

NT 8635



Owner's Manual

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The following pages contain important information. Please read this entire manual before you use your NordicTrack Track Ranger. Parents, do not allow your children to begin to use the machine without direct adult supervision.

For faster service when calling our Customer Service Department, please take a moment to record your customer information here. Refer to these numbers when speaking to a Customer Service Representative. You'll find these numbers on the packing slip.

Invoice number: _____

Account number: _____

Date of purchase: _____

CAUTION: The NordicTrack Track Ranger exerciser is designed for children who are at least eight (8) years old. The exerciser should only be assembled by adults. Children should not begin to use the machine without direct adult supervision. The Track Ranger is not intended for high speed or trick usage. Failure to follow the manual or misuse of this product may result in serious injury.

Welcome To The NordicTrack Track Ranger

Dear Fitness For Fun Customer:

NordicTrack, the company that's shaping up America, has developed a radical new form of transportation that's especially designed for kids. Not since in-line skates has there been a fitness product as revolutionary as the NordicTrack Track Ranger™ exerciser. Your kids will have so much fun, they won't even know they're getting fit!

BENEFITS OF EXERCISE FOR KIDS.

Exercise is extremely important, both physically and mentally, for today's youth. A physically fit, active child is more likely to have higher self-esteem and more self-confidence. Exercise can also help to control your children's weight and improve their cardiovascular health.

BENEFITS OF THE TRACK RANGER.

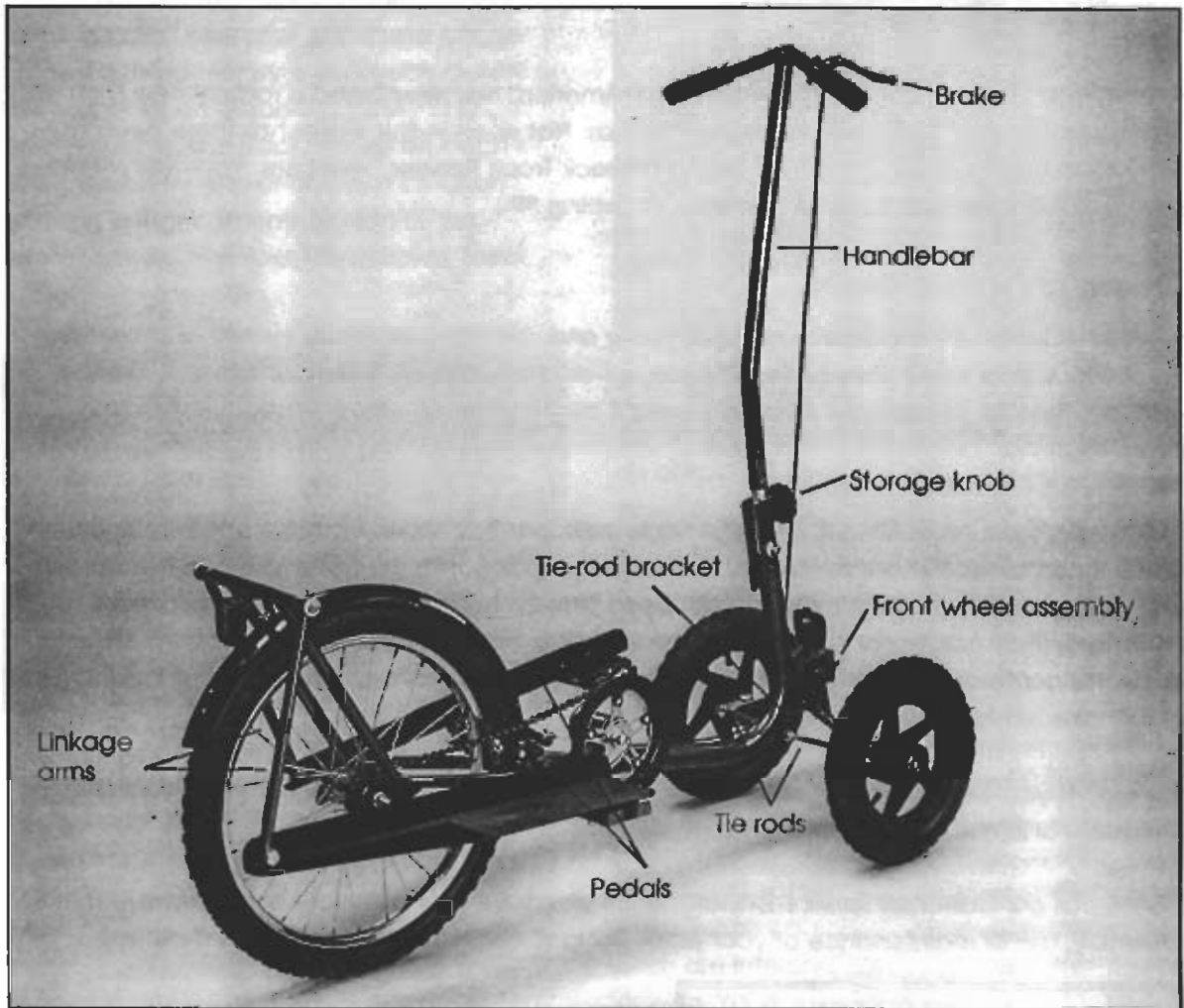
The NordicTrack Track Ranger is a total-body exerciser that works both the upper and lower body. It combines the cardiovascular benefits of jogging with the fun of cycling. The smooth, non-jarring motion of upright cycling has been proven to strengthen young bones more effectively than traditional cycling. The Track Ranger is an excellent way for your children to enjoy the outdoors and get a great aerobic workout at the same time. Learning good fitness habits now will last them for the rest of their lives.

