeRunner™ cycle, make sure the drive wheel (the one with the red dot on the hub) is on the chain side of the bike and the rivets line up with the hub. Tighten the wheel securely.

TIGHTEN THE CRANK-BEARING RACE

IMPORTANT: After you ride your ForeRunner for the first time, check the crank-bearing race for tightness. If the crank arms feel loose or if there is side-to-side movement in the pedal assembly, you should tighten the crank-bearing race. To keep your ForeRunner in optimum operating condition, follow the simple instructions below.

1. Stand on the left side of the ForeRunner (what would be your left side if you were sitting on the bike).
2. Turn the crank-bearing cover clockwise to remove it from the crank-bearing assembly (Figure 2).

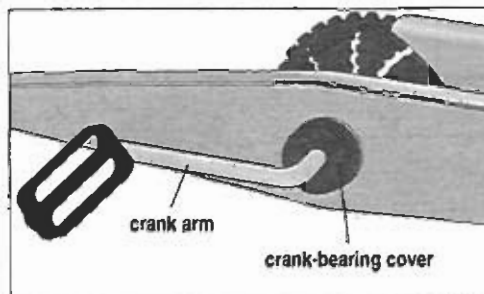


Figure 2

3. Slide the crank-bearing cover along the pedal-crank arm so that you can access the crank-bearing assembly.
4. Use a large crescent wrench or big pliers to loosen and remove the large nut (Figure 3). Turn the nut clockwise to loosen it.
5. Slide the large nut and washer along the pedal-crank arm to expose the crank-bearing race. Insert the flat end of a screwdriver into the slot on the crank-bearing race (Figure 3).
6. Tap the end of the screwdriver so that the crank-bearing race moves in a counterclockwise direction and tightens.

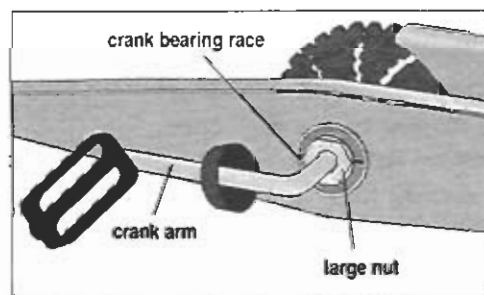


Figure 3

7. Test the tightness of the crank-bearing race by grasping the pedal-crank arm and trying to jostle the pedal assembly. The pedal assembly should not move.
8. Slide the washer and then the large nut over the crank-bearing race.
9. Use a large crescent wrench or big pliers to tighten the large nut. Turn the nut counterclockwise to tighten it. Replace the crank-bearing cover.
10. Turn the crank-bearing cover counterclockwise to secure it in place.
11. Repeat steps 1-10 whenever you notice side-to-side movement or play in the pedal assembly.

DESIGNING A TRAINING PROGRAM

This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of your NordicTrack bike.

CONSULT YOUR PHYSICIAN BEFORE
BEGINNING ANY EXERCISE PROGRAM.



Cycling for fitness is beneficial to the body, mind and spirit. It has the unique advantage of providing a thorough physical workout while still being gentle to your body.

ESTABLISH PERSONAL GOALS

Finding the motivation to exercise and making positive lifestyle changes can be challenging. It is important that you set attainable, realistic goals and that you reward yourself when you meet those goals. Above all, try to make your workouts fun! Below are some examples of typical goals:

- Enhanced quality of life
- Weight management
- Greater muscle tone and strength
- Improved stamina and athletic performance
- More energy and personal vitality
- Improved personal appearance

The ForeRunner™ cycle will help you achieve results, whatever your goals may be.

EXERCISE PROGRESSION

A comprehensive exercise program should include each of the following components:

1. Warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength conditioning
6. Stretching

1. THE WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It is **your best insurance** against unnecessary injury and muscle soreness — both are common reasons for dropping out of an exercise program. We suggest a routine of five minutes of brisk walking, marching in place or slow exercise on your bike.

2. STRETCHING

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Stretches are described on page 9.

3. AEROBIC CONDITIONING

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity. We also recommend that you monitor your heart rate during your aerobic session.

Frequency

Frequency refers to the number of workouts per week. Three to five days per week is advised. Exercising four to five times per week with the proper duration and intensity maximizes calorie burn and cardiovascular development.

Duration

Duration is the amount of time that the proper intensity level is maintained. Beginners should start with 12 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should exercise for 30 to 60 minutes.

Intensity

This refers to how hard you exercise. Intensity is determined by measuring your heart rate. We recommend exercising at 70% to 85% of your maximum heart rate. Page 10 describes how to measure and monitor your heart rate.

4. THE COOL-DOWN

The cool-down slowly lowers your pulse rate after it has been elevated. Keep your legs moving for at least five minutes after the aerobic phase. Follow with stretching. A proper cool-down promotes faster recovery from fatigue, lessens muscular stiffness and reduces chances of fainting or dizziness.