But before you begin to assemble the Track Ranger, it's very important that you read all of the material in this manual.

Please call our Customer Service Department if you have any questions or problems with the assembly, use or maintenance of your Track Ranger. Our staff will be happy to help you.

Customer Service Department Monday through Friday 8 AM to 8 PM Central time 1-800-435-9370
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Parts and Equipment



- | | | |
|--------------------------------------|------------------------|---------------------------|
| 2 6 mm bolts | 2 5/16" Nuts | 6 6 mm nuts |
| 6 6 mm washers* | 1 5/8" Washer | 1 Rectangular key |
| 2 Pedal assemblies | 2 3/8" Washers | 1 3/8" Handlebar bolt |
| 1 5/8" Nut | 2 5/16" Washers | 2 Wrenches |
| 2 Pedal plates | 1 Front wheel assembly | 2 Pedals (left and right) |
| 1 3/8" Nut | 1 Storage knob | |
| 2 Tie-rod spacers (smallest washers) | | |

*NOTE: You will have two extra 6 mm washers left over.

Please retain all packing materials for at least 30 days.

Assembly

CAUTION: The Track Ranger should be assembled only by adults.

ATTACH THE FRONT WHEELS

1. With the tie rods facing the Track Ranger, slide the front wheel assembly onto the end of the front bolt. Only the threads should be covered (Figure 1).



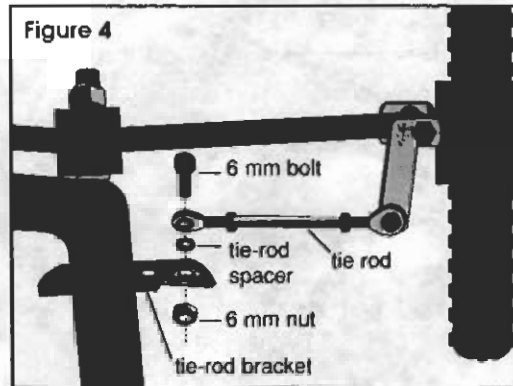
2. Hold the rectangular key in the slot underneath the front bolt (Figure 2).



3. Hold the key in place and slide the front wheel assembly all the way onto the front bolt.
4. Secure the front wheel assembly with the 5/8" nut and washer using the largest hole in the flat wrench (Figure 3).



5. Line up a tie rod with the closest tie-rod bracket hole. You may have to turn the tie rod slightly to align the holes (Figure 4).



6. Insert a 6 mm bolt through the tie rod from front to back.
7. Slide a tie-rod spacer (smallest washer) onto the end of the 6 mm bolt.
8. Insert the bolt with tie-rod spacer through the frame.
9. Secure the bolt with a 6 mm nut using the flat wrench.
10. Repeat with the other side.



NOTE: The bolt heads should face the front of the Track Ranger.

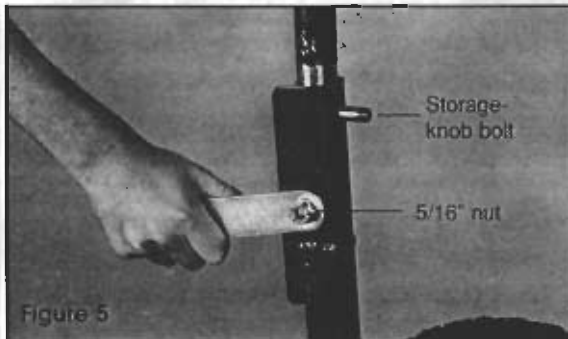


NOTE: Make sure the wheels are in alignment. Turn the tie-rods clockwise or counterclockwise to straighten the wheels. You may need a pliers.

**IF YOU HAVE ANY QUESTIONS,
PLEASE CALL OUR CUSTOMER
SERVICE DEPARTMENT AT
1-800-435-9370.**

ATTACHING THE HANDLEBARS

1. Insert the handlebar into the sleeve above the front wheels. Be sure the handgrips face the base.
2. Insert the 3/8" handlebar bolt through the handlebar.
3. Secure it with a 5/16" washer and nut (Figure 5).



4. Slide the 3/8" washer onto the storage-knob bolt.
5. Screw the storage knob onto the storage-knob bolt (Figure 6).



 NOTE: Periodically check the tightness of the storage knob.

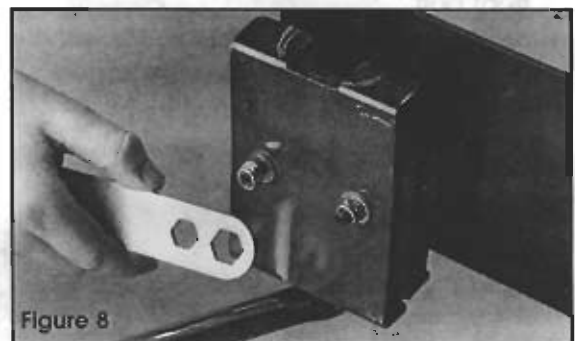
If you have any questions, please call our Customer Service Department at 1-800-435-9370.

ATTACHING THE PEDALS

1. Slide the linkage-arm end of the pedal assembly onto the rear shaft.
2. Secure it with a 5/16" washer and nut using a flat wrench (Figure 7).



3. Repeat with the other linkage arm.
4. The pedals are marked left and right. Screw the pedals onto the appropriate crank arms. (Directions are determined as if you are standing at the rear of the bike facing the handlebars.)
5. Hold a pedal plate on the bottom of the pedal. Insert the two bolts attached to the pedal assembly through the pedal and pedal plate.
6. Secure the pedal with the 6 mm washers and nuts using the flat wrench (Figure 8).
7. Repeat with the other pedal and pedal plate.



How To Ride Your Track Ranger

NOTE: The Track Ranger should be assembled only by adults.



GETTING ON YOUR TRACK RANGER

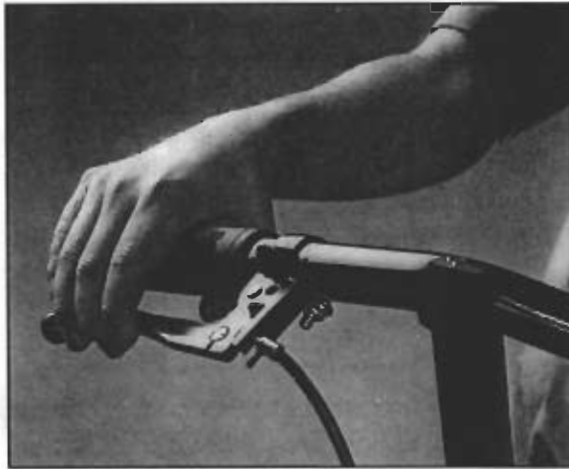
1. Stand on the right side of the NordicTrack Track Ranger™ exerciser.
2. Squeeze the brake with your right hand.
3. Step on the raised left pedal with your left foot.
4. Release the brake and start pedaling right away. Do not try to balance at a standstill.

STEERING YOUR TRACK RANGER

Unlike a traditional bike, the Track Ranger steers by leaning to one side or the other. Lean in the direction that you want to turn. It helps to have your leaning leg straight and the other leg bent. Start out slowly, it may take a few rides to feel comfortable.

WARNING: "Popping wheelies" could result in damage to the Track Ranger. This product is not intended for tricks or high-speed usage. Failure to follow these warnings may result in serious injury or damage to the Track Ranger.