5. STRENGTH CONDITIONING

A strength training program can add lean muscle mass to the body. Lean muscle mass tones the body and aids in burning calories. Strength training is an essential part of a fitness program.

6. STRETCHING

Stretching after exercise helps reduce muscle soreness and increase flexibility. Perform the stretches below for both sides of your body. Hold each stretch for 15 to 30 seconds without bouncing.

RECOMMENDED STRETCHES



Shoulder Stretch

Pull your elbow across your chest using your free hand to cradle your elbow.



Back and Arm Stretch

Pull your elbow behind your head. Keep your head facing forward.



Quadriceps Stretch

Pull your heel slowly toward your buttocks.



Calf Stretch

Extend a leg behind you and keep the heel on the floor. Lean forward using a wall to maintain your balance.



Inner Thigh Stretch

Put your feet together and press your knees toward the floor.



Hamstring Stretch

Position your legs as shown above and bend forward from your hips.



Lower-Back and Hip Stretch

Slowly pull your bent knee to your chest. Repeat with the other leg and then pull both legs to your chest.

MONITORING YOUR HEART RATE

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring your heart rate: resting heart rate, maximum heart rate and target heart rate.

Resting Heart Rate

Take your heart rate before you begin to work out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart should have nearly returned to its resting rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart begins to return to its resting rate more quickly during your cool-down.

Maximum Heart Rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can "pump" during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This will give you a fairly accurate maximum heart rate number, but only clinical stress testing can provide a precise MHR reading.

Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70 to 85% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60 to 70% of their maximum heart rate. The chart below shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate for your workouts.

We recommend that you check your target heart rate at least twice during each aerobic conditioning session. First, check it to be sure that you have reached the proper intensity. Then, check it near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

Taking Your Heart Rate (Pulse)



Figure 1

Touch your left wrist, one-fourth of an inch from the wrist joint at the base of thumb, with the index and middle fingertips of your right hand. (Figure 1). Relax your left thumb and roll your hand so your palm is facing up. Your right index and

middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers — let the beat come to your fingers.

HELPFUL HINTS

- Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.
- If you can't find your pulse, try using the opposite wrist and hand. If this doesn't work, ask someone else to take your pulse for you.

TARGET HEART RATE ZONES						
Age	BEGINNER		INTERMEDIATE		ADVANCED	
	60% – 70% of MHR		70% – 80% of MHR		80% – 85% of MHR	
	10 seconds	one minute	10 seconds	one minute	10 seconds	one minute
19 and under	20 – 24	121-141	24 – 27	141-161	27 – 29	161-171
20	20 – 23	121-140	23 – 27	140-160	27 – 28	160-170
25	20 – 23	117-134	22 – 26	134-153	26 – 27	153-162
30	19 – 22	114-130	22 – 25	130-149	25 – 26	149-158
35	19 – 21	111-127	21 – 24	127-145	24 – 26	145-154
40	18 – 21	108-123	21 – 24	123-141	24 – 25	141-150
45	18 – 21	105-120	21 – 23	120-137	23 – 24	137-145
50	17 – 19	102-116	19 – 22	116-133	22 – 24	133-141
55	17 – 19	99-113	19 – 22	113-129	22 – 23	129-137
60 and over	16 – 19	96-112	19 – 21	112-128	21 – 23	128-136

Customer Information

WE'RE JUST A TOLL-FREE PHONE CALL AWAY

We're available toll-free to answer any of your questions regarding your equipment. And as your fitness needs and goals change we will still be available to assist you. Please call our Customer Service Department at the phone number listed on your invoice.

Customer Service Department Hours: Monday through Friday 8 AM to 8 PM
Central time

SATISFACTION GUARANTEE

We have total confidence in the quality and performance of our products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of our products fall short of your expectations before the end of your 30-day in-home trial, please call our Customer Service Department at the number on your invoice to discuss product exchanges and returns. If you simply need to replace or exchange a product, we will ship you another product, and there will be no additional shipping or handling charges. If you want to return the product, ship it back to us pre-paid. We also recommend that you insure your package for your protection. Upon receipt we will refund you the purchase price. In either event, the initial shipping and handling charges will not be refunded.

FORERUNNER TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from date of purchase of the ForeRunner™ cycle, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased separately carry their own warranty/service periods.) Please note that commercial use of the ForeRunner will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit if within the customer's control, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam handgrips. This warranty is applicable to sales made only by NordicTrack, Inc., or NordicAdvantage, Inc., a retail distributor of NordicTrack products. The unused portion of your warranty may be transferred to a third party for an additional cost. Please contact our Customer Service Department for more information regarding this offer.

To obtain service under this warranty, call our Customer Service Department. All shipping costs to return the ForeRunner and accessories for repairs are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of defective parts within two years of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights and you may also have other rights which vary from state to state.