Parents — always consult your physician before starting any exercise program for your kids!



BRAKING WITH THE TRACK RANGER

The back wheel brake is located on the right handlebar. Squeeze it to operate the brake.



STORING AND TRANSPORTING

The Track Ranger conveniently folds to fit into a trunk or closet for storage.

1. Remove the handlebar storage knob.
2. Lay the handlebar down.
3. Replace the handlebar storage knob.

Safe Riding Tips

The secret to safe and enjoyable riding is learning how to become a part of the traffic flow. Start by gaining the basic handling skills: turning, stopping smoothly and scanning the area around and behind you.

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!

DRESS APPROPRIATELY

Select clothes that make you more visible to other traffic while riding the NordicTrack Track Ranger™ exerciser. Wear bright or fluorescent colors during the day. At night choose reflective clothing and accessories. Avoid wearing of clothing or accessories that may hang down and get caught in your chain or a wheel, or otherwise obstruct the operation of your Track Ranger.

NIGHTTIME OPERATION

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

- Wear light-colored or reflective clothing.
- Ride slowly, only in low-traffic areas with which you are familiar.

- Check to make sure the reflectors are positioned properly and clearly visible.
- A headlight is highly recommended for nighttime operation to ensure visibility.

TRACK RANGER TIPS

- Don't overdo it. Start by going slow and getting the feel of the Track Ranger.
- Control your speed. Approach each corner in anticipation of meeting someone around the bend.
- The Track Ranger was not intended for tricks. Always ride responsibly.
- Know and obey all traffic markings, regulations, signs and signals.
- Always wear your helmet. It's cool to be safe.
- When riding with other cyclists, always ride single file.
- Use caution when approaching or passing another. Let your presence be known well in advance.
- Walk your Track Ranger across busy intersections at crosswalks. Always look both ways before crossing.
- Keep your hands on the handlebars and be ready to brake.
- Don't carry items that may interfere with your control.
- Ride the Track Ranger only on sidewalks, paths, and side streets with little traffic.
- The preferred signalling is pictured below. Be sure to check your local regulations for legal requirements.



Maintenance

CAUTION: The Track Ranger should be maintained only by adults.

REMOVING THE REAR WHEEL



1. Loosen the left and right axle nuts in alternating 1/4 turns.
2. When the chain is loose, lift the wheel off with your hands.
3. Loosen the brake pads.
4. Slide the tire out of the fork.

REMOVING THE REAR TIRE

Use a tire pry or the handle end of a teaspoon.

1. Remove **any** air in the tire by pushing in the valve.
2. Wedge the tire pry between the tube and the rim.
3. Pry one side of the tire completely off and then force the other side over the rim.

SEATING A TIRE

1. Tuck the tube into the rim without twisting it.
2. Push the air nozzle through the hole in the rim.
3. Work the first edge of the tire over the rim with your fingers.
4. Work the second edge over the rim using a tire pry or the handle of a teaspoon.

CAUTION: Replace damaged tires immediately, as they affect brake performance and can be dangerous.

CAUTION: The tube and tire must be completely tucked into the rim to prevent rupturing the tire.

5. Inflate the tire to the proper psi (pounds per square inch) with a hand pump.

The front and rear tire pressure should be maintained at about 40 psi. This promotes smooth rolling and helps protect the rim from damage.

ADJUSTING THE CHAIN

1. Loosen the left and right axle nuts.
2. Slide the wheel backward to tighten and forward to loosen the chain.
3. Spin the tire to make sure it is centered.
4. Check to make sure the brake pads only contact the metal rim and not the tire.

Lubricate the chain with oil several times each year.

ADJUSTING THE BRAKE PAD

1. Loosen each brake pad.
2. Adjust the brake pads so that the entire pad contacts the rim.
3. Tighten the pads.

FINE TUNING THE BRAKE

Turn the brake adjuster, located by the sprocket, clockwise or counterclockwise to increase or decrease the resistance.

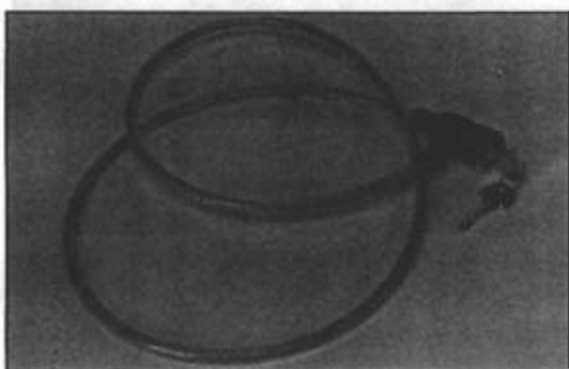
For maintenance not explained in this manual, we recommend that you take the Track Ranger to a qualified bicycle repair technician.



NOTE: Periodically check both of the brake pads for wear.

Accessories

Now you can customize your NordicTrack Track Ranger™ exerciser with these accessories. Each accessory is constructed with the emphasis on durability, safety and quality that NordicTrack places on each of its products. Try one or any combination of these enhancements to add to the overall pleasure of your NordicTrack Track Ranger experience.



CABLE LOCK

Secure your bike with our heavy-duty, scratch-resistant cable. It is four feet long and flexible enough to reach around your Track Ranger and almost any stable object. The lock snaps shut and opens with a key. #6513

If you wish to order these or other NordicTrack accessories, please call 1-800-858-BIKE.



WATER BOTTLE

This 20 oz. plastic water bottle comes with an attractive cage for easy and secure mounting to your bike. A snap-top lid and push/pull spout make drinking convenient. #0960

BIKE HELMET

You'll be safer two ways with our innovative bike helmet. Its lightweight, hard-shell construction meets ANSI safety standards. It uses an injection-molded, high-density polyethylene shell and expanded polystyrene liner for optimal impact protection. Inside pads are interchangeable to allow for growth. Youth sizes S/M and L/XL. Indicate size and color preference.

Pink — #560072 Small/Medium
#560073 Large/Extra Large

Black — #560074 Small/Medium
#560075 Large /Extra Large

Customer Information

RETURN PRIVILEGE POLICY

There is a 30-day limited home trial period for the NordicTrack Track Ranger™ exerciser. Please note that misuse, abuse or the commercial use of the Track Ranger will void the 30-day home trial and return privilege policy. Should you decide to return any product, call our Customer Service Department to receive authorization and repacking instructions. YOU MUST NOTIFY OUR CUSTOMER SERVICE DEPARTMENT BEFORE RETURNING PRODUCT(S) BY CALLING 1-800-435-9370.

Once the NordicTrack Customer Service Department has been notified, ship the product(s) prepaid and insured within the 30-day period. Upon receipt of the NordicTrack Track Ranger model at NordicTrack, Inc., we will refund the full purchase price and the initial shipping charges; return shipping charges are the responsibility of the customer. IT IS THE CUSTOMER'S RESPONSIBILITY TO REPACK THE NORDICTRACK MACHINE ACCORDING TO THE INSTRUCTIONS. ANY DAMAGE RESULTING FROM IMPROPER PACKAGING WILL BE THE RESPONSIBILITY OF THE CUSTOMER.

RETURN PRIVILEGE POLICY

1. Save the box and packing materials your order arrived in. You can use it to pack your return package.
2. Keep your invoice. This will help us process your return as efficiently as possible.
3. Call our Customer Service Department at 1-800-435-9370. A Customer Service Representative will give you detailed packing instructions and a return authorization number.
4. Package your product as described. Be sure to enclose a copy of your invoice or a slip of paper with your name, address and return authorization number in the box. Seal the box. Write your name, address and return authorization number in the upper left-hand corner of the box.
5. We will arrange for one of our carriers to pick up your return package. The carrier will also supply the mailing label.

ONE-YEAR LIMITED WARRANTY

NordicTrack, Inc. will, for one year from the date of purchase of a NordicTrack machine, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased through NordicTrack, Inc., carry their own warranty coverage.) Please note that misuse, abuse or the commercial use of the Track Ranger will void the 30-day home trial and return privilege policy. 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 Nordic Advantage, Inc., a subsidiary of NordicTrack, Inc.

To obtain service under this warranty, call our Customer Service Department at 1-800-435-9370. ALL SHIPPING COSTS TO RETURN THE NORDICTRACK MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER; C.O.D. SHIPMENT WILL NOT BE ACCEPTED.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year 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 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 limited 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.

Please call our Customer Service Department if you have any questions.

CUSTOMER SERVICE DEPARTMENT

Monday through Friday 7 AM to 8 PM

Central time

1-800-435-9370

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TIME